

PERSONAL EQUIPMENT LIST

Banovallum School

Morocco 2020

Please note – In addition to the personal equipment listed here, participants will also be required to carry a share of group equipment/supplies and should leave some space in your expedition backpacks when packing to account for this. At your Expedition Leader Meeting, your Expedition Leader will go through this kit list with you.



Item	Description	✓
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Personal Items

Passport & Visa	Your passport must be valid for at least 1 month after your return date. British nationals do not need a visa for travel to Morocco. If you are not a British national you should consult the embassy/consulate in Morocco as well as the embassy/consulate of your country of citizenship.	
Personal medication	Take enough medication for the duration of the expedition.	
Personal money	We recommend taking around £30.	
x1 Passport picture	For use in the unlikely event of a lost passport.	
Money belt	To be worn around the waist to keep your money and passport safe.	



Carrying and Organising

Expedition rucksack	60-65 litres will be sufficient. It should have adjustable straps and the length of the back should match yours. You will be required to carry a share of group equipment/supplies and should leave some space to account for this.	
Daysack	30-35 litres will be sufficient for a day out exploring.	
Rucksack liner	This should be big enough to line the entire rucksack, the 'waterproof stuff sacks' then sit inside the liner.	
Waterproof stuff sacks	Waterproof stuff sacks are useful for grouping and packing similar items together. They will also keep clothes dry that get packed into your daysack. Plastic bags are ok if they are good quality and strong.	



Sleeping

2 season sleeping bag	A synthetic sleeping bag with a minimum comfort rating of +5 ° will keep you warm and covered up at night.	
Sleeping bag liner	A sleeping bag liner can be used on its own in hostels or added to a sleeping bag for additional warmth.	
Sleeping mat	A foam roll mat or an inflatable mat will insulate you from the ground and provide comfort.	



Footwear

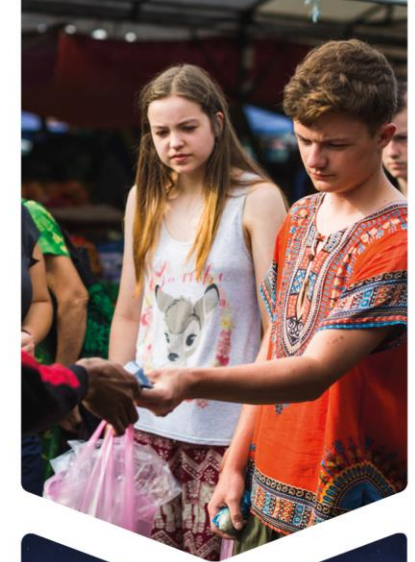
Trekking boots	Make sure your boots are comfortable and support the ankle. They need to be 'worn in' before your expedition.	
Trainers / pumps (optional)	Trainers or pumps with good grip would be appropriate.	
Walking sandals	Not flip flops! Ideal for protecting your feet in water and keeping cool. They should have straps that hold them firmly on your feet.	



Clothing – Synthetic materials are best as they 'wick' away moisture when you are hot. Cotton clothing tends to trap moisture creating rubs and discomfort.

Underwear & Socks	You will only need 7 sets at most.	
Thick socks	Provide padding when wearing boots for extended periods.	
Base layer top (2)	Synthetic tops are best for physical activities.	
T-shirts (2)	A cotton t-shirt or a travel shirt is fine for project work, R&R and travelling.	
Mid layer	A synthetic layer, sometimes referred to as 'micro' or '100 weight' fleece.	

Warm layer	A thicker layer, sometimes referred to as '200 weight' fleece.	
Walking trousers	Zip-off lower legs make them more versatile.	
Walking shorts	Will keep you cool while trekking in hot environments.	
Waterproof jacket	A lightweight/robust waterproof for keeping you dry and reducing the effects of wind-chill.	
Waterproof trousers	To keep your legs, dry and protected from wind-chill.	
Swimwear	Additionally, bring t-shirt and shorts to be considerate of the local culture.	
Sun hat	A sun hat with a wide brim will help protect your neck and ears.	
Scarf or 'Buff'	Provides protection from dust, sun and the cold.	



