

## Preparing for your trek: Morocco

The following information tells you what you will need to do to prepare for your trek.

### Checklist

#### To send to CAT office

- Medical form
- Insurance declaration form
- Photocopy of details page of your passport

#### To do

- Now - Make a note in your diary of the payment schedule shown on your invoice
- Now - Check that the name on your invoice EXACTLY matches the first and surname on your passport and notify the CAT office immediately if there are any discrepancies.
- Set aside time to improve your mountain fitness
- Vaccinations – travel clinic. 2-3 months before departure
- Obtain medical items on kit list – you may need a doctor's prescription for certain medicines.
- Dental check-up. 1-2 months before departure
- Insurance
- Equipment list – decide which items you may need to buy or borrow.

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Information updated 29/7/2010 (AF)



## Health issues

- **Fitness - train for your trip** – you will enjoy the trek much more if you are fit. For most of our trekking trips you will need to be comfortable trekking for on average 6 hours a day in mountainous terrain. By far the best way to train for Himalayan trekking is to get out on the British hills and spend time climbing, for example, to the heights of the Lake District peaks, ie around 800 – 1000m. If you are capable of putting together a few days of that calibre back-to-back, you should be capable of most of our treks. (Please note that the trekking peak trips require additional technical experience). For those not able to regularly get to the British hills, then regular cardiovascular exercise, for example on the stepper in the gym is a good alternative, but you should still try to get some time in mountain terrain as gyms cannot simulate the rough ground found in a mountain environment.
- **Medical form** – please complete and sign the enclosed form. You will need a doctor to sign the form to declare your suitability for the trek if you are over 65 or have a pre-existing medical condition.
- **Vaccinations** – travel vaccinations are advised for the countries we trek to. You should plan to see your GP's travel clinic several months ahead of your trip, as some vaccinations require a course of injections over a couple of months. For advice on which vaccinations are recommended for you, please speak to your travel clinic as, unlike us, they have access to your medical history. The website [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) is also very useful.  
In addition to the vaccinations you may require, clients often ask us about the following illnesses:  
**Malaria:** Please note that for travellers to Morocco, anti-malarials are **not** normally required.  
**Rabies** does exist in Morocco – avoid dogs! The decision about the expensive course of rabies injections is a matter of personal choice.
- **Dental checkup** – altitude and flying are notorious for highlighting dental problems, and there is nothing worse than being on trek with toothache. A check-up timed sufficiently in advance of the departure date to allow for any work that is required to be done on your teeth can save you a lot of pain on trek.
- **Staying healthy in Morocco** – Sadly, Morocco is not the cleanest country, so be scrupulous about your own personal hygiene. **Wash your hands before you eat anything**, and also use antibacterial hand gel in addition to soap and water. Remember that money is one of the dirtiest things you will touch.  
**Do NOT drink tapwater, or even brush your teeth in it**, even if you see the locals doing it. Bottled water is safe in the towns, though be sure the seal hasn't been broken. On trek we will provide you with water that has been boiled (better than buying plastic bottled water as recycling facilities haven't reached Morocco yet)! It is a good idea to keep your toothbrush by your safe water, not by the sink.  
**Be careful what you eat** – the food and drinks our cooks prepare for you will be safe, but when eating elsewhere avoid uncooked food, or things that might not have been washed in safe water, ie, avoid ice cream, ice cubes, salads and fruit if you're not sure how it was washed etc. Hot drinks are safe, as the water has been boiled. If in doubt, ask for advice.
- **Medicines** – see the kit list later in this document. A basic first aid kit is carried on all our treks, and your guide/trek leader will be trained in first aid, but you should make sure that YOU carry any medication that you rely on. It is very important that you tell your guide / trek leader of any medication that you take, and also of any medical conditions, even if you have already told us about them on your medical form.
- **Stomach upsets** can happen, sometimes just as a result of a change of diet, but sometimes from a more persistent cause. In the event of you having an upset stomach, we recommend that you do NOT block up your system with immodium-type medicines, but that you limit your food intake, keep to a low-fat diet. Flattened coke seems to help, as do rehydration salts (eg Dioralyte or Jeevan Jal). If it looks like the problem is severe, antibiotics almost always offer an extremely effective and rapid solution.
- **Trekking at altitude – For those trekking on Toubkal:** Our itineraries are planned to give time for acclimatisation, but it is important to think of trekking at altitude as a multi-day event. Think "marathon" rather than "sprint". If you can't talk while you are walking, you are walking too fast. Keeping to this as a guide, and learning to listen to what your body is telling you will help you with acclimatisation. Above 3000m, almost all westerners will find it harder to breathe, and walking uphill needs to be done at a slower pace than at sea level. Headaches, nausea, breathlessness, dizziness,

