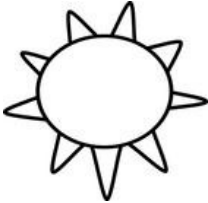



# Trek Mount Toubkal Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

<p><b>Weather Conditions</b></p> <p>Weather is unpredictable in the mountains and you should be prepared for any sudden changes. You need very good quality kit to keep you warm and dry in what can be testing conditions.</p> <p>At lower elevations it is likely to be hot and sunny; expect to wear shorts and T-shirt. Rain is unlikely, though it is possible and you must be prepared. It can also be very windy. It will get colder as we gain height: altitude has a huge impact on temperatures. Early mornings and evenings will be cold; it can drop below freezing at the summit, and there could still be patches of snow. Ensure you have plenty of layers to wear and can keep your spare kit dry.</p>	 <p>Average min/max Temp  <b>27 – 9°C</b> (valley)  <b>15 – 0°C</b> (mountain)</p>	 <p>Average Rainfall  <b>15 – 20mm</b></p>
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## ON TREK

✓	<b>ESSENTIAL</b> Trekking Kit & Clothing	<i>We can't stress enough that you have <b>good quality clothing</b> – it can have a huge impact on how much you <b>enjoy</b> the trek, and whether you are able to <b>complete your challenge</b>. Remember that you will be trekking for full days, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i>
	Walking boots	With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and is not too worn. Ensure they are waterproofed. Well worn-in boots are irreplaceable so wear on flight in the (rare) case your luggage is misplaced
	Walking socks	Enough for dry (not necessarily clean!) socks each morning, damp socks can cause blisters. Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference – ensure you have tried out different combinations of socks while training, so you have the perfect fit in time
	Wicking base layers	T-shirts or tops made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold. Bring a selection of short-sleeved and long-sleeved
	Insulating mid-layer(s)	Warm long-sleeved layer (eg light fleece). Thinner layers trap warmth and are more effective and versatile than wearing one thick top
	Outer fleece	To put on if you stop for a break, or as you reach higher elevations
	Waterproof windproof jacket	Excellent quality (eg gore-tex) essential; material should be breathable and seam-sealed. Combining a high standard waterproof with fleece layers is more versatile than a heavy outer jacket which might get too hot. It must keep you dry in heavy, prolonged rain, not just showers – test it while training
	Waterproof over-trousers	Quality as above. Recommended in cold rain, and protects your socks from rain, which helps prevent blisters
	Wide-brimmed hat / cap	For sun protection. Advisable at altitude, even if cloudy
	Trek trousers / shorts	Zip-off trekking trousers add versatility in warmer temperatures; as you get higher you will need full-length trousers
	Day-sack	To carry camera, spare layers, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential
	Water bottle(s) / hydration bladder	Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended – ensure a compatible fit with your day-pack
	Sunglasses	Well-fitting, wraparound style useful. Contact lenses affected by dry atmosphere at altitude; you may be more comfortable wearing prescription sunglasses instead
	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing before lunch / snacks – this prevents any bugs spreading around the group

	Toilet paper / wet wipes + plastic bags	There won't always be toilets where you need them! Bags for disposal en-route; fragranced nappy bags are best
	Whistle	For safety reasons if you become separated
	Snacks (e.g. energy bars / flapjacks / shortbread / dried fruit packs / jelly babies)	We strongly recommend plenty of snacks as extra sources of energy to keep you going. We recommend 3-4 per day, and extra for summit night. NB Energy gels are not suitable

✓	<b>OPTIONAL Trekking Kit &amp; Clothing</b>	<i>Use your training walks to experiment with your kit. You may not feel you need all the suggestions below, but they can make your trek much more enjoyable or convenient.</i>
	Trekking poles	Invaluable on steep and uneven ground especially if you are tired or unsteady on rough ground. Strongly recommended; reduces the impact on your knees considerably. Use them when training to get used to them
	Sleeping-bag liner	Strongly recommended for extra warmth (and convenience of washing); silk is warmer and lighter than cotton, and packs down smaller
	Set of clean clothes	For end of trip/celebration meal; can be left in hotel
	Talcum powder / vaseline	Can help with blister prevention - experiment at home while training
	Muscle rub	e.g. deep heat, radian B
	Swimming costume	For hotel (may have a pool)
	Alarm clock	We generally start early! Many phones have an alarm, but be aware of battery life and ease of recharging
	Money belt	Safest way to carry valuables

