

TREASURES OF MOROCCO - ESSAOUIRA EXTENSION JANUARY 18TH - 22ND, 2017

## TRAVEL EXPLORATION A 5-DAY JOURNEY BY THE ATLANTIC

JOIN PAM RIESENBERG OF HOME APPETIT ON A  
5-DAY ESSAOUIRA CULINARY EXTENSION TOUR



RESERVE SPACE TODAY  
CALL: 908-347-7785  
sharon@sababatravel.com

### TRIP HIGHLIGHTS:

Discover this Seaside Artist Colony on the Atlantic Ocean  
Wine Tasting at Ounagha & Special Lunch at La Fromagerie  
Gourmet Dinner at Umia with Bibi & Jamal  
Cooking Class - Highlights of Sephardic Cuisine



SEPHARDIC CUISINE



SOUPE DU POISSON



SEAFOOD B'STILLA

Discover the Atlantic Coast of Essaouira  
JOIN PAM RIESENBERG OF HOME APPETIT ON A 4-DAY  
ESSAOUIRA CULINARY EXTENSION TOUR



LIMITED AVAILABILITY

RESERVE SPACE TODAY  
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TREASURES OF MOROCCAN CUISINE TOUR - Sababa Travel

DATES OF TOUR:

January 18th - 22nd, 2017 (5 Days/ 4 Nights)

5 Star Luxury Riads/ Hotels:

COST PER PERSON: \$2,699 / SINGLE SUPPLEMENT RATE + \$850  
SHARED DOUBLE/ ROOM UPGRADES AVAILABLE UPON REQUEST

Example 5 Star Boutique Riads & Hotels

**Essaouira:** Heure Bleue Palais (Relais Chateaux) or Thalasa Hotel & Spa

**Casablanca:** Le Doge Hotel & Spa or Sofitel Tour Blanche

General Inclusions:

Ground Transportation in Luxury Vehicle / Minibus for 17PAX + 4x4 Land Cruisers for Sahara Desert Transfers

English Speaking, Expert Licensed Tourism Driver for your Entire Tour/ Country and Culture Expert (Fluent in English, Arabic, French and Berber)

National Guide: Expert in Jewish Heritage, History, Culture, Architecture, Religion, Crafts, Cuisine, Art & History (Fluent in English, Arabic, French, Berber)

Airport Transfers on Arrival and Departure by Same Driver who will be your host for the entire tour

Stays at 5 Star Boutique Riads & Hotels

All Sightseeing Admission fees / Palaces/Gardens/ Kasbahs/ Mosque

**Meals & Cuisine Activities Included: 7 Total** (Vegetarian Options Available Upon Request)

**Breakfast Daily (4)** At Your Riad/ Guest House

**Lunches/ Dinners/ Cuisine Activities – Serve as Lunch (3)**

February 1st: - Fromagerie & Wine Tasting at Ounagha Winery

February 2nd: Gourmet Dinner at Umia - Gastronomic French/ Moroccan Fare

February 3rd: Cooking Class with Sephardic, Seafood B'Stilla with a Swiri Dada Chef

Excluded Services:

Airfare, Gratuity for guides, drivers and porter fees. Trip Cancellation or Interruption insurance. This is required. Beverages, Personal Expenses

**Discover the Atlantic Coast of Essaouira**  
**JOIN PAM RIESENBERG OF HOME APPETIT ON A 4-DAY ESSAOUIRA**  
**CULINARY EXTENSION TOUR**



Morocco is one of the ancient intersections of civilization. Boldly situated on the far northwestern corner of Africa, its expansive shoreline stretches from the Atlantic Ocean through the Strait of Gibraltar to the Mediterranean Sea. Its dramatic landscapes include lush plains, high mountains, and the Sahara Desert.

This outstanding Moroccan extension tour to the Coast of Essaouira is an opportunity to enjoy a foodie experience on the Atlantic. You will explore Old Mogador, a UNESCO Heritage Site, its history, the culture and connect with the people.

