

# Kit List



This list has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions. **Please do take into account your own personal preferences and common sense!**

We welcome feedback on how this list can be improved upon your return from your Challenge.

It is highly recommended that to travel, you use a 'soft hold-all' type of bag / large rucksack and not hard rigid suitcases. Remember, **PACK LIGHT** – it is only a weekend after all!

You can, if you wish, leave a bag at the Hotel in Marrakesh with items not needed for the trek.

Item	Needed?	✓
<b>Baggage</b>		
Hold all / rucksack – to check in at Airport	Yes	
Day pack – approx 30 – 35 litres in size with a good waist strap	Yes	
Bag to leave at Hotel in Marrakesh	Optional	
<b>Clothing</b>		
Light waterproof / wind-breaker for wind protection on summit	Yes	
Warm jumper / fleece	Yes	
Lightweight trousers for trekking	Yes	
Trekking boots – must be well worn in	Yes	
Trekking socks	Yes	
Shorts	Yes	
Sandals / trainers to wear in evenings and around camp	Yes	
T Shirts	Yes	
Long sleeved shirt for sun protection	Yes	
Sun Hat	Yes	
Warm Hat and gloves – maybe cold on summit	Yes	
Casual clothes for Marrakesh and for travel, including underwear	Yes	
<b>Equipment</b>		
Sun glasses	Yes	
Sleeping bag – 2/3 season	Yes	
Trekking poles – try to get them inside your luggage	Optional	
Head torch with extra batteries	Yes	
Light weight towel	Yes	
Camera with extra film and batteries	Optional	
Water bottle – 2 litres minimum ('Camel-bak' or similar re-hydration system is useful)	Yes	
<b>Health and Hygiene</b>		
Toothbrush, toothpaste, wet wipes (or equivalent), soap (anti-bacterial), shampoo, conditioner (all cleansing liquids must be bio-degradable), lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, dry wash for keeping hands clean	Yes	
Insect repellent (with DEET), sun lotion (minimum of factor 25 after sun / moisturiser, water purification tablets	Yes	
<b>Other</b>		
Energy foods / drinks / powdered drink (makes the water taste better!)	Yes	
Contact lenses (bring spares and also your glasses in case of emergency!)	Optional	
Padlock for baggage	Optional	
Ear plugs – just in case you have trouble sleeping	Optional	
Plastic bags and bin liners – for dirty washing and for lining your kit bag to keep kit dry	Yes	
Spare boot laces – great for tying things to the outside of your day bag also!	Yes	
<b>Small First Aid Kit</b>		
Adhesive dressing (plasters) and Compeed for treatment of blisters, Antiseptic spray, Diahorrea tablets, Re-hydration sachets x 20, any other personal medication, Paracetamol	Yes	
<b>Documents</b>		
Passport (valid for 6 months AFTER your return) and photocopy, cash, credit card (for emergencies), Travel Insurance, Tickets or e-ticket receipt	Yes	

You can also hire some kit from TrekHire UK ([www.trekhireuk.com](http://www.trekhireuk.com)) rather than going to the expense of purchasing.