

# Sahara Highlights

Morocco | 300m



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The **Sahara Desert** spans **North Africa** from **Tunisia** in the North to the southern border of **Niger** and from **Mauritania** in the West to the **Sudan** in the East. It's colossal. At 9,200,000 square km, it would cover the whole of China. Mysterious and daunting, trekking in the **Sahara** is one of the great adventures of our time. Supported by **camel**, our challenge is to pick our way through the relentless desert with only the shimmering horizon before us.

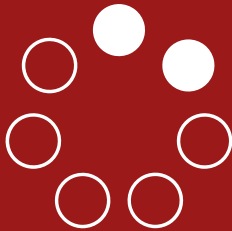
The sparse beauty of the rolling dunes is captivating. Every day is different, with the dunes changing colour hour by hour. Unexpectedly we find fossils, meet desert dwellers at oases and see camel trains crossing the desert. We follow an **ancient Berber route** through vast **hamada** and arid sands on a hunt for the region's highest dune

– **Erg Chegaga** , 300m. Along the trail we sleep in traditional Berber tents or under the stars, feast on **Moroccan** meals, and listen to haunting Berber music around campfires before continuing our trek each morning.

Accompanying you are the Sahara Berbers and a western guide. These “people of the sand” know the route intimately and take care of every detail allowing you to fully experience the magic of this incredible adventure.

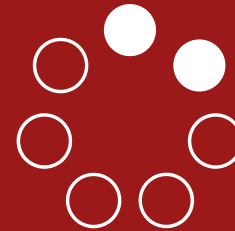
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## Physical - P2

This trip is challenging and a good solid fitness level is required. There will be prolonged walking over varied terrain and you should be training to comfortably walk for 6 to 8 hours, over undulating terrain, with a few punchy uphill climbs, carrying a pack up to 6kg in weight.



## Technical - T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.

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## ITINERARY

### DAY 1 : Depart UK - Marrakech. Travel to Ouarzazate

We plan to take an early flight from the London to Marrakesh. On arrival we will have time to freshen up before we take our 3 hour transfer to Ouarzazate (pronounced 'wazzazat'). This stunning mud styled town on the edge of the desert lies just south of the High Atlas Mountains and is famous for its film studios. It's a stunning town which we'll have time to explore before we have our first team dinner.

### DAY 2 : Ouarzazate to Tazerine

After an early breakfast, we'll load our gear into the waiting vehicles and set off for the desert. Our drive takes us over the low mountains of the beautiful Jbel Saghro and then east, passing the small town of Nekob en-route to characterful Tazerine, a small oasis town.

On arrival at our start point, we'll have lunch while the cameleers load up the camels, then we set off on foot through beautiful landscapes of palm trees and small sand dunes. We make camp at the edge of the dunes for the night, enjoying the stunning night skies.

### DAY 3 : Desert Trek

The full colour of the landscape erupts as the sun rises. Hot coffee and a good breakfast set us up for a good day's trek. We break camp, load the camels and head off along a dry river, passing through small oases and low sand dunes. The views around us are amazing, with the colourful Jbel Saghro mountains to the north, and the startling greenery of the palmery threading its way back towards Tazerine. Leaving the river bed behind, we head out into the desert hills, walking through sand dunes. We pass occasional small tamarisk trees that manage to flourish in this harsh environment, providing a little shade. Continuing through the small dunes, we come to our second camp in a sheltered spot among the hills.

### DAY 4 : Desert camp - Taghbalt - Ouarzazate

After another amazing night under the stars we set off on the last section of the route, continuing through the low hills until we emerge in open desert, with inspiring views of the barren mountains around us. The terrain becomes firmer underfoot as we walk over hamada, or desert floor, until we reach the small, remote town of Taghbalt. We meet our waiting transport and return to Ouarzazate for an evening of celebrations and a night in a hotel.

### DAY 5 : Ouarzazate - Marrakech

After breakfast we take a transfer to Marrakesh. We will check into our charming Riad before having an afternoon / evening exploring and getting lost in the souks of organised chaos. Noise, colour, exotic smells and wonderful mayhem awaits. Dinner will be your final incredible experience as we plan on having a 14 course digestion meal!