Moroccan cuisine is the culinary star of North Africa. Imperial and trade influence has been filtered and blended into Morocco's culture. Being at the crossroads of many civilizations, the cuisine of Morocco is a *mélange* of Arab, Berber, Moorish, French, Middle Eastern, Mediterranean African, Iberian, and Jewish influences. The cooks in the royal kitchens of Fes, Rabat and Marrakech refined Moroccan cuisine over the centuries and created the basis for what is known as Moroccan cuisine today.



**Some of the Special Activities of this Private, Culinary Adventure Experience**

- Wine Tasting at the Ounagha Winery in the Region of Essaouira
- Special Lunch at La Frommagerie, a converted farm house in 8 Kilometers from Essaouira
- Gastronomic Dinner at Umia Restaurant, Offered by French Chef Bibi & her Partner Jamal
- Sephardic Cooking Class Led by a Dada Chef from Mogador
- Venture on a Guided Tour of Essaouira's Portuguese Ramparts, the medina walls, Jewish Mellah and main food street, led by a Female Guide

## Description of Your Accommodations



### ESSAOUIRA - HEURE BLEUE PALAIS (a Relais & Chateau property)

Heure Bleue Palais in Essaouira is like a book with a thousand stories. All rooms face the inner courtyard and offer a tranquil view of the interior palms and other fauna. An oasis of luxury, this intimate riad, located in the heart of the old medina, boasts traditional colonial architecture. Stone arches, magnificent carvings, antique fabrics, and wooden-shuttered windows all surrounded by magnificence are just a few decor accents that make a stay at this property simply perfect.

**Property Amenities:** heated swimming pool, cinema, library, lounge, dining room, courtyard, laundry service, wifi



Heure Bleue Palais, Essaouira

## Explore Morocco with Travel Exploration On a 5-Day, Culture-Packed Culinary Extension to Essaouira, on the Atlantic Coast of Morocco

**January 18th: Arrival in Marrakech at Menara Airport. Custom Clearance.**

**Depart to Essaouira, Visit of Val d'Argan in Ounagha & Lunch at La Fromagerie en route to Essaouira**

**Meals Included: Breakfast & Wine Tasting at Ounagha + Lunch at the Fromagerie**

Driving time: 3 Hours

**ARRIVAL TIME: 11:00am**

**FLIGHT #: TBD**

**AIRLINE NAME: TBD**

The journey to this former Portuguese fishing village offers up only a few roadside towns and the occasional Berber village. In the '60s and '70s, **Essaouira** was a pitstop on the hippie trek from Marrakesh. **Jimi Hendrix** made the pilgrimage, as did **Bob Marley** and **Cat Stevens**. Essaouira was the inspiration for Hendrix's song "Castles Made of Sand".

En route to Essaouira you will see goats in trees and stop to Visit an Argan Cooperative where you can see how women make Argan Oil, Butter and Cosmetics. Essaouira is the region famous for the Argan nut and Argan Forrestws.

Argan is a relative of the olive, and is grown exclusively in the southwest region of Morocco. It is difficult to cultivate and as a result, wild trees are treasured. Argan oil is prized in Morocco and recently has been discovered by the West. It has been used for centuries for cooking and cosmetics. The oil is extracted from the kernel of the pits.

The gustatory oil is delicious with a nutty, smoky flavor (due to roasting). It is used as a finishing oil for salads or fish or as a bread dip. Argan oil is exceptionally rich in natural tocopherols (vitamin E), rich in phenols and phenolic acid, rich in carotenes, rich in squalene, rich in essential fatty acids, 80% unsaturated fatty acids and depending on extraction method more resistant to oxidation than olive oil.