loss of appetite and difficulty sleeping are not unusual, but you should report any of these symptoms to your guide / guide so that they can help prevent them turning into anything serious. If ignored, these symptoms can worsen, and can lead to potentially fatal pulmonary or cerebral oedema. Descent cures altitude sickness. Diamox is a prescription drug available through your GP. It won't mask the symptoms of an oedema, but can be used to help treat altitude related problems. In cases where the onset of an oedema is suspected, diamox must never be used instead of descent.

## Paperwork

**Insurance:** It is a condition of booking that you have adequate insurance for your trip. Your insurance must cover you for the entire period of travel, and for the activities\* and the altitude you are going to, and also for helicopter rescue and repatriation. You should also notify the insurance company of all pre-existing medical conditions. Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage.

As a result of changes to travel insurance rules from 1 January 2009 we can no longer arrange your insurance for you. However, we would be happy to refer you to Campbell Irvine, an insurance company we have worked with in the past, but the relationship is then between yourself and the insurance company. To purchase the same insurance that you would have previously been able to buy from ourselves, please contact Campbell Irvine direct by one of the following methods, **and please mention that you are trekking with Community Action Treks:**

Online: [www.catreks.com/info/Insurance.pdf](http://www.catreks.com/info/Insurance.pdf)

By telephone: 020 7938 1734

By email: [info@campbellirvine.com](mailto:info@campbellirvine.com)

In all cases, extra costs incurred by a client as a result of premature departure from the expedition, eg, rescue, food and accommodation costs of themselves and support staff etc, are the responsibility of the client. It is important that all clients carry with them the financial means to meet these costs at the time of them being incurred.

Once you have arranged your insurance, please complete the enclosed insurance declaration form, and return it to us.

### Passport

Check that your passport will have at least 6 months of validity at the time of travelling. Send a copy of the details page of your passport to the CAT office. You may also like to travel with a copy of this page in case you lose your passport.

**Visa:** Visas are not currently required for entry into Morocco by UK nationals. Other nationalities should consult their Moroccan embassy.

You will get an entry stamp on arrival, and a number will also be stamped into your passport. This number is your 'entry visa' number, and will be required when registering at hotels. Entry is valid for 90 days.

Embassies regularly change their requirements for visas, so you are strongly recommended to check the visa page of your country's Morocco embassy website. The website address of the Moroccan embassy in the UK is <http://morocco.embassyhomepage.com/>

### Money

- **Currency:** Sterling (but not Scottish notes) and US dollars cash can easily be changed in hotels in Marrakesh for Moroccan dirhams. Euros are commonly accepted in the cities. You will also get a better exchange rate for cash than for travellers cheques. It is a good idea to always try to pay with a big notes in the cities, and to keep the change for your time on trek. Whilst Marrakesh shop owners may say they have no change, they can always get some, and there are banks nearby. On trek, the nearest bank could be a several days' walk away! It also makes giving tips to the trek crew a lot less embarrassing if you can give them exactly what you want to give them rather than asking 2 or 3 members of your crew to split a note between them! Don't accept or give torn or extremely dirty notes. The current exchange rate for UK Pound:Moroccan Dirham is around 1:13.

