

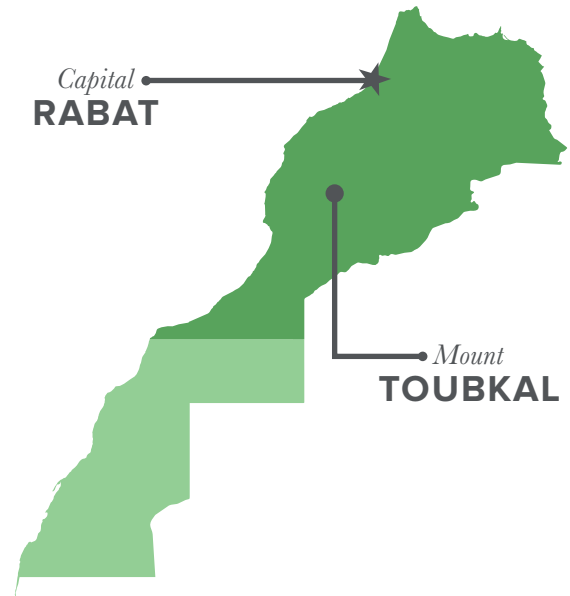
# WILD GUANABANA WELCOMES YOU TO MOROCCO!



## ENTERING MOROCCO

### VISA

A passport with a minimum validity of 6-months is required to enter and depart Morocco. Tourists must also provide evidence of return or onward travel. Passport holders of most foreign nationals can obtain a visa on arrival for a fee. However, please contact the nearest Moroccan Consulate/Embassy to inquire about country specific visa formalities.



### WEATHER IN THE MOUNTAINS

*Jun - Oct*  
AVERAGE 25 °C

*Apr - May*  
SHORT RAINS

*Nov*  
CLOUDY 31 °C

### CURRENCY



MOROCCAN DIRHAM

*Exchange Rate*  
USD 1 = 9.46 DH

### LANGUAGE

How are you?

كي دايرة؟  
لا بأس عليك؟

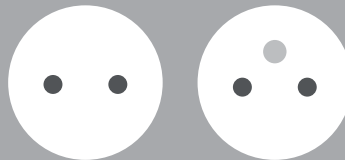
DARIJA - FRENCH - BERBER

### RELIGION



ISLAM

### PLUGS & VOLTAGE



*Plug*  
TYPES C & E

*Voltage*  
220 V

### DIALLING CODE



+212

## STAYING SAFE!

*Morocco is not a dangerous country to travel in, but it is not crime-free either*

**CHECK THE SAFETY LINK FOR MORE DETAILS**

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# QUICK FACTS ABOUT MOROCCO & TOUBKAL

## MOROCCO

- **Population:** 34.3 million
- **Capital:** Rabat
- **Area:** 446,550 sq km
- **Land border:** Algeria, Mauritania
- **Languages:** Darija (Moroccan Arabic), French, Berber
- **Major religion:** Muslim
- **Government:** Constitutional monarchy
- **President:** King Mohammed VI
- **Monetary unit:** Dirham(DH); US\$1=DH 9.43
- **Time zone:** GMT +1
- **Voltage:** 220 V
- **Dialing Code:** +212

## MOUNT TOUBKAL

Toubkal or Tubkal is a mountain peak in southwestern Morocco, located in the Toubkal National Park.

At 4,167 metres (13,671 ft), it is the highest peak in the Atlas Mountains, Anti Atlas, North Africa and the Arab World. It is an ultra prominent peak located 63 km south of the city of Marrakesh, and is a popular destination for climbers.



# A GUIDE TO TRAINING FOR MT. TOUBKAL

## GETTING YOUR BODY PREPARED

The best training for Toubkal would be to go on long hikes with a pack and even better to do that at altitude. However, very few people have this luxury and so we want to make sure you're fully prepared given the resources you would have access to in your own city or town; at a gym or even in an open space like a park or the track.

A good way to think about Toubkal from an effort point of view is that it's a long day hike that you get up the next day and do again several times. Essentially the only activity you're doing is walking which is why this mountain can be climbed by anyone who has the right determination and is willing to put in the effort to prepare – no previous experience is necessary. Please note that this document is a guideline on how you should approach your training. It's not a training program.