**This day continued on the following page...**

### ESSAOUIRA & ARGAN OIL



ARGAN GOATS IN TREES



BERBER WOMAN MAKING  
ARGAN OIL



ARGAN NUT PROCESS



ARGAN NUTS

## Explore Morocco with Travel Exploration On a 5-Day, Culture-Packed Culinary Extension to Essaouira, on the Atlantic Coast of Morocco

**January 18th: Departure, to Essaouira, Visit of Val d'Argan in Ounagha & Lunch at La Fromagerie en route to Essaouira**

**Meals Included: Breakfast & Wine Tasting at Ounagha + Lunch at the Frommagerie**

Driving time: 3 Hours

**Visit the Winery in Ounara for Wine Tasting then have Lunch at La Fromagerie.**

**Visit Domaine Val d'Argan, Excursion to a Local Winery**

**Address: Ounagha Phone: +212 5247-83467**

In 1994 Charles Melia created this boutique winery using organic farming methods, just a few kilometers from Essaouira. The Val d'Argan wine tasting is a perfect afternoon excursion from Essaouira and consists of a combination of many elegant offerings. The wine tasting can include a peppering of reds, rose, whites and Moroccan Gris, all consumed with local cheeses or the option of Moroccan lunch. As the result of Val d'Argan, Southern Morocco offers a new vintage each year that make up the wide range created from The Gazelle of Mogador, El Mogador, the Val d'Argan and Orient of the Val d'Argan. Many of the wines made at Val d'Argan can be purchased and are also offered at local restaurants in Morocco. Book in advance!

**This day continued on the following page...**

### VAL D'ARGAN - OUNAGHA WINERY - COASTAL ESSAOUIRA



## Explore Morocco with Travel Exploration On a 5-Day, Culture-Packed Culinary Extension to Essaouira, on the Atlantic Coast of Morocco

**January 18th: Departure, to Essaouira, Visit of Val d'Argan & Lunch at La Fromagerie en route to Essaouira  
(continued)**

### Lunch at La Fromagerie

**Address: R301, Phone: + 212 666-233534**

Located on Route Cotiere de Safi, just 8 kilometers from Essaouira is Abderrazzak Khoubbane's La Fromagerie. It is one of two fromageries in Morocco, the other being in the rural region of Fes. True to its name Abderrazzak runs a and farm to table restaurant with some of the best "cheese, cheese and more cheese." The menu is prefixed unless you request a la carte. It consists of local organic wine, home made lightly fried cheese for an appetizer with sides of minty fruit jellies, then a hardy vegetable fresh cheese salad along with a main of Moroccan grilled / smoked meat and upon request a vegetarian, cheese tajine. For desert, a wooden plank is served up with various types of goat, cow and camel cheese. More then a meal, this is an experience.

**Dinner Recommendations: Le Table by Madada, O'Bleue Mogador, Silvestro**

**Overnight Essaouira**

### LA FROMAGERIE - CHEESE MAKING ON THE ATLANTIC



## Explore Morocco with Travel Exploration On a 5-Day, Culture-Packed Culinary Extension to Essaouira, on the Atlantic Coast of Morocco

### January 19th: Essaouira Guided Tour of the Historic Medina

*Guided Tour led by a Female Guide who is a Feminist & Expert on Old Mogador & Jewish Essaouira*

**Meals Included: Breakfast & Gastronomic Dinner at Umia**

The journey to this former Portuguese fishing village offers up only a few roadside towns and the occasional Berber village. In the '60s and '70s, **Essaouira** was a pitstop on the hippie trek from Marrakesh. **Jimi Hendrix** made the pilgrimage, as did **Bob Marley** and **Cat Stevens**. Essaouira was the inspiration for Hendrix's song "Castles Made of Sand". Essaouira is a **sea-side medieval town**. Visit this charming artist colony that boasts lovely white-washed and blue-shuttered houses, colonnades, thuya wood workshops, art galleries and mouthwatering seafood. Once called Mogador by European sailors and traders, Essaouira is known for its annual Gnaoua Music Festival that attracts 300,000+ people in June. It also has an expansive beach for surfing called Plage de Safi.

