

WINTER TREKKING IN THE ATLAS MOUNTAINS KIT LIST



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WINTER TREKKING IN THE ATLAS MOUNTAINS

Climbing Mount Toubkal, the highest peak in the Atlas Mountains of Morocco, requires careful planning and the right gear to ensure a safe and successful ascent. Here's a packing list to help you prepare for your climb:

Items marked with a  are linked to suitable options

Clothing:

Moisture-wicking Base Layers:

- Long-sleeve shirts
- Long john bottoms
- Underwear

Insulating Layers:

- Fleece jacket & down jacket 
- Insulated pants (optional for colder seasons)

Outerwear:

- Waterproof and breathable jacket with a hood (Gore-Tex or similar)
- Waterproof and breathable pants (Gore-Tex or similar)

Trekking Pants:

- Lightweight, quick-dry pants
- Trekking Shorts (optional): For lower-altitude and warmer days

T-shirts:

- Moisture-wicking and breathable

Headwear:

- Wide-brimmed hat or cap for sun protection
- Warm beanie or hat for cold nights
- Neck gaiter or buff

Gloves:

- Lightweight gloves for warmth
- Waterproof gloves or mittens for colder conditions



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Footwear:

- Hiking Boots: Waterproof and comfortable, broken in before your trek ideally rated B2/B3 
- Sandals/Flipflops/Crocs (optional): For wearing around camp and river crossings


Trekking Gear:

- Backpack: A comfortable daypack for carrying your essentials 30/40L 
- Duffel Bag or Trekking Bag: To carry your main gear, which will be transported by porters or pack animals 
- Crampons and ice axe (can be provided)
- Trekking Poles (optional): Helpful for balance and reducing strain on your knees

Sleeping Gear:

- Sleeping Bag: Suitable for the season and altitude of your trek 
- Inflatable travel pillow
- Sleeping bag liner

Accessories:

- Sunglasses with UV protection (cat 3 or 4)
- Sunscreen (SPF 50+)
- Lip balm with sunblock
- Insect repellent
- Water purification tablets
- Water bottle or hydration system (2 litres) 
- Trekking towel
- Toiletries (toothbrush, toothpaste, biodegradable soap, etc.)
- Toilet paper (carry a small supply)
- Alcohol hand gel
- Travel towel or washcloth
- First-aid kit (bandages, antiseptic wipes, blister treatment, any personal medications)
- Headlamp or flashlight with extra batteries
- Energy snacks (granola bars, nuts, chocolate, etc.)



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Electronics:

- Camera and accessories
- Portable charger or power bank
- Adapters and chargers (Morocco uses Type C, E, electrical outlets)

Documents:

- Passport and visa (with photocopies)
- Travel insurance documents
- Trekking permits (if required)
- Money (cash in Moroccan Dirhams and/or Euros)
- Emergency contact information

Optional Items:

- Journal and pen
- Playing cards or other entertainment
- Lightweight camp shoes (e.g., Crocs)
- Trekking map and guidebook for your reference
- Travel pillow for added comfort
- Clothes for spending time in Marrakech

Remember to pack efficiently, as you'll need to carry your own gear or keep your trekking duffel bag under 13kg for the porters to carry. Layer your clothing for temperature variations, and be prepared for different weather conditions, especially if you're trekking in the Atlas, where conditions can change rapidly. Always check the specific requirements and recommendations for your chosen trek, as they can vary depending on the region and season.

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