As a general concept you should take note of the following:

- Hiking at altitude is different in that your heart rate is elevated constantly. To prepare for this you should engage in workouts that keep your heart rate elevated throughout. The ideal form of training is known as HIIT or High Intensity Interval Training. The idea is to do an exercise like burpees for 50 seconds non-stop then take a 10 second rest and repeat for 5 sets. Ideally you will have a group of exercises constituting a set with short breaks and repeat that group of workouts 4 to 6 times before moving on to something else.
- Do not train until the last day before the climb. Make sure to taper off your training a week before and just rest 3 days before your flight.
- Getting sports massages is excellent for taking away all the lactate acid build up in your system and sending off to the mountain is fresh as possible.
- Think of your whole day as an opportunity to get fitter and break in your hiking boots (to minimize the occurrence of blisters – wear them to work even!). For example walk or cycle to a meeting instead of driving or climb up the stairs regularly instead of taking the lift. Some clients completely stop taking lifts a couple of months before the climb. You will be amazed what something like that will do for your cardio and general well being.
- If you're working out well, make sure to eat well too. Don't approach this as an opportunity to lose weight by reducing your food intake. The more you exercise the higher your metabolism will get and you will be losing the right kind of weight regardless.
- In order not to get bored, you can mix up your workout routine with other aerobic sports you enjoy like swimming, tennis, basketball etc.

## A POTENTIAL 3-MONTH TRAINING PROGRAM IS AS FOLLOWS:

### **Climb Date Minus 3 Months**

- Gym / fitness class / any selection of fitness session x 2 times a week: choose workouts that make you work hard and increase fitness and push your heart rate up rather than build muscle.
- Walking: walk whenever possible – short 10 minute walks are fine, go to the shops, see friends, short trips you might normally take a bus or taxi for.
- Diet: cut out soft drinks with sugar or sweeteners and junk food. Remember this is a once in a lifetime event – use it as a great excuse to get healthy!

### **Climb Date Minus 2 Months**

- Gym session x 3 times a week: again choose workouts that make you work hard and increase fitness rather than build muscle. No need to go crazy, but doing 3 workouts a week creates discipline and mental stamina as well as improving physical conditioning. You can even substitute 1 gym session for an alternative activity such as Yoga or swimming.
- Walking: keep walking – short 10 minute walks are good, but increase your distance to at least 1 hour once a week. That's only 4 x 1 hour walks for the whole month!
- Diet: keep healthy but remember to feed the fire! When you exercise you will burn lots of calories and so replace lost fuel and keep very well hydrated – water is life, drink, drink. Lots of water helps flush out toxins and maintains a healthy perfusion of the body's cells.

### **Journey Date Minus 1 Month**

- Gym session x 3 times a week: no need to go crazy on the gym sessions, simply keep up a good routine. Do not over exercise! 4 times a week is also good but going over that will increase the risk of injury and muscle damage which may prevent you from even starting, which is not what we want.
- Walking: be realistic and set 4 hikes for this month of around 3 – 2 hours each. Keep walking whenever possible. Again, overexertion and strains should be avoided at all costs, but some hill work and distance will definitely help wear in those thighs and boots. It will also prepare you mentally.
- Diet: a good well balanced diet is the way to be. Any loss of body weight or toning should really have been done in the last couple of months and now keeping healthy and maintaining the status quo is our goal. Make sure to drink a lot of water and have enough calorie intake to complement your exercise routine.

## **Journey Date Minus 1 Week**

- Taper off then RELAX. No need for last minute blasts or burnouts. Exercise gently at the beginning of the week, take a good walk and then simply relax. If you haven't prepared up to this point then training one week from your arrival is not going to help (people that take that approach should expect to find the hike hard work and possibly be ready to fail). Being MENTALLY RELAXED is as important as physical conditioning. Even if you haven't managed to put in lots of training time the same applies.
- Many people work really hard right up to the night before they leave, and then arrive tired and start climbing tired. A stressed body will not acclimatize as well as a relaxed body so give your body a chance and try to prepare early.

