



MOROCCO KIT LIST

Our comprehensive kit list has evolved over many successful expeditions to Morocco. Having the correct clothing and equipment on the mountain makes your trip more enjoyable and comfortable. For specific advice on individual items, please contact us or talk to a specialist outdoor retailer prior to your trip.

GENERAL

- Passport, insurance & travel documents, plus photocopies - these can be stored securely in our hotel during the trek.
- Lightweight running pack/vest that can carry 1l of water, extra layers and snacks.
- Duffel bag - To put everything else in. Our local porters will carry this, which must be 15kg max when full.
- Waterproof liner bags (or Dry Sacks) – For your daypack and duffel bag. Everything goes inside these, to keep your kit dry.
- Sleeping bag liner.
- Headtorch – Please bring spare batteries.
- Trekking poles – Highly recommended.
- Camera, plus memory cards and spare batteries.
- Personal entertainment – Music, book/Kindle, diary, notepad & pen.

FOOD & TOILETRIES

- Water Bottles - 2 x 1 litre water bottles.
- Sunscreen & Lip Protection - Essential. High SPF (50+).
- Wash Kit - Wet wipes, hand sanitizer, toothbrush & toothpaste, travel towel.
- Toilet Paper - Provided but having some of your own is recommended.
- Snacks - To supplement the food provided. High energy, lightweight and tasty. Energy snacks for the run.
- First Aid Kit - Your guide will carry a comprehensive group first aid kit. A small blister/first aid kit of your own is advised: Compeed/Second Skin; plasters, painkillers (Paracetamol and Ibuprofen), Zinc Oxide tape, powdered rehydration sachets, anti-bacterial foot powder plus any personal medication you need.
- Small Repair Kit - Gaffer tape, needle and thread, zip ties and para-cord are useful for little repairs.

HEAD & HANDS

- Sunglasses – Category 3 or 4, 100% UVA/UVB.
- Sun hat/cap.
- Warm hat.
- Buff – Essential against the dust and sun.
- Thin gloves – Windproof liner gloves.
- Thick gloves/mittens – Warm and insulated. Sized to go over your liner gloves for extra warmth.

UPPER BODY

- Down jacket – it is very cold on the summit of Toubkal and at the higher camps, so this is an essential item.
- Waterproof jacket - Lightweight and breathable with taped seams e.g. Gore-Tex or equivalent.
- Base layers - T-shirts or lightweight long sleeve shirts (not cotton). Polypropylene, Capilene or merino wool in lighter colours are better.
- Lightweight fleece.
- Heavyweight fleece, softshell or Primaloft jacket. *
- Suitable underwear for hot and cold weather, preferably not cotton.

LEGS & FEET

- Trail running shoes – Comfortable, worn-in and suitable for tough, off-road terrain. Road running shoes are not suitable.
- Trainers/Sandals - For use in the evening around camp/kasbah.
- Socks - 3-4 pairs of lightweight trekking socks, plus a pair of thicker mountaineering socks e.g. Smartwool, Thorlo.
- Long Thermal Leggings - To sleep in.
- Waterproof Trousers - Lightweight and breathable with taped seams e.g. Gore-Tex or equivalent.
- Running Kit – 3 pairs of socks, tops, bottoms and underwear, suitable to cover a range of temperatures.
- Swimming Costume - For enjoying the hammam.

Any unwanted clothing or equipment that you wish to leave behind at the end of your trip is warmly appreciated by our local porters and guides.