### DAY 6 : Fly back to UK

Today marks our final day – and we head off on our flight today back to the UK.

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## KIT LIST

### Bags & Packs

#### Kit bag

A 80-120L duffel bag to transport kit. A duffel bag is a strong, soft, weather resistant bag without wheels but with functional straps for carrying. Suitcases and wheeled bags are not suitable

#### Drybags

Nylon rolltop bags (or even just large plastic bags) that keep fresh clothing and other important items like passports and iPods free of sand and dry in the unlikely event of a total downpour that seeps into your kitbag. Good for quarantining old socks

#### Daysack

Approx 30 litre capacity. Your day to day pack that you carry with your daily essentials (see FAQ's later), fitted with shoulder straps and importantly a waist belt

#### Waterproof rucksack cover

To protect rucksack from rain

#### Padlocks

For use on your kit bag for the aeroplane

### Sleeping Gear

#### 3 Season sleeping bag

You should get a sleeping bag rated to -5C and choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the colder nights

#### Sleeping bag liner

Silk is best for keeping the bag clean and you a little warmer

### Headwear

#### Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

#### Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

#### Buff/Scarf

Buff or similar, to protect your mouth and face when the wind whips up the sand

#### Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

#### Ski goggles

A bit of a luxury, but these could prove useful in the event of a dust storm

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## KIT LIST

### Sunblock

Buy the highest SPF you can find and lots of it

### Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

## Upper Body

### Base layer x 2

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

### Mid layer

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

### Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

### Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and are not recommended

### Long sleeved T- shirt x 2

Long sleeved cotton T-shirts

## Lower Body

### Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

### Shorts

If you don't have zip-off trousers, you will find these useful in town if not in the desert

### Waterproof trousers

Like the jacket, not essential but worthwhile to be on the safe side

### Underwear

How many pairs you take is entirely up to you

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## KIT LIST

### Feet

#### Walking boots

3 season walking boots. Well broken in with mid – high ankle support

#### Gaiters

Light pair to keep the sand out of your boots

#### Trekking socks

Light socks that won't make your feet too hot are best. Some people like a clean pair every day, others are happy to change every other day – that's a personal choice

#### Spare laces

Just in case

#### Trainers

Trainers for camp and town, saves stomping around in heavy boots for the entire day

### Hydration

#### Water bottles/bladder

Camelbaks are useful to keep water readily available, potentially in combination with Nalgene bottles

#### Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

### Toiletries

#### Wash kit

Toothbrush, toothpaste, deodorant etc. Moisturiser is useful too

#### Travel towel

Travel towels from the likes of Lifesystems are perfect

#### Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

#### Alcohol gel

A must have for good camp hygiene

#### Ear plugs

For protection against the inevitable snorers!

#### Insect repellent

For early stages and once back down

#### Toilet paper

Provided but a spare in your daysack may be useful if you need to hide behind a rock during the day

#### Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between camps

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## KIT LIST

### Medications

#### Personal first aid kit

Blister patches, plasters, antiseptic, painkillers etc

#### Personal medication

Keep this in your rucksack

### Miscellaneous

#### Head torch

We recommend Petzl head torches. Bring spare batteries.

#### Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

#### Camera

Bring plenty of spare batteries and memory cards

#### Penknife (optional)

#### Sewing kit (optional)

### Documentation

#### Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

#### Copy of passport

### Dental check up

We recommend you have a dental check-up before your trip. This is not a requirement and is more for your own peace of mind that there are no underlying problems that you may not have been aware of that may flare up whilst you are away.

### Money

We recommend you take around \$250 with you in small denominations. This will allow for tip money plus any extras such as satellite phone calls and emergency funds. Small denominations are recommended as it may be difficult to obtain change and it will be easier to divide tip money

### Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.



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### Food and Water

#### What is the food like on the trek?

All meals are of the highest possible standards and you'll be amazed at the spread on offer. In fact considering that our cooks have to produce the meals they produce are nothing short of miracle. The meals are always fresh, nutritious and varied. We ensure that dietary preferences are always met and that the best local ingredients are used.

The underlying aim is to provide balanced nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity. On top of well-balanced meals you are provided with coffee, tea and snacks up arrival into camp. Do bring along any of your favorite snacks and goody bags from home if you want. Concentrate on high-energy treats like Jelly Babies to give you that sugar boost on an arduous day, or nuts which balance energy and salt content in a sweaty environment.