*Note: wearing in your boots will avoid discomfort on the mountain – blisters can seriously affect your ability to walk and enjoy the experience.*

If you're interested in a more detailed training plan, we partnered up with Uphill Athlete, one of the leading training companies which have tailored training plans for mountaineers.

<https://www.uphillathlete.com/wild-guanabana/>

For Toubkal we recommend the 8 week training plan which is quite intense but if followed it will really help put your fitness in the right level for this challenge. Once you book this journey with us, we will send you a 10% discount voucher to use for this training plan if you want to use it.

# WINTER TOUBKAL EQUIPMENT CHECKLIST

*This list is only a guide. While you are required to bring everything on this list (unless otherwise stated), there are numerous options, brands, and versions of each piece of equipment. Please let us know if you need advice on what product to go with.*

CLIMBING EQUIPMENT	
<b>Adjustable Ski/Trekking poles.</b> 1 pair.	
<b>Head torch. Bring extra batteries</b> (preferably Lithium).	
<b>Crampons.</b> Can be rented from Imlil, Morocco	
<b>Ice Axe.</b> Can be rented from Imlil, Morocco	
FOOTWEAR	
<b>Running shoes and sandals.</b> 1 pair to wear at the end of every day for comfort.	
<b>Light Hiking Boots or trekking shoes.</b> 1 pair of sturdy boots in which you can wear a light synthetic sock (optional) under a heavy sock comfortably, either wool or synthetic. Shoes should be very Water Proof and Warm.	
<b>Gaiters.</b> 1 pair used to keep rocks/snow out of shoes and boots dry.	
<b>Wool or Synthetic Socks.</b> 2 pair heavyweight socks (wool is warmer). If you're going to be layering socks, check fit over feet and inside boots. Remember to keep one fresh, dry pair of socks available for the summit.	
<b>Liner Socks (optional).</b> 2 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.	
TECHNICAL CLOTHING	
<b>Thermal Underwear.</b> 2 pairs of Tops & 1 pair of bottoms, Capilene, other synthetic or wool. <b>No Cotton.</b> Lightweight is preferable as it is more versatile. Zip-T-neck tops allow more ventilation options. If available, bring 1 set of white or light colored for intense sunny days and 1 pair of dark for other days.	
<b>2 Synthetic Shirts.</b> Sweat wicker material. Preferably 1 short sleeved and 1 long sleeved.	
<b>Synthetic/Soft Shell jacket or Fleece.</b> 1 Mid and 1 Heavyweight. For the heavyweight version, a full-zip fleece is easier to put on and has better ventilation than a pullover.	
<b>Hiking/trekking Pants.</b> To wear on the way to the hut. And to be worn over the thermal underwear and under waterproof pants on the way to the summit. Sometimes it can be cold on the way to the hut too.	
<b>Hard Shell jacket w/ hood.</b> We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.	

