



Air Temp
22°C (72°F)

Water Temp
16°C (61°F)

7 Nights Camping – 3 Nights Hotel

Kayaking Wear

- A pair of Chaco's or similar sandals that cover your toes and provide grip on wet rocks
- 2 Pairs of river shorts (longer in length)
- A Swimming costume or bikini for ladies
- 2 Sets of Thermal long-sleeved tops and bottoms to wear under your personal floatation device. Merino wool, polypropylene or capilene is best (not cotton)
- A baseball cap for under your helmet to keep the sun off
- A wide brimmed sun hat to protect you from the sun during lunch breaks,
- Sunglasses & Chums for fastening your sunglasses to your head (these can be purchased from us)
- 2 x 1Litre Nalgene / Sigg or similar water bottle. (Hydration is **Extremely** Important)
- Carabiner for fastening your water bottle to the raft. (very important as they will fall out the raft if not secured)
- Waterproof camera such as a GoPro for the 'action shots' (Helmets for GoPros can be provided)
- Waterproof sunscreen and lip balm SPF30 Minimum

Around Camp & Hotels

- A 4-season sleeping bag, *this can be hired from us in advance. Each sleeping kit contains a sleeping bag, a sleeping bag liner and a pillow at a hire cost of £55 / \$80*
- Travel pillow (if not using ours)
- A sarong or long skirt for ladies to cover their legs whilst in the company of the locals
- Trainers or walking shoes for wearing around camp
- Thermal top and bottoms (good to sleep in)
- Shorts
- Trousers for around camp
- Long sleeves shirts or tops
- A fleece or jumper.
- Light weight down jacket
- Woolly Hat & gloves
- Underwear and socks
- Allow for extra clothes for your stay at the hotels

The temperature in Morocco can change dramatically so please take this into consideration and pack accordingly to differing temperatures

Personal items

- Glasses or contact lenses. Disposable lenses are ideal
- Toiletries, toothpaste, biodegradable soap and shampoo
- Forget the hairdryer, but we do suggest moisturizer
- Hand wipes and a small bottle of hand sanitiser
- Small pack towel
- Headlamp or head torch with spare batteries
- Any current medication you are currently taking
- Personal first aid kit. (your trip leader will also carry a first aid kit)

You do not need to bring tents or sleeping mats, we provide all personal flotation jackets, spray jackets, helmets and wetsuits