#### Where does the drinking water come from?

For the first day bottled drinking water will be used. At further camps we will use locally sourced drinking water from wells or springs. These are usually fresh water but we also increase their purity by treating the water with purification tablets and by boiling it. We always ensure that our drinking water is 100% bug free. Be sure to bring your own purification tablets in case you decide to top up directly from wells along the way.

#### How often is fresh water available for replenishing during the day?

Before leaving camp in the morning you will fill your water bottles or camel bladder. If this runs low you will have ample more water to replace it with. For most walking days water can be replenished at the lunchtime site.

### Accommodation

#### What will the accommodation be like?

Riads or hotels will be used at the beginning and end of the trek in Ouarzazate and Marrakech. You will be assigned to share with a room-buddy unless travelling with friends or a partner.

In the desert you will be sleeping in traditional Bedouin tents. These are large tents that sleep up to 10 people and have mat floor covering. Some people prefer to sleep on the dunes under the stars; while a little chilly, sand storms and the occasional scorpion may disturb what should be an idyllic night's sleep. If a sandstorm does blow up, just come under cover. We can arrange for you to have your own tent if this is your preference, again a single supplement will apply.

#### Is it possible to have a single room / tent?

Yes absolutely, in the hotels we can arrange for you to have a single room and we can also arrange for you to have your own tent in the desert if this is your preference, a single supplement will apply.

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### How much is a single supplement?

A single supplement for all hotels nights is £120 which includes 1 night in Ouarzazate and 1 night in Marrakech. If you'd like a single tent in the desert that will cost £80.

### Will the camp be set up or will we be staying at fixed camps at set sites on the way?

Our local camp crew will set up the Bedouin tents for you each night. We send them ahead to secure the best site and to get everything prepared before we arrive.

### Will the toileting facilities will be "Au naturel", or pit latrines?

The local guides will dig very deep long drops and put thrones on top of them, surrounding each one with a commodious tent. At the end of the day the long drop is filled in very thoroughly to send everything back to nature. It's not nearly as bad as it sounds!

Out in the desert, well, you're on your own on that one.

## Health and Safety

### What happens if there is a problem on the desert?

All our guides are in communication with each other by satellite phone and radio. Our local crew are all experienced in dealing with problems that may arise. Our guides are qualified to the highest standard of wilderness first aid and can handle emergencies with the highest level of competency. During the day camels will be available to carry people suffering from minor problems such as blisters.

We have a four wheel drive vehicle that supports us by carrying the equipment and we are in constant communication with it should more serious problems arise.

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### You advocate taking a small first aid kit, what should it contain?

We advocate a little bit of self-help on the trek. If you have a blister developing for instance then please stop, take off your boot and treat it before it becomes a problem.

Your own first aid kit should contain: a basic blister kit, rehydration sachets, plasters, high factor sun-protection, your own personal medication (sometimes the camels might get to camp after you and if it is carrying your medication you may not be able to take it according to the regime you are used to), basic pain relief (aspirin and Ibuprofen), a personal course of antibiotics if prone to illness. Foot powder in your socks every morning is great for preventing blisters, but keeping sand out of your socks will be the most important thing.

Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Your 360 expedition leader carries a very comprehensive first aid kit which contains a wide range of supplies and medications. He is fully trained to use whatever is needed for any emergency that may arise. We advocate keeping this in mind when packing your own first aid supplies and keeping your own FA kit as compact and light as possible.

### Do I need to have a yellow fever certificate?

No, you won't need this however please check with your local practitioner nurse for the latest general vaccination requirements.

### Kit

### Is it possible to rent equipment before I go?

It is possible to rent kit in the UK. However, we recommend the use of personal equipment whenever possible if you will be doing many more expeditions. This is so you know your equipment as best as possible and we can't guarantee the quality of rented equipment. If you think this will be your first and last expedition, then borrow or hire kit.

Should you wish to rent any equipment, please take a look at [www.outdoorhire.co.uk](http://www.outdoorhire.co.uk) and then the 360 kit lists under "Partners Kit Lists". Sahara is listed.

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### What clothing should I wear on this trek?