<b>Down or Synthetic jacket. (Optional) Heavy weight.</b> This can be replaced by using multiple layers as follows; thermal underwear, synthetic shirt, mid-weight fleece, heavy-weight fleece and a water-proof hard shell layer	
<b>Waterproof Pants.</b> Waterproof, breathable. Full-length side zippers preferred because it allows easy removal of pants especially with crampons, 8/7th zippers allowed but is more difficult to remove pants. Short lower leg zippers not recommended and very difficult with crampons. .	
<b>Underwear.</b> Synthetic or cotton but synthetic is better.	
<b>HANDWEAR</b>	
<b>Lightweight synthetic gloves.</b> Quick drying material. Should fit comfortably inside heavy gloves.	
<b>Heavy Gloves.</b> A good pair of very warm ski mittens or gloves work well.	
<b>HEADWEAR</b>	
<b>Warm Lightweight synthetic/wool hat.</b> Preferably hat should cover ears.	
<b>Baseball cap/sun hat.</b> One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly but not necessary.	
<b>Bandana/Buff.</b> Used to shade your neck from continuous sun exposure and can be worn in several ways to replace a Balaclava with a warm hat, provided it's a fleece buff. .	
<b>Sunglasses. %100 UV, IR, high quality optical lenses with no more than %8 light transmission (category 3 or 4).</b> If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses.	
<b>PERSONAL EQUIPMENT</b>	
<b>Trekking Backpack.</b> A daypack big enough to carry water bottles, camera, lunch and extra clothing. Porters carry the rest. 40L is a good capacity.	
<b>Water Carriers.</b> Either 2 wide mouth bottles with minimum 1 Litre capacity per bottle. Camelback / bladder systems are good in the lower regions but tend to freeze higher up	
<b>Sunscreen.</b> SPF 30 or higher, Make sure that the sunscreen is not older than 6 months as it would lose half of its SPF rating.	
<b>Lipscreen.</b> SPF 40 or higher, again not older than 6 months.	
<b>Sports Drink Mix (optional).</b> Powdered electrolyte drink mix can help you rehydrate. Bring 2-1 Servings per day.	
<b>Sleeping bag.</b> Expedition quality to at least 5- to 100-. Down is lighter and less bulky, but more expensive than synthetics.	
<b>TRAVELING</b>	
<b>Dry Sacks (optional).</b> Keeps clothing dry during transport and for organization.	
<b>Duffle Bag.</b> For the mule or porter to carry your equipment. Make sure it is a soft duffle bag with no wheels. An extra small bag can also be nice for storing things at the hotel during the expedition and extra clothing while traveling.	
<b>Zip lock bags.</b> To store food, tablets, documents, camera etc.	
<b>Trail snack food items.</b> Bring your favorite energy or chocolate bars, GU packets for summit day, drink mixes etc.	
<b>Travel clothes.</b> Don't forget to bring clothing to wear after the climb on your return home. Otherwise, no one will want to sit next to you on the plane!	
<b>Toiletry bag.</b> Wet wipes, toilet paper, soap, toothbrush, towel, hand sanitizer, foot powder, dust mask, ear plugs etc.	



FIRST AID
<b>Small personal first-aid kit.</b> The guides will have first-aid kits. Please let us know about any medical issues before the climb.
<b>Drugs/Medications/Prescriptions.</b> Climbers should bring Pepto Bismol, Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections, Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections, Acetazolamide/Diamox (optional) 125 or 250 mg tablets for altitude sickness, Ibuprofen 200mg or Acetaminophen (Tylenol) tablets for altitude headaches, sprains, aches, etc.

*Please note that the items below are the property of Wild Guanabana and are on loan to you for the purpose of the trip. Should any of the items be damaged/go lost you will be charged the full cost of replacing them. If the item(s) is not available then a similar one will be chosen in its place. A 50\$ deposit will be returned to you once all items have been inspected.*

ITEM	PRICE IN USD
Balaclava	10
Sleeping Bag (-29C)	50
Sleeping Mat	10
Therm-A-Rest	25
Hiking Pole (single)	15
Gaiters	20
Head-Torch	15
Thin Gloves/Liner Gloves	10
Thick Gloves	20
Thick Gloves with Inners	30
Rain Jacket	30
Rain Pants	25
Mid-Layer/Convertible Pants	20
Water Platypus/Bottle	10
Mid-Weight Fleece	15
Heavy Fleece	20
Warm Hat	10
Sun Hat	10
Dry Sack	10
Synthetic/Down Jacket	40
Pair of Socks (4 season)	10
Pair of Socks (3 season)	10
Duffel Bag	30
Backpack	30

***Take nothing but memories and leave nothing but your footprint.***



# TIPS & TRICKS

## TIPPING GUIDELINES

The tipping guidelines are: 150\$ - 80\$ per client. So each of you would tip anywhere in that range and just give it to the head guide in an envelope and he will distribute it to the team. This is just the suggested range so please feel free to tip more if you're feeling the extra love.

## DRINK A TON OF WATER!

No seriously, if you want to summit and be headache free then water, water, WATER! The best way is to sip every few minutes, your body will hydrate better that way versus stopping and gulping a lot of water and moving on. It will just make you feel full and heavy and your body won't hydrate as efficiently. So take small sips every few minutes and before you know it you'll have had your MINIMUM 3 liters and you should be set.

