

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/Duffel bag (suitcase NOT suitable)
- Waterproof liner\*

## SLEEPING

- 2/3 season sleeping bag comfort rating 0°C
- Inflatable pillow or pillowcase to stuff with clothes
- Sleeping bag liner\*

## FOOTWEAR

- Walking boots with ankle support
- Hiking socks
- Comfy shoes for evenings & sightseeing – Trainers or Sandals
- Spare laces\*

## CLOTHING

- Waterproof and breathable jacket
- Light down jacket/body warmer
- Lightweight fleece top
- Wicking t-shirts (shoulders should be covered)
- Wicking long-sleeved top/shirt\*
- Light gloves or mittens
- Trekking trousers (not jeans)
- Sun hat
- Hiking shorts
- Smart clothes for the celebratory meal
- Swimwear dependent on hotel\*

## GENERAL TREKKING EQUIPMENT

- Head torch plus spare batteries
- Water bottles/bladder 2/3L
- 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\*
- Eye mask\*

## SMALL FIRST AID KIT

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

## TOILETRIES

- Personal toiletries
- Anti-bacteria hand gel
- Travel towel
- Tissue/toilet paper
- Nappy bags/Ziplock bags for used toilet tissue
- Wet wipes
- After-sun/moisturiser
- Sun protection (min factor 30)

## DOCUMENTS

- Passport
- Tickets
- Photocopy of passport
- Copy of travel insurance
- Debit/credit card
- Moroccan Dirham can be withdrawn when in Morocco

**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 for this trip. You can leave a small bag of non-essential items you don't want to take up on the hike at the hotel in Marrakech.

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 light down jacket as it can be quite chilly at the summit. 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. A 2/3 season sleeping bag will be sufficient at the refuge but having a sleeping bag liner with you is always good as an extra layer if you feel the cold at night. Another handy tip is to keep your camera & phone in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures. The refuge can be a little noisy at night so an eye mask and ear plugs can come in handy. Mattresses are provided at the refuge.

## HYDRATION

During exercise & at high altitude, your fluid intake 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. Rehydration tablets are always good as they'll help you maintain a healthy balance of electrolytes—like sodium, potassium, and magnesium—which are essential to keeping your body hydrated. Only put rehydration tablets in a water bottle, not a water bladder as they make them go mouldy. You could carry a litre Nalgene bottle as this can act as a spare if the bladder is split and also can be used as a handy hot water bottle!

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide or K 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.

