

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Day sack 25-30L
- Large Rucksack/Duffle bag
- Waterproof liner\*

## SLEEPING

- 3 or 4 season sleeping bag
- Sleeping bag liner\*

## FOOTWEAR

- Walking boots with ankle support
- Hiking socks
- Comfy shoes for evenings
- Spare laces\*

## CLOTHING

- Waterproof and breathable jacket
- Waterproof over-trousers
- Windproof softshell jacket
- Lightweight fleece top
- Wicking t-shirt (shoulders should be covered)
- Trekking trousers (not jeans)
- Thermal long johns\*
- Sun hat
- Hiking shorts\* (OK for women but not through villages – ask guides daily)
- Smart clothes for the celebratory meal\*
- Swimwear dependant on hotel\*

## GENERAL TREKKING EQUIPMENT

- Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks bars, dried fruit, chocolate, nuts
- Dry bags for keeping clothes and documents dry
- Walking poles\*
- Contact lenses (plus spare glasses)\*
- Gaffa tape for emergency repairs\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Compeed (or equivalent) blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Deep heat\*
- Knee supports\*

## TOILETRIES

- Personal toiletries
- Anti-bacteria hand gel
- Travel towel
- Tissue/toilet paper
- After-sun/moisturiser
- Sun protection (min factor 30)

## DOCUMENTS

- Passport
- Tickets
- Photocopy of passport
- Copy of travel insurance
- Debit/credit card/money

**KEY** \* Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

# MAKING THE MOST OF YOUR KIT

## PACKING

Remember that the porters/mules are only able to carry duffle bags or soft kitbags up to 15kg, so don't overpack!

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## CLOTHES

Temperatures can fluctuate enormously from day to night. Lots of light layers are key, as well as a synthetic or down jacket. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For the Atlas mountains this should be between 10° and 5° C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. from 3 to 4 Season. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

## HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor (click [here](#) for an example).

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.