- **Credit & debit cards:** Although a few of the bigger shops now accept payment by card, you should not rely on being able to use them. In the mountains, only Moroccan dirham cash is accepted. However, we do ask that you take a credit card with you, see the note below on **Leaving a trek early**.
- **Bartering:** Bartering is the expected practise for tourist items. Try to negotiate a fair price – if you don't the prices will be made artificially higher in the future, and it creates an even greater imbalance in the economy of the country. Morocco is one of the poorest countries on earth, but those Moroccan who have contact with westerners are significantly more wealthy than those who have no contact with tourists. Please note that the price is fixed in some shops, all supermarkets and tea house food/accommodation.
- **Spending money:** Most people find that £250 is sufficient for their personal trek expenses and including porter/trekking crew tips. Please see your itinerary for a list of what is and is not included in the package price. There is very little to spend money on once on trek, although soft drinks, snacks and craft items can be bought at villages on, or en-route to the trek.
- **Tipping:** Many people from the UK feel awkward about tipping. In Morocco tipping is a way of life and our local staff have been trained to see it as a reward for good service, but not to expect it. We find that most trekkers want to tip the staff, as a genuine "thank you" for all their hard work and unfailing good humour and smiles along the way. It is difficult to give advice about tipping without it appearing to be a directive, but many of our clients ask for advice so we hope the following at least gives you some guidelines.  
We suggest groups make a collection among themselves and present the tips to the staff directly (not via the local guide) at the end of the trek. Remember though that tipping is up to you and should only be given if you are happy with the service you have received.

Up to 8 days on trek: up to £50 per trekker to split amongst the whole crew

8-15 days on trek: up to £70 per trekker to split amongst the whole crew

15 days +: up to £90 per trekker to split amongst the whole crew

The crew would normally receive tips on the following basis per day from the group as a whole:

Guide	100 Dirhams per day per group
Long distance driver	100 Dirhams per day of driving per group
Cook	60 – 70 Dirhams per day per group
Muleteer/Chamelier:	50 Dirhams per day per group
Local drive (eg around Marrakesh)	50 Dirhams per group

When in hotels, a tip of 5 dirhams to hotel staff (porters, reception staff and cleaners) is appropriate.

- **Departure Taxes:** Departure taxes for some international flights from Marrakesh are included in the cost of your international flight ticket.
- **Leaving a trek early:** If you leave a trek early you are responsible for the costs incurred by yourself and the trek participants and/or staff who accompany you. This applies whether you choose to leave early, or if you are forced to leave early due to medical reasons. The costs of this can be several thousand pounds, especially if helicopters are required which is why we insist that you take out insurance to cover you for medical emergencies. We ask that all participants ensure they have a credit card with them with credit to cover this. In some cases, credit card banking fees may be incurred.
- **Gifts to beggars and children:** We would ask that you do NOT give small gifts to beggars and children. It only encourages begging, and an apparently innocent "give me pen" soon turns into "gimme dollar". Sweets rot teeth, and dental facilities and the national health service isn't like ours! If you would like to give something to the people of Morocco, we have a dedicated sister organisation, Community Action Nepal, which is a registered charity which operates to improve the medical and educational facilities of areas that really need it. If you would like to give to this, please contact [info@canepal.com](mailto:info@canepal.com). If you are a tax payer, your donation can also be gift-aided at no extra cost to yourself.

**Extensions:** If you wish to have extra nights in Morocco before or after their trek, discuss your options with us as soon as possible. The cost of your flights may alter if you change your plans, so early decisions about

this are advisable. Changes cannot be made once your air ticket has been issued. Please see our Morocco extensions itineraries for ideas.

## Further information

**Arrival in Marrakesh:** You will be met at Marrakesh airport by our staff there, and taken to the hotel in Marrakesh. If you are making your own flight arrangements, please let us have details of ALL your flights so we know when to meet you! The airport is 6km from the centre of Marrakesh. This journey usually takes about 20 minutes. Politely decline all offers of help to carry luggage, take you to hotels etc from anyone who is not CAT staff. A simple “no thank you” and walking on usually works in Morocco.

**Language:** Morocco's official language is Arabic, but Berber is spoken by a large minority. French is widely spoken throughout Morocco, except in the northern regions where Spanish is more predominant. English is also understood, particularly in the north and the main tourist areas of Morocco.