Take a stroll along the town's sunlit pedestrian main square, Place Prince Moulay el Hassan and the Skala du Port, the fishing harbor, offers breathtaking views of the Portuguese ramparts. Explore the ramparts and the spice and jewelry souks of the medina. The medina of Essaouira is a UNESCO World Heritage listed city, as an example of a late-18th century fortified town. Have lunch at the **fish-grill cafes, with wooden tables and benches** laid out overlooking the sea that was once- in the 19<sup>th</sup> century- the only Moroccan port south of Tangier. After lunch visit **Orson Welles' Square** and memorial, designed by Samir Mustapha, one of the towns artists, which pays homage to Orson Welles filming of Othello in Essaouira. Essaouira's history is a reminder of the times when Spain, Portugal and England fought to maintain control over its coasts. It has a typical Portuguese harbor that is a stunning example of Moorish and Portuguese architecture.

### **Visit Jewish Essaouira: Synagogue & Mellah**

Jacky Kadoch is the president of Essaouira's Jewish community. Rabbi Chaim Pinto, the synagogue of the revered Pinto is located in Essaouira's medina within the Jewish Mellah. The building is an active synagogue, used when pilgrims or Jewish tour groups visit the city. The synagogue is on the second floor of a three-story, courtyard building inside the walls of the old city that also contained Rabbi Pinto's home and office. The building is of whitewashed plaster over masonry. The synagogue consists of a single large room. There are two women's sections, one across the courtyard and one on the third floor, both with windows looking into the synagogue. Visit one of the two Jewish cemeteries in Essaouira.

### Essaouira Jewish Heritage Sites

#### **Jewish Essaouira - The Synagogue, Cemetery & Mellah**

Essaouira's total population is 70,000 with fewer than 25 Jews. The Jewish community dates from around 1700.

**Dinner: Gourmet Dinner at Umia with Bibi & Jamal**

**Overnight Essaouira**

## ESSAOUIRA



**PORTUGUESE RAMPARTS**



**THUYA WOOD CARVER**



**ORSON WELLES SQUARE**



**LOCAL MARKET**



# Explore Morocco with Travel Exploration

## On a 5-Day, Culture-Packed Culinary Extension to Essaouira, on the Atlantic Coast of Morocco

**January 20th: Sephardic Cooking Class, Morning & Afternoon at Leisure to Explore this Port town on your own.**

**Meals Included: Breakfast & Sephardic Cooking Class Serves as Lunch**

Cooking Class Led by a Dada Chef in Essaouira, Old Mogador

**10:00am-14:30 (2:30pm) – Treasures of Sephardic Cuisine  
Cooking Class with a Dada Chef in Essaouira, Mogador**

Sephardic cuisine refers to the foods eaten by the diverse group of Jews that bear the unique stamp of their regions of origin, that include Spain, North Africa, the Middle East, Egypt, and Turkey. Most of these countries were at one time, part of the Islamic world. The Arab conquest of the 7th and 8th centuries united these countries from the Iberian peninsula and the Atlantic Ocean to China and India. Active trading was an economic and cultural part of these countries lively hood, spreading new food all over the region. Eggplant from India, spinach from Nepal, and spices from the Near East are examples of foods that spread throughout the Islamic empire.

### **Cooking Class Overview:**

- Overview of Sephardic Moroccan cuisine by an English-speaking interpreter
- Cooking at your own workstation alongside the dadas to prepare a delicious Moroccan, Sepharic Meal

### **Sephardic Moroccan Meal Description:**

Prepare two Moroccan Moroccan Cigards, Salad Cuite, Kibbeh and either Muflettta or Dafina and possibility Charima.

Participate in a Moroccan tea ceremony. Dine on the mouth-watering lunch that you prepared, including Moroccan wine pairings.

