

## **PACKING LIST FOR HIKING WEEK BLUE TO BLUE**

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Good equipment is important!, keeping the weight low is just as important, do not carry anything unnecessary! REMEMBER, YOU HAVE TO CARRY YOUR BACK-PACK Think about it: what do I really need? Your back-pack should not weight more than 8 Kilos, remember, you still have to carry water.

### **Necessarily:**

- Travel documents:  
**IN MOROCCO YOU NEED A PASSPORT (not ID-CARD) VALID FOR AT LEAST 6 MONTH FROM TRAVELING DATE**
- waterproof trekking boots (Goretex) with good profile
- hard Shell / rain jacket
- rain trousers
- hut sleeping bag (the guest house in Azilane has no sheets, all others do!) best if made of silk, they weigh very little
- backpack (25-40 litres)
- hiking / touring pants / zip-off pants
- fleece sweater / fleece jacket or soft shell jacket
- sport underwear
- hiking socks
- change of shirt
- warm hat / sun hat
- hut shoes
- sports towel
- swimwear
- water bottles to refill
- sun-cream
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### **Recommended:**

- walking sticks / trekking poles
- rain cover for the backpack
- headband
- sunglasses
- waterproof dry bag for dry laundry in a backpack
- Little gifts for children (colour pens)

### **Your personal first aid box (your guides carry a general first aid kit)**

- blister plaster
- magnesium helps against muscle spasms
- Electrolyte
- earplugs (if someone snores!)