## PASSPORT AND TRAVEL INSURANCE

Make you sure you keep your passport and travel insurance papers ON YOU at all times. The best way is to put them in a zip lock bag and keep them in the top pouch or lid of your hiking backpack so that way if it's needed, then it's easily accessible.

## ZIP LOCK BAGS

Make you sure you keep your passport and travel insurance papers ON YOU at all times. The best way is to put them in a zip lock bag and keep them in the top pouch or lid of your hiking backpack so that way if it's needed, then it's easily accessible.

## CLOTHES

Don't forget your **comfy clothes** for the refuge! At the end of every day, you're going to want to take off your hiking gear and get cozy, so bring nice sweat pants and easy-to-slip on/off shoes so if you need to go to the bathroom late at night you're not fumbling to put stuff on.

## DIAMOX

If you've made the decision to take DIAMOX for acclimatization then make sure you start one day before reaching altitude, which would be in Marrakech. You would need to take one pill of 250gm every day as that helps with altitude sickness. You can either break it up into halves to take one half in the morning and one half at night or just one full pill. Make sure you take it at the same time everyday. This is really important as it will help with altitude sickness and it's the only medicine proven to help. Also please refer to the gear checklist document for the rest of the medicine we recommend that you should take with you. It's better to have it on you, again, in a ziplock bag :)

## HIKING BACKPACK

Don't over pack your hiking backpack. You may put it on in the morning and think it's light but after 5 or 6 hours of walking your shoulder will cramp up and you will be miserable (we don't want that!). Keep in mind also that you can't access your duffel bag on the trail. The porters will be waayy ahead of you so pack smartly because whatever you have in your hiking pack you are stuck with until you get to camp. So only put your camera, snacks, an extra layer of clothing and your water, your hat, sunscreen, and lip screen - shouldn't need more than that.

## HYGIENE

Take enough baby wipes/Dettol wipes for the duration of the climb but don't go overboard with it. You will need them for bathroom use and to keep your hands clean before you eat so you don't get sick. You can also use them as your own version of a mountain "Shower"!



# EXTRAS

## STAYING HEALTHY

Morocco does NOT require any immunizations for entry, although it is recommended to be vaccinated against Polio & Tetanus (if nil in last 10 years), Typhoid (if nil in last 3 days) and Hepatitis A. Since most vaccines don't provide immunity until two weeks after they're given, we recommend a visit to the doctor three to eight weeks before departure. Even though

Traveler's diarrhea is the most common illness affecting travelers, involving a substantial number of international travelers each year. You can minimize the risk for Traveler's Diarrhea by avoiding to eat foods and drink beverages in places with poor hygienic conditions, abstaining from consuming raw or undercooked meat and seafood, and avoiding raw fruits and veggies unless they can be peeled. Drinking mineral water is also recommended. Needless to say that frequently washing your hands is the prudent thing to do, whether at home or abroad.

Altitude sickness can occur in high altitude regions from 3,000 m upwards, and can be an issue on the Mount Toubkal trek as it goes to high altitudes, possibly causing the risk of being affected by Acute Mountain Sickness. People who arrive from lower elevations may experience some shortness of breath, dizziness, insomnia, and a loss of appetite during the first couple of days as their bodies adjust. This can be prevented by appropriate acclimatization beforehand. The avoidance of alcohol, cigarettes and heavy food can also help prevent altitude sickness. If you have specific concerns about acclimatization or a history of medical problems or altitude related issues, please let us know and consult with your physician.

While on the trip, you will have access to an extensive first-aid kit, which includes meds such as Ibuprofen, Tylenol, Aspirin, Immodium, Pepto Bismol, Diamox, and some common broad spectrum antibiotics. If you wish to bring a small med kit of your own, feel free to do but keep it simple. Many over the counter and antibiotic medications are readily and cheaply available in the pharmacies in Kathmandu.