**A typical trekking day:** If you are used to trekking in Nepal, please note that Moroccan-style trekking is slightly different. Life on trek is quickly adopts a very simple pattern. You will wake early. You need to get up and pack your kit bag so that your tent can be taken down and the porters or pack animals leave with your tent and kit bag while you are having breakfast. After breakfast we start trekking, taking time for rests, drinks and toilet stops along the way. We stop for a long lunch break. If you don't like stopping for a long time mid-walk, try to keep moving and stretching. Then we set off again for the afternoon walk to our campsite. The tents may already be there, but if not you will need to have with you a spare warm layer to keep warm while you are waiting for them to arrive. Your trek team will take care of necessary tasks, such as preparation of meals, loading of mules/camels and setup of communal camp facilities. You will need to set up your own sleeping tents before resting and changing into clothes for the evening. Prepare your tent for night before eating dinner with your fellow trekkers in the mess tent or tea house. Typically people retire to bed early as everyone will get up early for another day of trekking.

**Your trek crew:** Your trek will be led by a qualified mountain guide, normally English-speaking. You will also be accompanied by muleteers/camel drivers (mules/camels carry luggage and equipment during the trek) and a cook (for groups of 5 or more people). A helping hand from you is always welcome if you wish to offer!

**Food:** Please refer to the trip itinerary for details of which meals are included in your package price. Generally all meals and hot drinks on trek are included. Water and soft drinks are at your own expense. Meals are prepared by our trek support team, but if you would like to lend a hand, you will be more than welcome! Food is bought locally and the choice of food and availability of fresh items depends on the season. On trek you will be served a high-carbohydrate, largely vegetarian diet consisting of a mixture of Western and Moroccan food. Breakfast is usually a simple affair of bread, jam, tea/coffee. Lunches normally consist of salads, occasionally with eggs or tinned fish. Dinners are normally traditional Berber-style meals of soup and tagine, with occasionally the possibility of pasta dishes. Biscuits and trail-mix are supplied while walking, and of course plenty of mint tea! You may also like to bring your own snacks especially energy bars, chocolate, sweets and dried fruits.

Please note that meat is often the main feature of a meal and can be found in many dishes, even if only as stock. Therefore, if you are a strict vegetarian you may experience a distinct lack of variety in the food available. Meat is usually substituted with eggs, cheese or lentils. Separate vegetarian meals can be prepared, but variety may be limited. Bread is a main accompaniment to all meals, and is always made with wheat flour. We cannot provide a non-wheat alternative. Rice can be prepared as a non-wheat alternative to pasta or couscous in a meal.

Whilst we will do our best to accommodate special requests, all food is bought locally and variety may be limited, so your patience and understanding is requested. If you have special dietary needs, you should come prepared with your own food/ snacks as supplements. You may like to bring your own vegetarian stock cubes for soup preparation or non-wheat crackers if you cannot eat bread. You must advise us at the time of booking if you have special dietary requirements.

**Accommodation:** We use a variety of hotels in Marrakesh – we will try to tailor the booking to the participants. Hotel accommodation is in twin rooms. Whilst on trek you will be in a 2-person tent. Sole use of a tent or single hotel rooms is usually possible – please see your itinerary for the single tent / room supplement prices. If you do not choose a single tent or single room, you will be allocated a tent / room mate of the same gender. If you have a preference for who you would like to share with, please notify the CAT office as soon as possible.

Some itineraries include accommodation in a village house or gite. Sleeping arrangements are usually multishare. In this circumstance, washing and toilet facilities will be communal.

### **Washing / Toilet facilities:**

As you will be trekking through remote areas, washing and toilet facilities are basic and may be limited, if non-existent. Most often only cold water is available. In village houses or gites, showers are typically cold water only. Should heating facilities be available, you may have to pay a small additional charge for this to cover costs of the gas used to heat the water (typically about 10dh per shower). As far as possible camp sites are chosen near to water sources, however this is not always feasible. A water supply is carried when sources are limited, but this is mostly required for cooking and drinking purposes, so bathing may not be possible. Toilet facilities will normally be squat toilets. If you get caught short whilst trekking, please ask – we may be able to find you a local toilet to use. If not, please bury your offering and put your toilet paper in a plastic bag to tip into the next camp toilet. There is nothing worse than seeing the litter of toilet paper along the way. Keep toilet paper with you at all times in Morocco!