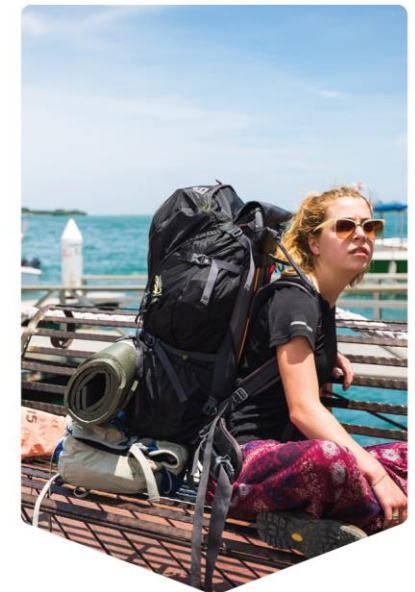
Drinking and Eating

Spoon	A spork or a normal table spoon.	
Pen knife	A simple knife with a small blade (less than 7cm); locking blades are preferable.	
Bowl	A plastic, sealable lunchbox that can be used as a bowl.	
Mug	A durable lightweight mug.	
Water bottles	Take either 2 x 1 litre bottles or a 1 litre bottle and hydration bladder. Bottles should be made of a strong material (i.e. 'Nalgene') and have a screw top lid. Water carriers should ideally be clear so that you can inspect the contents.	



Washing

Hair and body wash	All-purpose bio-degradable travel wash is environmentally friendly. It can also be used for cleaning dishes or washing clothes - 200ml should be sufficient.	
Toothbrush and paste	A small tube of toothpaste is sufficient.	
Travel towel	This is lightweight, low bulk and dries far more quickly than traditional cotton towels.	
Toilet bag	It should contain some toilet paper, anti-bacterial hand gel and some nappy sacks to bag used toilet paper until you can get to a bin. Bring sanitary items if needed.	



Health, Safety and Wellbeing

Anti-bacterial hand gel	An 100ml bottle should be sufficient.	
Nail brush	To clean dirt and bacteria from underneath your fingernails.	
Insect repellent	It is recommended to contain DEET of 30% - 50% concentration.	

Sunscreen	Take a small bottle of at least factor 30.	
Lip balm	Look for one with UV protection.	
Head torch	LED models are lightweight and power efficient. Put in new batteries and take a spare set.	
Watch	A cheap watch with an alarm is sufficient.	
Personal first aid kit	Should contain: <ul style="list-style-type: none"> - A few plasters - A pack of blister plasters - 5 rehydration sachets - Vaccination record – this can be obtained from your GP <p>The Leader Team will carry a comprehensive first aid and medical kit. Do not bring any drugs except any prescribed medication.</p>	
Emergency snacks	These should be snacks of substance e.g. dried fruit, nuts, cereal bars.	
Sunglasses	Models with 100% UV protection and a solid case are advisable.	
DIY/Safety gloves	Lightweight, close fitting gloves with a rubber covering over the palms and fingers.	
Dust mask	For protection during project work.	



Additional Equipment – optional.

Every item here is worth taking but will also add weight and bulk to your pack. Choose wisely!

Items to start interactions or conversations	A good way to break the ice with new people and share/explain a part of your culture e.g. photographs, postcards, playing cards etc.	
Notebook	Useful to make notes and record your experience.	
Reading book	To read in your spare time.	
Country guide books	Take a few between the team, the Leader Team will have 2.	
Long matches/ Lighter (Self-catering only)	You'll need a few packets/ lighters between the team. Store in zip lock bag to keep dry.	
Camera	Bring spare batteries or a charger.	
Para Cord (5metres of 4mm)	Can be useful for mending shoe laces and making washing lines.	
Duct tape	Wind some around your water bottle or something similar. Useful for repairs.	
Ear plugs	Useful for sleeping when travelling overnight or in case someone snores!	



Sarong	Useful for getting changed or using as a cover up to respect local customs.	
Neutralising tablets	Mask the taste of the chlorine tablets that are used to sterilise drinking water. Alternatives include flavoured powders or tablets which are added after treatment. Note: Outlook provide the chlorine tablets.	
Wet wipes	Bring a small pack to help you keep clean.	
Walking poles	Telescopic walking poles give extra support when walking over difficult or steep terrain.	
Travel adaptor	Check which type you will need for your destination. One between two is normally sufficient.	
Small padlock	This can be useful when leaving your luggage in hostels.	