There are plenty of options when it comes to travel insurance providers. We highly recommend BUPA's single trip travel insurance. You can buy it here:

<https://global.ihl.com/travel+insurance/single+trip/buy+single+trip.aspx>

## CUSTOMS & DUTY FREE

**Duty Free:** 200 cigarettes or 50 cigars or 250g of tobacco, alcoholic beverages not exceeding 1 bottle, articles for personal use

**Prohibited Imports:** None that we are aware of

**Prohibited Exports:** export of animal furs and trophies artistic or cultural articles.

## SAFETY

Morocco is not a dangerous country to travel in, but it is not crime-free either. Petty crime does exist, particularly in tourist areas. Be careful when using ATM machines and try not to walk alone at night, particularly when in Marrakech. Do not exhibit valuable personal belongings (camera, iPod, passport, credit cards, watch, jewelry, etc) when you don't need to.

Never leave your bag(s) out of your sight or unattended. Keep your important documents and money safely hidden under your clothes (not in your backpack or day pack) or locked in a secure place. Care should be taken throughout your stay in Morocco. Use your common sense and vigilance to minimize the risk of becoming a victim of crime.

Women travelers might also be subjected to a few sexual harassments, that don't go beyond a few stars and continuous greetings, it's rarely dangerous. Cases such as these can be treated simply by ignoring this attention and not overreacting.

## CLIMATE

Morocco has a moderate, subtropical climate, cooled by breezes from the Mediterranean Sea and Atlantic Ocean. Inland, the temperatures can be quite extreme, getting very hot in the summer and quite cold in the winter.

In Marrakech the average temperature in summer is a sizzling 100°F (38°C)! In winter it's around 70°F (21°C). In mountainous areas (like the Atlas range) temperatures often drop below zero and mountain peaks remain snow-capped throughout most of the year.

## FLORA & FAUNA

Morocco is known for its wildlife biodiversity. Birds represent the most important fauna. The avifauna of Morocco includes a total of 454 species, five of which have been introduced by humans, and 156 are rarely or accidentally seen.

As for its flora, the vegetation of the Kingdom of Morocco is very rich with various unique species of plants. The Atlantic coastal climate is favorable for great vegetation. Cork oak is a largely found plant in this country. Except this, you will also find rich evergreen oak, cedar, and pine forests and various other trees in the mountainous region of the country. Some other unique species of shrubs, jujube trees, mastic, poplars, willows, and tamarisks can be found in the steppe region and the wadis region of the country. Besides these the olive tree and the oil-yielding argan tree are also found in large numbers in Morocco.

## PEOPLE OF MOROCCO

Most Moroccans practice Sunni Islam and are of Arabized Berber and Berber stock. Arab-Berber comprises about 99.1% of the Moroccan population.

Morocco has been inhabited by Berbers for at least the last 200,000 years. The Arabs conquered the territory that would become Morocco in the 7th and 11th centuries, at the time under the rule of various late Byzantine Roman leaders and indigenous Berber and Romano-Berber principalities, laying the foundation for the emergence of an Arab-Berber culture. A sizeable portion of the population is identified as Haratin and Gnawa (or Gnaoua), black or mixed race. Morocco's Jewish minority (265,000 in 1948) has decreased significantly and numbers about 5,500. Most of the 100,000 foreign residents are French or Spanish. Some of them are colonists' descendants, who primarily work for European multinational companies, others are married to Moroccans and preferred to settle in Morocco. Prior to independence, Morocco was home to half a million Europeans.

Most people live west of the Atlas Mountains, a range that insulates the country from the Sahara Desert. Casablanca is the center of commerce and industry and the leading port; Rabat is the seat of government; Tangiers is the gateway to Morocco from Spain and also a major port; Fes is the cultural and religious center; and Marrakech is a major tourist center.

There is a European expatriate population of 100,000, mainly of French or Spanish descent; many are teachers or technicians or retirees, especially in Marrakech.

## CULTURAL HIGHLIGHTS

Morocco is an ethnically diverse country with a rich culture and civilization. Through Moroccan history Morocco hosted many people coming from East (Phoenicians, Carthaginians, Jews and Arabs, South ( Sub-Saharan Africans) and North (Romans, Vandals, Andalusians)(including Moors and Jews). All those civilizations have had an impact on the social structure of Morocco. It conceived various forms of beliefs, from paganism, Judaism and Christianity to Islam .