**Itinerary changes:** These may happen, though we will try to keep changes to a minimum. There are some things that are outside of CAT's control (eg, civil war, airline changes, the weather, strikes etc). We will always endeavour to work around any disruption to provide you with the best possible alternative. We ask you to travel with an open mind, and an awareness that disruption happens more frequently in African countries than at home.

**Mobile Phones and Internet:** Mobile coverage is starting to appear in some trekking areas, and also in Marrakesh. Check with your mobile phone company to see if your phone will work in Morocco. Internet cafes are available in Marrakesh.

**Electricity (voltage, adaptors etc):** Whilst it may be possible to charge camera batteries etc for a small fee at some points on the trek, you should not rely on this facility. Fully charge all your electronic items prior to leaving the UK. If you wish to charge anything in Marrakesh, a continental 2-pin adaptor will suffice. Be aware that the voltages are not very stable, and more delicate electrical devices may fail if subjected to voltage fluctuations (iPods seem particularly vulnerable).

**Weather:** Morocco's climate is very diverse. Our trips take in incredibly varied terrain: from Mt Toubkal which at 4167m is the highest mountain in North Africa, to the Sahara desert, from the Essaouira on the coast to Marrakesh. The best time of year to travel varies from destination to destination, and are indicated below:

### **Marrakesh:**

The best times are early Spring and late Autumn.

In mid-summer, Marrakesh is very hot (33°C – 40°C).

Winter is often bright and sunny, but temperatures can drop below freezing at night.

### **Mt Toubkal (High Atlas):**

In summer the High Atlas is very pleasant.

In winter the temperature in the High Atlas can drop to -20°C plus wind chill, and there can be an abundance of snow in the mountains.

### **Jebel Sahro / Lower Atlas mountains:**

Great trekking in the winter months, but as always in the mountains be prepared for all weathers.

### **Sahara Desert:**

The best time for trekking in the Sahara is from Oct to mid April, but be prepared in case of cold nights.

The summer months are too hot for desert trekking.

In winter there can be huge temperature swings between too hot to below freezing in the desert.

Generally – be prepared for cold nights and take something with you in case it does rain. Although rain is rare, it can be heavy when it does rain. Dust and sand storms can happen at any time. Wrap-around sunglasses are strongly advised, especially for contact lens wearers! The 'schesch' scarf that the locals wear can be bought locally, and is strongly advised for keeping sand out of your hair, ears, noes and mouth.

### **Essaouira (Coast):**

The coast generally has mild weather and is pleasant all year. Sea breezes help to keep the temperatures down in the summer. However, you should bring layers in case of cool or wet spells.

### **Further reading:**

We recommend doing some reading about Morocco before your trek. The following titles may be of interest:

**Lonely Planet Morocco**, Lonely Planet – a good introduction

**Trekking in the Moroccan Atlas**, Trailblazer Guides

**Marrakesh Step by Step**, Insight Guides – includes a good map of Marrakesh

**Maps of Morocco** try Stanfords, Long Acre, London

## **The Trekkers' Code**

Community Action Treks has been awarded for its Responsible Tourism principles and actions. We ask you to follow these simple guidelines:

- Help your guides and trek crew to follow conservation measures.
- Trekkers' clothing should be modest (covered shoulders, upper arms and legs) especially in or around villages. Remove shoes before entering someone's home if it is carpeted.
- Use only your right hand for eating and greeting and for giving money or gifts.
- Do not display affection with your partner in public.
- Always ask permission before photographing local people and respect their wishes if they refuse.
- Please do not distribute sweets, pens, money and other items to children as it encourages begging - a donation to project, health centre or school is a more constructive way to help.
- Please do not give medicines to local people without consulting your trek guide.
- Degradable refuse should be safely burnt and the remains buried. Other refuse (tins, bottles, etc) should be carried out of the area to an appropriate place for disposal.
- Crops and plantations should be respected.
- Water supplies are drawn from local streams, so please limit the use of soaps and detergents and make sure you use those that are biodegradable/eco-friendly.
- Where there is a toilet, please use it. Where there is none, keep away from water sources and make sure you bury your waste. Toilet paper should be used sparingly and be burned and buried safely or taken out of the area for disposal.

