

## MOROCCO MT TOUBKAL KIT LIST

The range of items you will need for the climb is varied and can potentially be expensive – however it doesn't have to be – if you are unlikely to use any of these items after your climb you can either hire some of the more expensive items (such as a sleeping bag or down jacket) or even borrow from friends or family. Look out for online discounts at major retailers, and visit outdoor factory outlets where many items on this list can be found at very low prices—you don't have to wear top of the range or designer items but we do recommend you invest in a good pair of walking boots that have been fitted to your feet by a professional. The below is only a guide and if you have any questions you can speak to ourselves or visit an outdoor retailer for more advice.

On the trek your luggage will be restricted to one bag. Please note this will be restricted to 13kg on the mountain and storage will be available at your first hotel in Marrakech where you may decant any items not needed on the mountain. These will be stored securely and returned at the end of your climb.

ITEM	IMPORTANCE	CHECK LIST
<b>Equipment</b>		
90-110 litre duffle bag or backpack (NO WHEELS)	Essential	
30-35 litre (minimum) rucksack, with rain cover for personal items on trekking days	Essential	
3 season sleeping bag	Essential	
Strong Heavy duty bin liners or waterproof bag liner to keep clothes and equipment dry	Essential	
Smaller waterproof bags to organise equipment into and keep spare clothing dry	Essential	
Head torch and spare batteries	Essential	
2-3 litre platypus/camelback water carrier and 2x 1 litre water bottles	Essential	
Sunglasses with 100% UV Protection that blocks the sun from both sides	Essential	
Thin sleeping bag liner (cotton or silk) for extra warmth	Recommended	
Camera with spare batteries and memory cards	Recommended	
Snacks for up to 4 days trekking – can be bought locally in Marrakech	Recommended	
Carbohydrate gels/energy tablets/ Electrolyte replacement tablets for adding to drinking water	Recommended	
iPod for travelling	Optional	
Ear Plugs	Optional	
Travel Pillow	Optional	
Travel Towel	Optional	
Trekking Poles	Optional	
Mobile Telephone with charger and adaptor	Optional	

<b>Clothing</b>		
Gortex or breathable waterproof jacket with hood <b>must fit over fleece or down jacket</b>	Essential	
Gortex or breathable waterproof over trousers <b>must fit over trekking trousers</b>	Essential	
Heavy weight trekking trousers for summit night	Recommended	
Lightweight trekking trousers and shorts for warmer days (Zip offs are good)	Essential	
Down or Synthetic Puffa Jacket	Essential	
1 x Micro fleece tops for layering	Essential	
2-3 trekking t-shirts <b>wicking or synthetic NOT COTTON</b>	Essential	
Light to mid weight wicking or synthetic long/thermal underwear/base layers for tops and bottom <b>NOT COTTON</b>	Essential	
1x warm pair of wind stopper gloves – must be able to fit under waterproof gloves	Essential	
1x thick pair of gloves <b>must be waterproof</b>	Essential	
Warm fleecy hat/head band which covers ears or a balaclava	Essential	
Peaked cap with neck cover or wide brimmed hat for sun protection	Essential	
Casual clothes for hotels and travel <b>can be left at the hotel to avoid carrying on the mountain</b>	Recommended	
Tracksuit bottoms/spare trousers for the evenings	Recommended	
Swimsuit	Optional	

<b>Footwear</b>		
Gortex or Leather Hiking boots – water repellent and fully broken in with ankle support	Essential	
Trainers or light footwear – for evenings	Recommended	
Trekking gaiters – used to stop scree getting into your boots and keep your boots dry in the wet	Recommended	
3x pairs of thick walking socks and 3x pairs of thin liner socks to avoid blisters	Essential	
1x pairs of heavyweight mountaineering socks for Summit Night	Recommended	

<b>Documents</b>		
Passport and photocopy of passport – stored separately from passport in case passport goes missing	Essential	
1 passport sized photo – again stored separately	Essential	
£ or Euros to change into Dirhams	Essential	
Credit card/additional funds in case of curtailment costs	Essential	
emergency contact list	Essential	
Travel insurance certificate and 24hr emergency contact telephone number for insurance company and NOK	Essential	

<b>Personal First Aid Kit</b>		
Paracetamol / Ibuprofen / Aspirin	Essential	
Antihistamines	Essential	
Plasters / blister kits / zinc oxide tape	Essential	
Rehydration powder (dioralyte)	Essential	
Anti-Diarrhoea tablets (imodium)	Recommended	
Antiseptic Wipes	Recommended	
Throat Lozenges	Recommended	
Muscle Rub/ Deep heat / ibuprofen gel	Recommended	
Knee Supports (if required)	Recommended	
Vaseline Petroleum Jelly to rub on your feet, to reduce friction with boots / socks	Recommended	
Talcum Powder	Recommended	
Diamox tablets for those who have consulted GP/clinic	Optional	
Any personal medication that has been prescribed by a GP or clinic – split between hold and hand luggage	If Applicable	

<b>Toiletries</b>		
Anti-Bacterial Hand Gel	Essential	
Toilet roll or packs of travel tissues for 4 days trekking	Essential	
Sunscreen (at least factor 30+), lip balm and after sun	Essential	
Wet wipes for personal hygiene	Recommended	
Toothbrush and small tube of toothpaste	Essential	
Shampoo and shower products for the hotel	Recommended	
Insect repellent wipes/sprays or patches	Essential	
Soap/face wash	Optional	
Small nail brush to keep hands and nails clean	Recommended	
Feminine hygiene products	If Applicable	
Contact lenses and solutions and a pair of glasses as backup	If Applicable	