



The Fund for Global Human Rights: Morocco

September 14 – 22 , 2024

Packing List

The climate of Morocco is mostly arid and there will be plenty of sunshine. Compared to Marrakech, Rabat may feel a bit more humid due to the proximity of the ocean. September still sees little rain and some warm temperatures from the summer season. Light-weight clothing is strongly advised along with layers for cooler evenings and air-conditioned rooms.

| <i>September</i> | Rabat | Marrakesh |
|--------------------|-------------|-------------|
| Daily High Average | 81°F / 27°C | 91°F / 33°C |
| Daily Low Average | 63°F / 17°C | 66°F / 19°C |

Clothing

You are encouraged to pack with the cultural context of Morocco in mind. Generally, it is best to cover your shoulders and knees. Long pants and sleeves that are not too tight or form-fitting are ideal for men and women. There is no need to wear headscarves anywhere. However, you may find a scarf or wrap useful for covering up in the sun or if it is windy.

- Light-weight shirts and layers
- Long-sleeved shirts for sun protection
- Pants and skirts that fall below the knee
- A jacket and/or sweatshirt
- Good walking shoes - closed toe is recommended
- Comfortable clothes for sleeping and relaxing in the evenings
- A couple versatile “nice yet casual” outfits
- A scarf or shawl to cover shoulders and neck when necessary
- Sun hat or cap
- Sunglasses
- Socks
- A bathing suit if you plan on swimming at the hotel. We recommend bringing a conservative bathing suit as well as a coverup.

The Essentials

Documents:

- Passport (and a photocopy)
- Round-trip flight itinerary
- Medical insurance policy & emergency numbers if applicable
- List of medications and any existing health conditions
- Emergency Contact sheet (from Elevate)

Electronics:

- Camera, extra batteries and charger
- Battery power bank/charger
- Chargers for all electronics
- Plug adaptor (Type C & E)

Travel Essentials:

- Credit cards and cash
- Reusable water bottle
- Book or e-reader
- Small, reusable pouches or bags – good for keeping valuables dry/dust-free
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Travel pillow
- Energy bars and dry snacks
- Earplugs
- Glasses and sunglasses

Medical Kit and Toiletries

Travelers should include an adequate supply of any prescription medication (in its original labeled container) you may require while traveling, and keep them in your hand luggage.

- Sunscreen
- Bug spray
- Pre-moistened antibacterial hand wipes
- Shampoo and conditioner
- Skincare products (lotion, etc)
- Hair brush, comb, hair-ties or clips
- Toothbrush and toothpaste
- Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Contact lenses and solution
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Tissue travel packs
- Hand sanitizer
- Prescription medication with original labels
- Any medication you take regularly or are advised to bring by a medical professional
- Over-the-counter medication
 - Allergy medication and EpiPen
 - Anti-diarrhea medication
 - Medication for indigestion - Pepto Bismol, Tums, etc.
 - Painkillers
 - Motion sickness medication - Dramamine
 - Ciprofloxacin or antibiotic for stomach issues
 - Sleeping medication
- If you have a favorite doctor, bring their phone number in case you get sick and want a trusted expert to consult