## Equipment List

**This is a list of suggested equipment you should take with you on trek. Your kitbag will be carried by pack animals and should not weigh more than 12kg. Any excess baggage charges are your responsibility. You will carry your own daysac containing the items you will need access to during the time spent walking each day. Any luggage not needed on trek can be left at the hotel in Marrakesh.**

Ensure you have the appropriate equipment, and use it before your trek. It is essential that you ensure you are comfortable walking all day in your boots in a mountain environment well in advance of departure. At all times of year you should work on the layer principle so you can easily take off or put on layers as temperatures dictate. Several thin layers are better than one thick layer. Clothing in layers traps air and keeps you warmer.

Morocco is a muslim country, and as such dress should be fairly modest. We recommend you wear long or three-quarter length trousers (as opposed to shorts) during your trek and cover your shoulders, especially when visiting villages. Items such as a large scarf or sarong can be useful for covering up, or protection from the elements.

The most difficult thing to reliably acquire in Marrakesh is suitable trekking boots. It is worth wearing your boots on your flight out as arrival in Marrakesh without them could have serious implications on your trip.

<b>Kitbag contents and clothing requirements:</b>	<b>Mt Toubkal (summer)</b>	<b>Other treks in Atlas / Jebel Sahro</b>	<b>Desert trips</b>
# Items marked (#) are optional * Items marked * are subject to personal tendency to feel the cold, the time of year you are going, and if you are going to more than 4000m			
Good ankle high walking/hiking boots, waterproof with a good sole and ankle support, well broken in – paths in Morocco can be loose with shale or sand.	√	√	
Gaiters	√(#)	√(#)	
Pair of trainers preferably with a gripping sole to change into at the end of the day	√(#)	√(#)	√(#)
Sandals (with space for thick socks underneath and a good tread)		√(#)	√
Waterproof breathable hooded jacket	√	√	√
Waterproof trousers.	√	√	
Down jacket– recommended for trips above 4,000m, especially from October - February	√(#*)		
Short and long sleeved shirts/t-shirts Take thermal or coolmax t-shirts instead of cotton as they dry quicker. Merino wool is also excellent, and doesn't smell even after several days of trekking. Take 2-3 of both short and long-sleeved. Include at least 1 long-sleeved shirt or zipped neck.	√	√	√
Thermal long johns and vest	√	√(#*)	
Fleece jacket – ideally windproof.	√	√	√
2 pairs of loose fitting walking trousers - not jeans, as once wet are hard to dry	√	√	√
Shorts – knee length for women (please note that Morocco is a Muslim country. Local women never show their legs, and men rarely wear shorts. To be culturally sensitive we would recommend that women especially restrict wearing shorts to the time spent in the hotel gardens).	√(#)	√(#)	√(#)
Loose fitting long skirt / wrap around skirt or sarong for women	√(#)	√(#)	√(#)
Sun hat with broad brim	√	√	√
woollen/fleece hat/balaclava	√	√	√
Buff / bandana (for desert treks you can buy the Berbers' scarf locally).	√	√	√
2 pairs gloves and warm insulated mittens	√	√	1 thin pair
3 pairs thick walking socks	√	√	
Underwear	√	√	√
Swimming costume	√(#)	√(#)	√(#)
Casual clothes for travelling	√(#)	√(#)	√(#)
Kitbag approx 70 litres.	√	√	√
Small bag which can be left in the hotel during the trek for travel clothing	√(#)	√(#)	√(#)
Money pouch or belt for valuables	√	√	√
Sleeping bag and liner: suggested season ratings for each type of trip are shown as a guide, though sleeping temperatures are subjective:	3-4 season	3-4 season	2-3 season
Large strong polythene/plastic bag to keep sleeping bag and spare clothes dry in case of heavy rain (as kit bags and rucsacs are NOT waterproof). Thick dustbin liners may suffice. The roll-top bags sold in outdoor shops are an excellent way of keeping your kit organised and dry.	√	√	√
Sleeping mat - Foam sleeping mats are provided. For extra comfort you may wish to bring your own self-inflating 'thermarest' type mat or a karrimat.	√(#)	√(#)	√(#)
Head torch with spare batteries	√	√	√

