

Health and Safety Guidelines for Morocco

Health

Always consult with your doctor(s) about any medications recommended for you for travel to Morocco, about any over-the-counter medications, and specific individual health concerns.

One of the main concerns travelers have when visiting an underdeveloped country is traveler's diarrhea. It can happen to anyone at any time, but there are things you can do to minimize the risk and, if it happens, minimize the extent.

1) NEVER DRINK TAP WATER! I highly advise not even using tap water to brush your teeth. The riads and hotels provide bottled water for this reason so use it. We will provide bottled water to you throughout the day and to take to the riad at night. You will have plenty of bottled water to drink and use to brush your teeth.

2) Avoid or at least minimize using ice in drinks outside of our hotels. Instead look for beverages already cool/cold.

3) Avoid the food stalls in Jemaa el-Fnan square in Marrakech

4) Avoid uncooked foods from food carts and food stalls such as salads, fruits and vegetables unless the fruit or vegetable can be peeled. The food itself is fine but may have been washed or stored in tap water. Salads, fruits and vegetables are generally considered safe to eat at the riads and hotels we will stay at and the restaurants or homes we will dine in.

Other precautions to take to stay healthy and safe.

5) Wear your seatbelt in the car. It is the law even as a backseat or 3rd row passenger. Besides being the law, it is the best way to minimize injury in case of an accident. If we are stopped by police at one of the many checkpoints and you are not wearing your seatbelt, you will have to pay a fine on the spot.

6) Be careful walking as surfaces will be uneven and there are many stairs in Morocco, some of which are taller than the steps here in the US. Wear appropriate shoes for these conditions and, if you feel a bit unsure bring a walking stick.

7) **Do not pet any cats or dogs you see on the street.** Most are perfectly friendly but you never know what their health conditions is or whether they will get scared and become defensive.

8) **Wash your hands often, or use hand sanitizer or wipes,** particularly after being in the medinas and markets where you have touched surfaces so many others have touched.

Helpful over the counter medications to bring

Please do not bring any medications you have reason to believe you are allergic too, only those you have used without any complications

Lomotil or an equivalent anti-diarrhea medication

Pepto-Bismol or an equivalent for digestion upset

Anti-histamine type medication such as Benadryl, Claritin, Zyrtec etc..

Ibuprofen and/or Acetaminophen such as a Advil or Tylenol

Eye drops if your eyes get dry or itchy from dust or very arid conditions

Anti-acid if prone to issues such as Tums, Prilosec or an equivalent

Heat & Sun Protection

The sun can be intense in Morocco. Heat can be a factor depending on the time of year you are visiting, especially in the desert. The following are suggestions of things to bring and do to minimize the effects.

-Drink plenty of water, more than you may think you need; stay hydrated

-Electrolyte packets to add to water when needed

-Hat

-Sunglasses

-Sunscreen (creams, lotions or sticks are preferable)

-Cooling towel

-Small personal fan

-Lightweight breathable/wick- away clothing

SAFETY GUIDELINES

1) **Notify the tour leader** when you leave the riad and return if you choose to go explore on your own.

2) **Do not accept unsolicited gifts, samples or assistance from people offering to such on the streets in the larger cities.** They are likely to ask for money for the what they gave and be quite insistent and possibly intimidating. Just don't put yourself in that situation. For example, if explore on your own and someone offers to show you where your hotel or a sight is just say no thank you and keep walking and engage no further with the person. If a lady in the square offers to put henna on your hand seemingly for free, decline. They most likely will then expect payment.

3) **Lock your bags.** The best way to keep your things safe is by locking your bags whether with the bags built-in locks or with TSA approved combination locks. I suggest locking both checked bags and carry-ons when flying and while traveling within the country. For the last 40 years of travel around the world, I have also always locked my bags before leaving my room and have never had anything stolen. None of my clients have had any issues in Morocco but I follow my same safety protocol no matter where I am.

4) **Use a crossbody small bag or purse that can zip-close for your money, passport, credit cards, or anything of importance.** This helps prevents being a victim of a pickpocket or things from falling out and being lost. Again no one has experienced pickpocketing with me in Morocco, and I would prefer that no one will.

5) **Do not flash lots of cash or wear expensive jewelry.** Wrong-doers are opportunists so when they observe that someone has a lot of money in their purse or wallet or appears wealthy by expensive jewelry or designer clothes/shoes/bags etc...they are more likely to target that person either for a pickpocket, bag grab or scam.

6) **Negotiate a price before getting in taking a taxi, horse carriage or tuk tuk.** If you anticipate needing a taxi when venturing out on your own, please ask at the hotel approximately how much a taxi should cost and negotiate that price before getting into a taxi. For the other modes settle on a price that seems fair to you before getting in.