Our guides usually start the walk wearing long, lightweight trekking trousers and T-shirts. Long trousers are recommended to keep the sun off your legs, keep the sand and dirt out and to act as a deterrent to insects and what few stinging plants are out there.

Equally, if you wish to bring short sleeve tops or a short, that's fine – it can be pretty hot after all, just be careful – keep an eye on sunburn. Gaiters are a great help to keep the sand from dropping into the tops of your boots, which then quickly brings on blisters.

A wide-brimmed sunhat will help stave off sunburn and heat exposure. If you get very hot, you can pour water over it to cool you down as you walk. A very light scarf or Buff is useful to keep the dust from desiccating the back of your throat. We may have time to pick up a Berber scarf on the way from Zagora.

### We're in the desert do I really need water/windproof tops?

Strange as it seems, these are needed on hand at all times, but primarily if windstorms pick up and whip up the sand. Believe it or not, we have in the past even experienced immense rainstorms and flooding, although it is few and far between, so waterproofs should be Gortex material or similar and light. A good hardshell will be just fine.

### Are down jackets necessary?

No, that's a bit over the top. It does get surprisingly chilly at night but a good thick fleece should be fine to keep the cold at bay on a starry night.

### What is the best type of footwear to use?

We encounter a huge variety of terrain when trekking the Sahara so it is very important to wear the right footwear. Boots should be sturdy, water and sand proof and offer adequate ankle support. In addition it is highly recommended that your boots are well worn in to prevent the formation of blisters.

A huge range of suitable boots are on the market and further advice as to which brand names are available can be found online or at your local gear store. When in-store try lots of boots on, use the ramps in the shops to test their traction, make sure they are comfortable as you will be almost living in them for days on end and they are very important.

### What should I carry inside my daysack?

A daysack is worn at all times during the trek. The content of this is mandatory and should include: a fleece (if we take a break later in the day when it has cooled down or weather changes), lightweight waterproofs (primarily to act as wind protection), sufficient water for the day, snacks, camera equipment, personal medication and a head torch.

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### **How much should my daysack weigh? What size does that equate to?**

Your daysack should weigh no more than 3 – 4 kg and a pack of around 30L capacity will more than suffice. This rucksack can be filled to brim with extra stuff when you check in at the airport. It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying.

### **Do we need to take our own sleeping bags and mats?**

Yes, you will need to bring a warm sleeping bag (two to three season) rated to around -5C comfort (not extreme). Our Bedouin crew will provide you with a sleeping mattress.

Sleeping bags work through the air being armed up by your own body temperature. Once you have warmed the bag up, the down retains the heat and tries to ensure that you sleep at a temperature as close as possible to your own body temperature. To start with in the desert it could be best to wear as little as possible when inside your sleeping bag.

Our leaders will often only wear a set of thermals. It is important for the bag to trap the heat. If this doesn't work they may add several layers but ensure the sleeping bag around them isn't too tight.

### **Can I leave items I won't need for the desert in storage somewhere?**

No, we start and finish the trek in different places so you will need to bring everything with you, but remember that Marrakech is a warm city, so you won't need much.

### **What clothing is suitable for when we come back from the trek?**

When in Rome do as the Romans do. Shorts and t-shirts are fine to wear during the course of the day. Evening wear generally tends to be casual: long trousers and casual shirt are fine for all hotels and restaurants. Moroccans are quite conservative in their dress code and are generally well dressed.

Remember that this is a Muslim country and in religious areas girls should cover their shoulders and legs at the very least, particularly in the Medina and religious sites.

### **What other gear will I need?**

Please do have a good look through the kit list. A few things on it will be more of a luxury than a requirement, but things like waterproofs are mandatory. Though it seems stupid, and hopefully we'll reach the end of the trek without them leaving our bags, if we have these things, we're prepared for the worst rather than suffering in it.

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### What's the luggage allowance?

Luggage should be kept to the absolute minimum and comes back to your kit list. You should essentially be prepared to spend 2 nights sleeping in Bedouin tents and trekking in a hot sandy environment during the day. Our guides carry just a change of clothing for the evenings, personal medication, toiletries and their sleeping bags with them.