### **Afternoon At Leisure Options:**

- A Coastal Walk on the Essaouira Beachfront
- Excursion to Sidi Kaouki to See the furthest Atlantic Coast of Cap Sim
- A Magical Hammam and Spa Treatment at the Luxurious Azur Spa - Massage with Local Argan Oil

**Dinner Recommendations: Le Table by Madada, O'Beue Mogador, Silvestro**

**Overnight Essaouira**

## SEPHARDIC CUISINE



SEPHARDIC CUISINE



SEPHARDIC CUISINE



COASTAL WALK



HAMMAM WITH ARGAN OIL

## Explore Morocco with Travel Exploration On a 5-Day, Culture-Packed Culinary Extension to Essaouira, on the Atlantic Coast of Morocco

**January 21st: Essaouira Departure. Take the road to El Jadida (Mazagan). Visit the Portuguese Cistern then continue to Qualidia and Casablanca**

**Meals Included: Breakfast**

Driving time: 5 1/2 - 6 hours

El Jadida or referred to in Berber as Mazagan is an old Portuguese city located on the Atlantic coast of Morocco, 90 kilometers from Casablanca. El was previously known as Mazagan (Portuguese Mazagao) and was seized in 1502 by the Portuguese. They controlled this seaside harbor until 1769, when they abandoned it. The current inhabitants there evacuated to Brazil where they found a new settlement.

El Jadida is a fortified town famous for its citadel, ramparts, bastions, tanks and its port as starting point of cruises to India and Brazil. Towards the south, the blue lagoon of Qualidia is located. It is a wild scenery characterized by several small island that can be visited only in small boats. The main exports of El Jadida are beans, almonds, maize, chickpeas, wool, hides, and eggs. El Jadida imports cotton, sugar and tea.

Visit the **Manueline Cistern** of the El Jadida fortress, the Walled Portuguese City, The Palais Andalous, Deauville Beach and the range of Haouzia. The awe-inspiring old-world structure of the Manueline Cistern was designed by Joao Castilho. Once you enter the Cistern, you will be taken aback by the amazing interior of the building, complete with gigantic arches. However the most interesting sight within the Manueline Cistern is the thin layer of water that covers the entire floor area, creating intricate reflections of its columns and pillars. The Manueline Cistern was featured in Orson Welles' "Othello." The Portuguese City of Mazagan was registered as a UNESCO World Heritage Site in 2004.

The **Portuguese Walled City**, of El Jadida is a World Heritage Site, by UNESCO and situated in the center of El Jadida. Visit the old medina, the restored Consulate and Church along with the Jewish Mausoleum.

Continue to the Coastal town of Qualidia, famous for it's blue lagoon and pink flamingos. The lagoon and beaches at Qualidia, lying between El Jadida and Safi, are a well kept secret, a favorite of Moroccans as a seaside venue and a place to unwind. Qualidia also an excellent location for bird watching with pink flamingos in spring and summer, among other species. This small coastal town is famous for it's oyster farms at Maison Ostrea II. Oyster farming in Qualidia started shortly after Morocco gained independence in 1956 using Japanese oysters with methods learnt from the French. Now rows of oyster beds are spread along the lagoon and are separated according to size.

**Lunch Option:** Qualidia's Coastal Lagoon for lunch at Ostrea I to have oysters and fresh seafood.

**Dinner Recommendations:** [Your Hotel](#), [Le Rouget D'Isle](#), [La Bavourise](#), [Rick's Cafe](#)

**Overnight in Casablanca.**

### THE COAST



EL JADIDA CISTERN



EL JADIDA BASTION



QUALIDIA LAGOON



RICK'S CAFE

**Explore Morocco with Travel Exploration**  
**On a 5-Day, Culture-Packed Culinary Extension to Essaouira,**  
**on the Atlantic Coast of Morocco**

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**DEPARTURES.....**



**January 22nd: Casablanca Departure to Mohammed V Airport to Meet the Group.**

**Meals Included: Breakfast**

Driving time: 1 Hours

# BEFORE YOU GO



**READING LIST** (Available on Amazon.com & Barnes & Noble.com)

## **MOROCCAN CUISINE:**

- A Mediterranean Illustrated Cookbook & Cultural guide - By Paula Wolfert
- Traditional Moroccan Cooking, Recipes from Fez - By Claudia Roden & Madame Guinaudeau
- 