**Cuisine:** Moroccan cuisine has long been considered as one of the most diversified cuisines in the world. This is a result of the centuries-long interaction of Morocco with the outside world. The cuisine of Morocco is mainly Berber, Moorish, European, Mediterranean cuisines.

Spices are used extensively in Moroccan food. While spices have been imported to Morocco for thousands of years, many ingredients, like Saffron from Tiliouine, Mint and olives from Meknes, and orange and lemons from Fez, are home-grown. Chicken is the most widely eaten meat in Morocco. The most commonly eaten red meat in Morocco is beef; lamb is preferred but is relatively expensive. Couscous is the most famous Moroccan dish along with pastilla, tajine, and harira. The most popular drink is green tea with mint.

**Literature:** Moroccan literature is written in Arabic, Berber and French. It also contains literature produced in Al-Andalus. Under the Al Mohad dynasty Morocco experienced a period of prosperity and brilliance of learning. The Almohad built the Marrakech Koutoubia Mosque, which accommodated no fewer than 25,000 people, but was also famed for its books, manuscripts, libraries and book shops, which gave it its name; the first book bazaar in history. The Almohad Abu Yakub had a great love for collecting books. He founded a great library, which was eventually carried to the Basbah and turned into a public library.

**Music:** Moroccan music is of Amazigh (Berber) and sub-Saharan origins. Rock-influenced chaabi bands are widespread, as is trance music with historical origins in Muslim music.

Popular Western forms of music are becoming increasingly popular in Morocco, such as fusion, rock, country, metal and particularly hip hop.

## MONEY

Traveling with large amounts of cash is NOT recommended. There are several ATM machines that accept debit cards, VISA, and MasterCard in Marakech. If you choose to bring an ATM card, alert your bank before leaving the country that you will be traveling in Morocco to avoid any problems with access to your account. Travelers Checks are an alternative, although you are limited in where and when you may cash them.

## PHYSICAL FITNESS

With or without a backpack, trekking can be quite exhausting, especially at high altitude. The better physical condition you are in, the more you will be able to enjoy the experience. Being able to walk 4 miles in a day is the minimum requirement for all of our trips. If you do not already practice a regular fitness routine, please begin training for your trip at least 6 weeks prior.

Training can involve running, hiking, walking, swimming, yoga, martial arts, aerobic-style classes, weight lifting, biking. The activities should be conditioning your body in both endurance and strength.

## TRAVEL GREEN TIPS

- Sign the Responsible Travel Pledge and commit to preserving the natural and cultural attributes of the destination you will be visiting ([http://www.globalproblems-globalsolutions.org/site/PageNavigator/FWH\\_survey\\_travelPledge](http://www.globalproblems-globalsolutions.org/site/PageNavigator/FWH_survey_travelPledge))
- Unplug your home and office appliances before leaving for the trip
- When researching your destination, try to go paperless and avoid printing unnecessary materials
- Pack lightly and leave the extra shoes and clothes at home
- Bring your own water bottle for filtered water instead of purchasing endless plastic bottles
- Pack a re-usable food container for snacks and meals on the go
- Bring a re-usable shopping bag to carry purchases made on the trip
- Bring rechargeable batteries and a battery charger
- Minimize your waste by not buying disposable items for which there are reusable alternatives
- Avoid pre-heating or pre-cooling your hotel room when you are not around
- Turn off the lights and appliances when you leave your hotel room
- Try to wash your own clothes as laundry service can waste a lot of precious water
- Eat local foods and order only ocean-friendly seafood
- Stay at small, locally owned and operated hotels
- Support sustainable tourism practices by forgoing certain comforts while on the journey
- Buy from local artisans and co-ops not department stores
- Do not purchase items made from endangered species
- Lend a helping hand to the communities you visit whenever you can - volunteer
- Stay on the trail - take only memories leave only footprints
- Respect the local culture and be mindful of cross-cultural differences when interacting with locals
- Plan your trip in conjunction with a local festival/event to get an insight into local culture and customs
- Try to fly with on-time airlines that fly non-stop whenever possible
- Consider offsetting your travel through carbon offset schemes or otherwise
- Share your knowledge and experiences with others