Zip up plastic bags for camera lenses, toilet paper, wet socks, dirty clothing etc	√	√	√
Elasticated washing line or piece of string and clothes pegs – to dry your smalls!	√(#)	√(#)	√(#)
Travel adapter plug for Marrakesh (2 pin European style)	√	√	√
Small quick-drying towel - available from outdoor/camping shops	√	√	√
Flannel (helps for washing from a bowl) kept in plastic bag, or wet wipes.	√	√	√
Personal toiletries	√	√	√
Spare toilet paper	√	√	√
Ear plugs (in case of snorers)	√(#)	√(#)	√(#)
Small padlocks for your kitbags and for any kit you leave at hotel	√	√	√
Repair kit (sewing kit, duck tape, spare laces)	√	√	√
Reading material / diary / notebook	√(#)	√(#)	√(#)

<b>Daysac contents: (the things you will carry each day on trek in addition to your waterproof jacket &amp; warm layer of clothing)</b>			
Passport – (plus a photocopy of the details page, carried separately in case of loss of original)	√	√	√
Airline tickets	√	√	√
Comfortable daysac for walking (25/30 litres)	√	√	√
Strong water bottles – 2 x 1 litres as you need to drink much more at altitude and in the desert. The best bottles to use are the wide-mouthed Nalgene plastic bottles as they are completely waterproof or metal bottles. Water bladders are also ok, but don't use them as hot water bottles at night.	√	√	√
Suntan lotion (Factor 15+ ) and lip salve (with sunscreen)	√	√	√
2 x collapsible walking poles, essential if you are prone to knee problems	√(#)	√(#)	√(#)
Snacks (dried fruit is particularly good at altitude)	√(#)	√(#)	√(#)
Swiss Army knife (but put this in your kitbag for all internal flights)	√(#)	√(#)	√(#)
Camera with memory cards and batteries kept in sealable bag to keep out dust/sand	√(#)	√(#)	√(#)
Toilet paper	√	√	√
Antibacterial handwash	√	√	√
Sun glasses. For desert trips take wrap-around style to keep sand out + a spare pair.	√	√	√
Insurance documents	√	√	√
Spending money – see above section on money	√	√	√
Credit card for emergency rescue payments	√	√	√
Small personal first aid kit to include: <ul style="list-style-type: none"> <li>• Plasters</li> <li>• Blister treatment</li> <li>• Antiseptic wipes and cream</li> <li>• Painkillers: paracetamol, aspirin or ibuprofen</li> <li>• Tubigrip or compression bandage</li> <li>• Iodine or water purification tablets for drinking water. (Vitamin C soluble tablets can be used to remove unpleasant taste from treated water but you need to wait for the purification to take effect first).</li> <li>• 'Dioralyte' or similar rehydration powder sachets</li> <li>• Cold remedy &amp; throat lozenges</li> <li>• a course of broad-spectrum antibiotics, ideally Ciprofloxacin (available on prescription from your GP, but to be taken only if required and in consultation with your guide or trek leader).</li> <li>• Diamox (for altitude problems. This may possibly required by trekkers going to Mt Toubkal. Available on prescription from your GP. To be taken only if required and in consultation with your trek leader). Not required for lower treks or the desert.</li> </ul>	√	√	√

If you are not a regular hiker you may find you do not have many of the items above. Why not try to borrow some of the items from your hiking friends.

**Suppliers:** There are many excellent outdoor retailers. The following companies are just some that offer good advice, a good range and a mail order facility.

**Cotswold Discount:** Cotswold is a UK-wide chain of outdoor equipment shops, and also an on-line shop. They have generously offered a **15% discount** to Community Action Treks clients – details will be sent to you with the confirmation of your booking.