## **DESIGN & DÉCOR**

- Living in Morocco: (German Edition) – By Barbara Stoeltie & Rene
- Moroccan Interiors – By Lisa Lovatt-Smith
- Living in Morocco from Casablanca to Marrakesh – By Lisl Dennis and Landt Dennis
- New Moroccan Style: The Art of Sensual Living – By Susan Sully
- Moroccan Textile Embroidery – By Isabelle Denamur
- Berber Carpets of Morocco. The Symbols. Origins and Meaning By Bruno Barbatti
- Imazighen: The Vanishing Traditions of Berber Women – By Margaret Courtney-Clarke and Geraldine Brooks
- Morocco's Gardens & Courtyards - by Achva Benzinberg Stein
- Shopping in Marrakech - By Susan Simon

## **HISTORY** (Available on Amazon.com & Barnes & Noble.com)

- Morocco That Was – By Water Harris
- Morocco Since 1830 – By C.R. Pennell
- Lords of the Atlas: The Rise and Fall of the House of Glaoua – By Gavin Maxwell
- The Conquest of Morocco – By Douglass Porch

## **FICTION & NON- FICTION**

- In Arabian Nights: A Caravan of Moroccan Dreams – By Tahir Shah
- The Caliph's House: A Year in Casablanca – By Tahir Shah
- The Spiders House – By Paul Bowles
- The Sheltering Sky – By Paul Bowles (Book & Film)
- Dreams of Trespass: Tales of A Harem – By Fatima Mernissi
- A House in Fes – By Susannah Clarke
- The Red City – By Barnaby Rogerson & Stephen Lavington

## **MOROCCAN MUSIC** (Available on Amazon.com or I-Tunes Apple Store)

- Under the Moroccan Sky – Various Artists
- Berber Blues By Cherifa
- Arabic Groove – Putumayo World Music
- Rough Guide to North African Café



# GRATUITY IN MOROCCO - A GIFT OF SERVICE



**Gratuity** is a gift of money that is granted for service or a show of appreciation given without claim or demand. Gratuity is one of the best ways you can demonstrate appreciation for the services provided by your driver and guides. **Charity** is a donation that comes from one's heart and also one of the five tenants of Islam. Charity is greatly appreciated by the elderly and children you may come across during your journey to Morocco who move your heart in some way. Listed below is **Travel Exploration Morocco's** recommendation of the way to handle "gratuity" and "charity" during your travels in the Maghreb.

## Gratuity: For Your Driver & Guides

**Gratuity** is appreciated but not required during your Travel Exploration Morocco journey. It is a considerate way to thank your driver and historical guides for their services.

▶ **As a foreigner traveling in Morocco, the amount of the gratuity that could be given to your driver** if you wish to show him/her your appreciation for the services provided by Moroccan standards ranges from **\$75-\$100 per traveler**.

▶ **As a foreigner traveling in Morocco, the amount of the gratuity that could be given to your historical guide** if you wish to show him/her your appreciation for the services provided by Moroccan standards ranges from **\$125-\$150 per traveler**.

## Gratuity: In Restaurants, Riads & Hotels

▶ As a foreigner traveling in Morocco, the amount of Gratuity given at Restaurants based upon Moroccan standards ranges from: **10% - 20%**

▶ As a foreigner traveling in Morocco, the amount of Gratuity that could be left in your room at a Riad/ Hotel to show appreciation for maid services: **20-30 Moroccan Dirhams per day. (\$2.00- \$3.00)**

**Charity** is a generous action or donation that one gives from his/ her heart to aid the poor, ill, or

helpless. Charity is one of the five tenants of Islam, is seen as an important part of Moroccan culture and practiced by Moroccans. Charity by Moroccans is often provided to the elderly, to children or the poor in the form of Moroccan Dirhams, food or clothing. During your travel journey in Morocco you may see your driver or guides regularly give a few dirhams to elderly people, children or the poor within the old medina (cities) or in the Atlas Mountain Regions/ Sahara Desert. This is their way upholding to the tenants of their religion and culture.