Soft duffel bags are best (around 110L capacity), rucksacks are fine but suitcases are not appropriate, and they must not exceed 15kg in weight. On your outward journey, please wear your hiking boots and we recommend you carry a spare change of clothing (just the basics) in your hand luggage in case your luggage should end up in a different country.

### How do I avoid getting sand in my camera and phone?

We're in the desert, there is dust and sand all around us, even in the air, and the last thing you want is for your camera to jam half way through the trek so you need to take care of it.

For things that will stay in your kit bag most of the time like (hopefully) your blackberry, hermetically sealing food bags will be fine for the duration of the trek and are cheap to buy. For kit that will come out more often like a camera, consider a small waterproof bag from OverBoard (English) or Ortlieb (German). If you go the whole hog and are thinking about buying a Peli Case or similar, remember that while undeniably good these are expensive, as well as heavy and cumbersome depending upon the size.

Prevention is better than cure in many cases: take a soft, small cleaning brush or air blaster to dust off your camera at the end of each day, or should you accidentally drop it in the sand. Remember to take great care when wiping or dusting the lens – blow surface dust off first before polishing it otherwise you'll end up scratching the lens.

If you're using an SLR, try to avoid changing lenses out in the open, wait until you get out of airborne dust and sand, and keep the lens cap on whenever you're not using it.

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### The Trek

#### What happens during a typical trekking day?

We will be woken up early each morning at around 6:30 am and given a basic but hearty breakfast. After breakfast we will pack up with the help of the Bedouin and 360 Guide and begin the first trek of the day for about 3 hours. A long and early lunch will be taken to avoid trekking during the hottest part of the day. We set off to walk again for another 3 hours or so and then we establish camp late afternoon for dinner and a well-deserved rest to watch the spectacular sunset.

### The Weather

#### How hot or cold can it get?

The temperature range can vary widely.

March & September's temperature's are very similar, with daytime temperatures between 20°C & 40°C and night time temperatures on occasion dropping down to below freezing.

#### What is the best time of the year to trek the Sahara?

Avoid June, July and August when it is blisteringly hot, we tend to favour March and mid to late September.

### Travel

#### What if I arrive early or depart late? Is there a single room option on this trip?

If you would like to arrive early before the trek or stay out for a few days then let us know and we can make arrangements for you. There is a single room option when we are city-based, again, contact the office for more details.

#### When will you let me know my flight times?

360 will send you a flight schedule as soon as we have booked your flights. Final confirmation will be sent to you about three weeks before departure.

#### What happens if I need to leave the expedition early?

If a trekker needs to leave early arrangements can be made with the assistance our 360 Guide. Additional costs (transport, hotels flights etc.) will be incurred by you but our guides will be able to assist in every detail of your departure.

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### Insurance

#### Do I need travel insurance for the expedition?

You must carry individual travel insurance to take part in the expedition. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

### Entry Into Country

#### Do I need a visa to get into Morocco?

Yes, although entry visas are issued for most westerners upon arrival.

### Training

#### How can I best train / prepare for this trek?

Obviously the best way to train for any expedition is to recreate the conditions of the climb as closely as possible. This is going to be difficult depending on where you are based geographically and we appreciate people have busy lives with work and family commitments.

Personal fitness is important for this trek, if you are struggling from day one then you will not enjoy the rest of the trip. Physical preparation does not have to be Herculean: concentrate on cardio-vascular exercise during the week by taking short runs when time allows and try to spend at least 2 weekends a month going on long walks (a decent six hours or 12 miles) carrying a rucksack of around 5kg in a reasonably hilly environment. Not sure what 5kg is? Put 5 one litre bottles of water into it.

This kind of regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the trek itself. In addition it will help break in your boots and get you used to your equipment.



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### Finance

#### When is the money due for this expedition?

Generally speaking deposits are due upon booking, particularly if we are handling your flight bookings. The full amount should be paid 4 months prior to departure. However having said this our aim is to get you into the desert and we understand that personal financial situations can vary.

Please contact our friendly office crew to discuss a suitable payment plan. We have after all been in your shoes and go by the motto of where there's a will there's a way. If you are doing this for charity, your chosen charity will have particular requirements that they will communicate with you.