Cotswold tel. 0844 557 7755  
Field & Trek tel. 0844 800 1001  
Needlesports tel. 017687 72227

[www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com)  
[www.fieldandtrek.com](http://www.fieldandtrek.com)  
<http://www.needlesports.com/index.php>





# COMMUNITY ACTION TREKS LTD

Stewart Hill Cottage, Near Hesket Newmarket, Wigton, Cumbria, CA7 8HX

Tel: 01768 484842

Email: info@catreks.com Web: www.catreks.com



## Medical Form

Community Action Treks Ltd operate in often extreme and inhospitable terrain and most of our treks demand a fairly high degree of physical fitness and health. Please fill in this form carefully, detailing your medical history. We will treat all information in the strictest confidence and send it to the trek leader and /or doctor / medic who are responsible for your safety and welfare during your trek with us. Once your trek is complete and you have returned to your destination and safety and there is no further need for the information on this form, it will then be destroyed.

If you have a history of any of the following medical conditions, please give details such as frequency, severity and aggravating factors where necessary. If you have had an operation within the last year, whether minor or not we need to know the details of the operation and the outcomes and possible long term problems, particularly ones that may occur or be accentuated if strenuous and physically demanding exercise is taken.

It is the responsibility of each trekker to ensure that he/she is adequately insured for the trek, including activities undertaken, and the altitude. Helicopter rescue and repatriation must be a part of the insurance policy. Pre-existing medical conditions must be declared to the insurance company.

<b>Title and Full Name as it is shown on your passport (please print in CAPITALS)</b>			
<b>Trek:</b>			
<b>Date of Trek:</b>		<b>Height:</b>	
<b>Date of Birth:</b>		<b>Weight:</b>	
<b>Condition</b>	<b>Yes/No</b>	<b>Details (if insufficient room for details, please write on reverse of this sheet)</b>	
High blood pressure			
Heart/circulatory disorders			
Chest/lung disease			
Asthma/hay fever			
Epilepsy/diabetes			
Digestive/bowel disorders			
Joint/ back injuries			
Knee/ hip/ ankle			
Surgical operations			
Mental/emotional problems			
Pregnancy (at the time of the trek)			
Allergies			
Any current medical conditions			
Dietary requirements			

**I understand that I will be undertaking a challenge which requires a good level of fitness and I believe that I am fit enough to complete the challenge and take responsibility for myself under these conditions.**

I declare that the above information is a true and fair representation of my current state of health. Should my circumstances change, I will inform Community Action Treks at the earliest opportunity

**Signature .....**

**Date .....**

**If you are over 65 or have a pre-existing medical condition, please ask your doctor to sign below to confirm that you are fit enough to undertake the challenge:**

We recommend an ECG for participants over the age of 65 at your doctor's discretion

**Signature of Doctor .....**

**Date .....**

Registered in England No. 4402182

Founder Director: Doug Scott CBE





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## Trekking Insurance Information

It is a condition of booking that you have adequate insurance for your trip.

Your insurance must cover you for

- the entire period of travel
- the activities\* and the altitude you are going to
- for helicopter rescue and repatriation.
- You should also notify the insurance company of all pre-existing medical conditions.

Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage. Once you have arranged your insurance, please complete this insurance declaration form, and return it to us as soon as possible.

\*Trekking Peak Insurance: If you have booked onto one of our Trekking Peak trips (Yala Peak, Island Peak, Mera Peak, Teng Kongma Peak or Pokalde Peak) please ensure you are covered to the height you hope to achieve and that they are aware that you will be using ropes, crampons and other climbing equipment.

Name:	
Trip Title:	
Trip code or group name:	
Land-only dates:	
Insurance company:	
Insurance policy number:	
Insurance company general telephone number:	
Insurance company emergency international assistance telephone number:	
I understand that responsibility for the payment of all bills incurred for rescue and repatriation lies ultimately with myself, the client in the event of the insurance company not paying for them. I am responsible for ensuring that these payments can be met as outlined in the Booking Conditions.	
Signature:	
Date:	