## NON-TREKKING

✓	<b>General Clothing &amp; Equipment</b>	
	Light trousers / skirt Spare short & long sleeved tops Underwear & socks Trainers / spare footwear	General clothing for when you're not trekking: ensure you have enough for evenings, sight-seeing and travelling home, but don't over-pack!
	Nightwear	Tracksuit bottoms are good for sleeping in / as spares
	Down / thermal jacket	For cold mornings / evenings in camp / summit day. Down jackets best in dry conditions
	Thermals	Useful to sleep in if you are very cold, or extra layer at higher elevations
	Warm hat / buff and gloves/mitts	For cold morning / evenings and as you get higher; sleep in your hat for extra warmth! A buff is versatile and lightweight to carry
	Sleeping-bag Comfort Rating -5°	Should be comfortable at temperatures below freezing; ideally between 0 and -5°C (3-4 season) – ensure you keep it dry
	Sleeping mat	For extra warmth & comfort; self-inflating thermarest style is recommended
	Head torch with spare battery	Essential in camp and on summit day; head torch keeps your hands free
	Wash kit (eg toothbrush, etc)	Wet wipes are very handy (essential when water not easily available), and ear plugs if you're a light sleeper!
	Small towel	Lightweight to minimise space
	Camera / phone	Be aware of how quickly your battery runs down; you will not be able to recharge your phone on trek
	Chargers / adaptors / spare batteries	For phone, camera etc
	Rucksack / Expedition Kitbag for main luggage	Carried by mules. You will not be able to access it during the day. Soft-sided luggage essential – see luggage notes below
	Dry bags (assorted sizes) or plenty of large strong plastic bags	Store your kit securely in dry-bags or several plastic bags, especially your sleeping-bag and spare clothes

✓	<b>Small Personal First Aid Kit</b>	<i>Should be carried in your day-pack each day; everyone is different so judge what to trek with and what can be left in your main luggage</i>
	Regular medication	Anything you take regularly or while exercising
	Sun block / sun cream SPF lip balm	Minimum SPF 30. Sun very strong at high altitudes, even in cloud cover. Summiting very early avoids exposure to strongest sun, but apply throughout trek
	After sun / Moisturiser Throat lozenges	Altitude and cold dry winds make skin and throat very dry; you may want to suck lozenges to aid saliva flow – ensure you can take several per day without danger of overdose
	Painkillers	e.g. ibuprofen and paracetamol; bring plenty for altitude headaches: likely to take several each day. We recommend minimum 32 tablets of each
	Insect repellent	Small bottle for lower elevations
	Anti-histamines	For allergies / insect stings
	Plasters and blister dressing	Compeed / moleskin / tape and dressings (whatever works best for your feet)
	Rehydration sachets	e.g. dioralyte
	Diarrhoea tablets	e.g. Imodium
	Malaria tablets	Required for lower elevations of trek – see Factsheet for more details
	Water purification tablets	Small pack as back-up only – this is purely a safety measure

✓	<b>Important Documents &amp; Money</b>	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); valid for at least six months after entry into Morocco
	Money	Dirhams not available from the UK – see Factsheet for details Ensure you have enough funds to cover any resultant costs, should you need to descend to lower elevations for your own safety – see FAQs for details
	Flight Tickets	To be collected from your tour leader / DA representative at the airport
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	Immunisations Record	Useful if you need a record/proof of your vaccinations - see Factsheet for details

### Note on Luggage:

- Your luggage must fit in one soft-sided bag (NOT a hard-sided suitcase or rucksack with external frames), with an additional day-sack for the flight / when trekking
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- Pack carefully, as everything has to be carried by you and our mules. You should only have one bag to be loaded onto the mules
- A spare stuff-sack or bag is useful for leaving behind in Marrakech with gear not needed on the trek. Your leaders will give you guidance on what can be left behind
- Your luggage allowance on the plane is usually 20kg. You should not need this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Remember to leave some room for souvenirs!
- Remember not to pack any penknives, scissors, tweezers etc in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions>
- Trekking poles should not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable