

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 (suitcase NOT suitable)
- Waterproof liner*

SLEEPING

- 4 season sleeping bag comfort rating of -10
- Sleeping bag liner*

FOOTWEAR

- Walking boots with ankle support
- Hiking socks (3 pairs including a thermal pair)
- Comfy shoes for evenings
- Spare laces*

CLOTHING

- Waterproof and breathable jacket
- Waterproof over-trousers
- Down jacket
- Windproof softshell jacket
- Lightweight fleece top
- Wicking t-shirts (shoulders should be covered)
- Trekking trousers (not jeans)
- Thermal long johns*
- Bandana/buff for the cold
- Sun hat
- Insulated gloves/mittens
- Woollen hat
- Gaiters*
- 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
- Plastic bags for keeping clothes and documents dry
- Walking poles*
- Contact lenses (plus spare glasses)*
- Small roll Gaffa tape for emergency repairs*
- Ear plugs*

SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters
- Zinc oxide tape
- Blister plasters such as Compeed or kinesiology tape
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Deep heat*
- Knee supports*

TOILETRIES

- Personal toiletries
- Anti-bacteria hand gel
- Travel towel
- Tissue/toilet paper
- Wet wipes
- 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! Suitcases are not suitable on this trip.

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-night and between the bottom of the mountain and the summit. 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 High Atlas mountains this should be between 10° and -20° C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. from 4 Season 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

At high altitude and during exercise your fluid needs increase dramatically and hydration is vital, not least to help prevent Altitude Sickness. 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). This set up is easy to fill on the mountain and if the tube freezes it can be removed and you can still drink straight from the bottle.

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.

