

Morocco: Mt. Toubkal Trek GEAR LIST

Note: This equipment is not just “suggested”, it is a comprehensive list that we have designed with your safety and comfort in mind! Please follow it closely and if you have any questions, feel free to contact Tricia Donaldson, Director of Operations, tricia@trekkingforkids.org.

GEAR

- **Small day-Pack** – to carry your water, snacks, camera, rain jacket & pants (capacity 1,500 to 2,000 cubic inches should be enough). It must have a functional waist belt, meaning that the waist belt supports the weight of the pack.
- **Rain Cover for day-pack** – (optional) in case we get caught in the rain, this will help your gear stay dry. You can also line your pack with a plastic trash bag or put things in Ziplocs. Rain is not likely, but you need to be prepared.
- **Small Duffel Bag** – to carry your extra clothing and sleeping bag for the mules. NO WHEELED LUGGAGE. This can be shared.
- **Trekking Poles** – (recommended) one or two. Useful for going up and down moderately steep trails on the trek and coming down loose scree. Adjustable is best so that you can strap them on your pack when not in use.
- **Lightweight Sleeping Bag** – make sure it is compact so it doesn't take up too much space in your bag. We will be sleeping on beds, but with no bedding.
- **Nalgene bottles/Hydration Bag** – 2 one-liter, leak-proof, wide-mouth bottles or a hydration bag. A hydration bag is recommended since it is easier to drink from while trekking and people tend to drink more from the bag. Bottled water will be provided each day to refill your Nalgene bottles or hydration bag.
- **Purification tablets** – good to have some on hand for emergency backup.
- **Head Lamp and extra batteries or small flashlight**
- **Sunglasses**
- **Towel** – small or medium size backpacker's quick drying towel. There is a shower at one of the refuges.

FOOTWEAR

- **Trekking Boots** – (*worn-in*, ankle high supportive, lightweight, waterproof). Low hikers can be worn if you have strong ankles.
- **Camp/Lightweight Trail Shoes** – running shoes, flip flops, or other lightweight shoe you can wear around the refuges.
- **Hiking Socks** – synthetic wool blend socks are recommended, such as Smartwools as they prevent blisters and dry quickly. – 2-3 pairs
- **Thin Sock Liners** – (optional) synthetic liners to wear under hiking socks to keep your feet dry and to prevent blisters. Some people really like them, others do not, so try a pair out at home first. – 2 pairs

CLOTHING

- **Hiking Shorts** (knee length, or if shorter, zip offs that you can zip the legs on for when entering villages) or **Capris** (synthetic, *not* cotton) – 2-3 pairs
- **Lightweight Trekking Pants** (synthetic, *not* cotton) zip offs are great so you can have a pair of shorts too. – 1-2 pairs
- **Short-Sleeve Shirts (no sleeveless)** (synthetic, *not* cotton) – 3 (we will give you one TFK synthetic shirt)
- **Lightweight Synthetic Long Sleeved Top** – 1, zip t-neck design is great for wearing on top of hiking shirt in case of cooler weather or to protect from the sun.
- **Briefs** – synthetic or cotton – 3-4 pairs
- **Rain Jacket or Poncho** – waterproof with hood in case we get rain
- **Sun Hat**
- **Buff or Bandana** – many uses, but on the camel trek will help keep sand and dust out of your mouth and nose, and on the trek, the sun off of your neck.

MEDICAL & PERSONAL

- **Sunscreen** – SPF-30 or higher. Bring small containers.
- **Lip-screen** – SPF-30 or higher. Bring 2 in case you lose one.
- **Toiletry Kit** – toothbrush, toothpaste, comb/brush, deodorant, shave kit, feminine hygiene products, nail clippers, tissues, shampoo. **Bring travel size of everything to keep your kit small and light for trekking.**
- **First-Aid Kit** – ibuprofen/aspirin, assorted band-aids, moleskin, Neosporin-type salve, small gauze pad, roll of adhesive tape, tweezers, safety pins. Include any prescription meds or cold meds you might need.
- **Duct tape** – small roll, can roll duct tape around a pen or trekking pole (great for small repairs and foot blisters)
- **Insect Repellent**
- **Laundry soap** – small bottle to hand wash some items in the sink.
- **Ziploc bags** – always useful, bring several sizes.
- **Snacks** – energy bars, trail mix, dried fruit, salty trail mixes, beef jerky, or other high-energy snacks (we will be fed well along the way so don't go overboard.)
- **Carabineers** – (optional) to hang water bottle, camera, hat, to your day-pack or belt.
- **Baby wipes** – do not need 3000. 1-2 packets of 20 will be enough.
- **Anti-bacterial hand sanitizer (Purell)** – 2 small bottles in case you lose one.
- **Toilet paper or small tissue packs** – nice to be prepared both in Morocco and Spain.
- **Ear plugs** – very useful while sleeping in close quarters.
- **Clothes for orphanage and city time** – 2 or 3 changes. No shorts sleeveless shirts at the orphanage. Capris are ok. Bring more conservative clothing. Light jacket for Essaouria for the wind and cooler seaside temperatures. Highs mid-70's.
- **Passport Belt/Pouch** – to carry important documents and money.
- **Journal/Pen** – small size to take notes during the trip.
- **Book/games** – entertainment during evenings on trek. There will be a lot of down time in the evening on the Trek.
- **Digital Camera, Memory Cards, Batteries for Digital Camera** – you will not be able to charge batteries while trekking, except for maybe one night.
- **Luggage Locks** – to lock up valuables in the refuges and to lock the bag you store at the hotel while we trek.
- **Extra Travel Bag/Suitcase** – this will be stored at the hotel in Marrakesh while we are on the trek. This needs to fit everything you are not bringing on the trek.