

## 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:**

- Comfortable clothes: Lightweight and breathable attire for daytime, and sweaters, shawls, and/or jackets for cooler evenings.
- Comfortable Shoes: Comfortable walking shoes for sightseeing and exploring.
- Yoga clothes for our daily morning practice
- Swimsuits and coverups

### **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.
- Small Backpack or Daypack: Useful for day trips and carrying essentials.
- Rain Jacket/poncho: In case of unexpected rain.
- Umbrella: A compact, travel-sized umbrella can be useful for light rain.

### **Toiletries:**

- Sunscreen: 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're 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.

#### Money:

- Local Currency: Moroccan Dirhams (MAD) in cash for small purchases. You cannot get Dirhams in advance. It is a closed currency. You will be able to convert money at the airport in Marrakesh. 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.
- Shabach Yoga is 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 this organization and its impact here: <https://www.projectsoar.org/impact>. The donation ask is \$100 per person. Please be prepared to give Courtenay your donation in cash on June 7.

#### 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.

#### Checkout:

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