

KIT LIST - MOROCCO MOUNTAINS

Mt Toubkal, Mt Mgoun, 3 Peaks, Rif Mountains

LUGGAGE

Daysack, 30 - 40l capacity
Holdall/Duffel bag, 70 - 90l capacity
Optional waterproof liner

FOOTWEAR

Walking boots (preferably waterproof)
Evening footwear

CLOTHING

Waterproof jacket & trousers
Duvet jacket (evening warm outer layer)
Trekking trousers
Shorts
T shirts, short sleeve
Shirt, long sleeve
Fleece, lightweight
Base layer(s)
Socks
Underwear
Wooly hat
Gloves
Sun hat
Buff or scarf
Swimming costume?
Evening wear (non trekking)
Other clothing and items not used on trek (leave in hotel for your return from trek)

DOCUMENTS/MONEY

Passport
Visa if required
Flight Ref details/document
Immigration details (hotel address, we supply)
Travel Insurance details
Spare photo ID
Spare passport photo

Currency cash
Credit card
Hard copy of important documents

EQUIPMENT

Sleeping bag
Rating of 0°C -10°C
Liner (if used)
Water bottles (drinking)
Camelbac (if using)
Torch (LED head torches are best + spare batteries)
Sunglasses (+ hard case)
Normal vision glasses (if worn) (+ hard case)
Trekking poles (optional)
Pocket knife
Medical kit (see website for checklist)

Mobile phone (+ charger)
Plug adaptor

Camera (+ batteries + charger)

Wash kit
Travel towel

USEFUL EXTRAS

Dirty wash bag
Guide book
Reading/writing material
Needle/thread
Spare laces
Combination lock(s)
Power bank (for mobiles, if required)
Gaffa tape
Pillow case (put clothes in to make pillow)
Tent identification marker (ribbon, or similar to mark your tent so you get the same one each night)

travelandtrek.com is a trading names of Travel and Trek Limited