

Packing List & Other Essential Information for Our Journey



I am so excited about our upcoming journey to Morocco! Please review this information to ensure you have everything you need for the trip of a lifetime!

Clothing:

- Layers: Bring layers for fluctuating temperatures. A mix of short-sleeved and long-sleeved shirts (moisture wicking), along with a sweater or light jacket, is recommended.
- Warm Jacket: Especially for evenings and cooler nights.
- Comfortable Pants: Lightweight and breathable pants for daytime, and warmer pants for cooler evenings.
- Comfortable Shoes: Comfortable walking shoes for sightseeing and exploring.
- Yoga clothes for our daily morning practice
- Swimsuits
- Hiking Boots: Sturdy and comfortable shoes with good traction for walking on uneven terrain.

Accessories:

- Yoga mat
- Scarf or Shawl: Useful for covering shoulders in more conservative areas and providing warmth.
- Sun Hat: Protection from the sun during the day.
- Sunglasses: UV protection is important, especially in sunny weather.
- Gloves: for our trip to the mountains.
- Small Backpack or Daypack: Useful for day trips and carrying essentials.
- Rain Jacket/poncho: In case of unexpected rain, especially during the winter months.
- Umbrella: A compact, travel-sized umbrella can be useful for light rain.

Toiletries:

- Sunscreen: Even in winter, UV rays can be strong, especially in the desert regions.
- Lip Balm: To prevent chapped lips.
- Prescription Medications: If applicable, and a small first aid kit.

Electronics:

- Adapter: Morocco generally uses European-style outlets.
- Camera: Capture the beautiful landscapes and architecture.
- Power Bank: Keep your devices charged on the go.

Documents:

- ❑ Passport: Passport must be valid for at least six months beyond your intended departure date. Be sure to take a picture of your passport.
- ❑ **Trawick International is the recommended travel insurance company (<https://www.trawickinternational.com>). They offer quotes with and with Trip Protection, which includes trip cancellation and Trip Interruption.**
 - **Trip Cancellation – Provides reimbursement of non-refundable funds, if your trip has to be canceled before you leave. Safe Travels Explorer is the recommended package; but be sure to review all offerings to ensure your individual needs are addressed.**
 - **Trip Interruption – Provides coverage if you are already on the trip and it has to be interrupted.**
- ❑ **Be sure to print a copy of your policy and keep it with you during the trip.**
- ❑ Emergency Contacts: Please email your list of emergency contacts to shabachyogastudiomanager@gmail.com prior to Feb. 1.

Money:

- ❑ Local Currency: Moroccan Dirhams (MAD) in cash for small purchases. You can convert money at most large banks and in airports. Convert at least \$200 (USD) to MAD. You will be able to find ATMs if you need additional funds during your journey.
- ❑ Credit/Debit Cards: Accepted in larger cities, but it's good to have some cash for smaller establishments.
- ❑ **In 2024, Shabach Yoga is being intentional about serving the community in the spaces we occupy. We will be making a group donation to Project Soar, which is an organization you can learn more about at its impact here: <https://www.projectsoar.org/impact>. **The donation ask is \$50-\$100 per person. Please be prepared to give Courtenay your donation in cash on Feb. 2.****

Miscellaneous:

- ❑ Water Bottle: Stay hydrated, especially in the warmer regions.
- ❑ Snacks: Have some snacks on hand for long drives or between meals.
- ❑ Reusable Shopping Bag: Useful for carrying items purchased during your travels.
- ❑ Wet Wipes and Tissues: Useful for freshening up in areas where water may be scarce.
- ❑ Hand Sanitizer: Maintain hygiene in desert conditions.

Airport Transfer:

- ❑ Transfers to and from Marrakesh Menara Airport (RAK) will be arranged according to the arrival/departure times for the majority of the group. As of 12/23, the majority of attendees are arriving at or around 3:30 PM.

Checkout:

- ❑ Checkout is at 11:00 AM. The retreat venue will store your luggage if you have a later flight.