#### Money – am I correct in thinking we only need to take Euros or American Dollars with us?

Euros and American dollars are readily recognised and are easily converted to the local currency – Moroccan Dirhams. Upon arrival there will always be a bureau the change at the airport as well as a cash point. Generally these provide a better rate of exchange than your hotel.

For most situations when buying gifts or small goods such as drinks or snacks etc. the use of small denomination Euros or US dollars is not a problem. Getting change for a \$20USD bill when buying a \$1 USD coke will be a problem. Larger bills are good for tipping your porters at the end of the expedition and a sufficient amount should be carried with you.

Your guide will advise you in the pre-expedition brief as to what is the correct amount to take on the trip with you.

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### What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or how much you wish to drink when you come away from the desert.

As a basic rule of thumb \$200 USD (or Euro equivalent) should be more than adequate for average post expedition spending. Morocco is a relatively cheap place and when indulging in the local custom of haggling, goods can be very good value for money.

Your guide will be happy to point out the relative bargains and suitable prices plus where to get the best value for money. Ultimately cash points are readily available.

### Do I need much money on the trek itself?

The only Pret a Manger we'll find on the trek will be in your imagination or a mirage, there won't be much to spend money on. We have a night in Ouarzazate on day one (and we arrive there late), then on day two we'll make a few stops on the way to the start point. There will be the odd snack seller and bazaar who will happily relieve the naive of as much as they can.

Remember to take some USD to tip the crew.

### How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory, it is very much ingrained in the Moroccan culture. Once someone sees the hard work the crew provides and realises the small amount of money they get paid relative to your own income, tipping will seem the least you can do to say thank you. As a guide we suggest around \$40 per trekker which will go to the entire local crew and be shared amongst them.

### What is your cancellation policy? What is your refund policy?

Please read our terms and conditions carefully before you depart for details on this. 360 Expeditions highly recommends trip cancellation insurance for all expeditions as we must adhere to a stringent cancellation policy.

## Electronics

### Do we need a travel adaptor for the plug sockets in the hotel or are they the same as UK?

The voltage is 220v / 50Hz like the UK. Rectangular or round three pin plugs are used.

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### Is there mobile phone reception in the Sahara?

For the initial few days there is limited mobile phone coverage but this weakens to almost non-existent as you get further from civilisation, bar one or two surprising spots. Your guide will have a satellite phone that is used in emergency situations.

### Will I be able to charge my phone out in the desert?

We will not encounter a single power outlet along the trek. However there are many different types of solar charger available on the market from manufacturers like PowerMonkey and Brunton to name but a few – we shouldn't be short of sunshine!

## General

### Will my valuables be safe?

While we will do everything we can to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. As with travel in any foreign country, you need to look after yourself and your possessions, and this is no different.

### Who will I be talking to before departure?

We're all here to answer any questions you may have and you will have a dedicated expedition manager that oversees everything for you.

If you do have any queries, whether it's about medical concerns, you're unsure about certain things on the kit list, or you want to add a few days onto the expedition at the end to relax a bit, we encourage you to get in touch with us! The better informed you are, the more likely you are to take on your expedition with confidence, and thus reach your objective.

# Sahara Highlights

Morocco | 300m

## TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

### MONTH 1

#### OPT 1

2 x 30 mins weekday walk  
1 x 1 hour weekend walk  
1 x 10 mins CVS

#### OPT 2

1 x 30 mins weekday walk  
2 x 1 hour weekend walk  
1 x 10 mins CVS

### MONTH 2

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 3

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 4

#### OPT 1

3 x 1 hour weekday walk  
1 x 4 hours weekend walk  
3 x 15 mins CVS

#### OPT 2

2 x 1 hour weekday walk  
2 x 4 hours weekend walk  
3 x 15 mins CVS

### MONTH 5

#### OPT 1

3 x 1.5 hours weekday walk  
1 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

#### OPT 2

2 x 1.5 hours weekday walk  
2 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

### MONTH 6

#### OPT 1

3 x 2 hours weekday walk  
1 x 6 hours weekend walk  
3 x 30 mins CVS

#### OPT 2

2 x 3 hours weekday walk  
2 x 6 hours weekend walk  
3 x 30 mins CVS



*“Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming ‘Wow! What a Ride!’ “*

**Dream it. Plan it. Live it.**