## Charity: For The Elderly & Children

▶ As a foreigner traveling in a Muslim country, following the five tenants of Islam- and offering a small amount of charity is an option but not required. If you wish to offer charity to an elderly person, to children or a poor person on the street that moves your heart, please consider the following:

▶ Giving anywhere between **5-10 Dirhams (\$0.50 - \$1.00)** is considered gracious and will not place a dent in your wallet but perhaps leave you with an experience in your heart. Sometimes the reciprocity you may receive as a result of giving a small amount of charity in a Muslim country like Morocco comes in the form of a big smile, a hand shake, an invitation for tea or even a hug from the recipient.

## Gratuity In the Form Of Affection:

▶ Traveling in a Muslim country, **Gratuity** in the form of affection is appreciated by a smile, a handshake and even a hug. If you wish to show your driver, guide or others who assist you during your journey this kind of gesture it is most welcomed.

**"It is more agreeable to have the power to give than to receive." (Winston Churchill)**

# TRAVELING IN MOROCCO WHAT TO BRING



In preparation for your Moroccan adventure, the following is a list of things to consider packing that will make your trip as smooth and comfortable as possible.

## **Pre-departure Essentials**

- ▶ Personal Identification (drivers license)
- ▶ Passport and visa if required
- ▶ Airline Tickets
- ▶ Credit Cards
- ▶ Travel Insurance
- ▶ Health Documentation
- ▶ Emergency Information
- ▶ Guide books & maps
- ▶ Photocopies of Documentation: (passport and tickets). You can also scan these, upload them to the internet and email them to yourself. Internet access is widely available in all major cities and most small ones in Morocco).

## **Medicines**

While no shots are required to enter Morocco, it is recommended that you come prepared with a personal medical kit, as you do not to spend time looking for a pharmacy and risk that they do not carry what you need. Morocco does have French pharmaceutical shops widely available throughout the country in all major cities and many villages therefore if basic things such as cold medicine, Imodium, allergy creams or over the counter medicine is needed you can visit one of them. Depending on your health condition, you may want to consult with your doctor before your trip. The climate in Morocco is diverse and different from what travelers are used to, so come prepared with the following:

- ▶ Antibiotic for traveler's diarrhoea
- ▶ Antibiotic cream & disinfectant for scrapes and cuts
- ▶ Band-Aids
- ▶ Disposable antibacterial wipes or cleanser
- ▶ Pepto-Bismol or Imodium for traveller's diarrhoea.
- ▶ Insect repellent with DEET 30%
- ▶ Re-hydration tablets
- ▶ Aspirin, Tylenol or other Pain relievers
- ▶ Skin Lotion (especially for Eczema)
- ▶ Salt tablets
- ▶ Sunscreen (SPF 30)
- ▶ Motion sickness medicine
- ▶ Cold medicine: Decongestant, antihistamine, cough syrup
- ▶ Aspirin, Tylenol or other Pain relievers

- ▶ Skin Lotion (especially for Eczema)-Sunglasses (or prescription glasses/ contact lenses, and solution)-Hydrocortisone cream

## **Toiletries**

- ▶ Feminine hygiene products (tampons, etc.)
- ▶ Hairbrush
- ▶ Shampoo, Conditioner
- ▶ Soap
- ▶ Shaving Cream, razor
- ▶ Toilet paper/ Mini-Tissues (12 pack)
- ▶ Tooth brush, tooth paste

## **Travel Clothing**

- ▶ Conservative clothing is worn throughout Morocco (clothes should not be tight or too revealing)
- ▶ Bathing suit (for beach resorts, hotel)
- ▶ Brimmed Hat, Visor, Hat, headscarf
- ▶ Long skirts, dresses or pants (for women)
- ▶ For summer: light weigh clothing
- ▶ Windbreaker or warm sweater for cooler months and desert cool air.
- ▶ Travel Footwear: broken in sneakers or hiking shoes, sandals, socks.

## **Electronics**

- ▶ Camera & Film (Kodak and Fuji is easy to find in Morocco but expensive)
- ▶ Video Camera & Tapes
- ▶ Extra Camera Batteries
- ▶ International Electrical plug adapter and or converter
- ▶ Travel Alarm
- ▶ Flashlight / extra bulbs