



"THERE'S NO SUCH THING AS A BAD WEATHER, ONLY INAPPROPRIATE CLOTHING" RANULPH FIENNES

# SUMMER TOUBKAL KIT LIST

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Expect the unexpected on this trip. While we would love to guarantee warm, sunny weather for the Toubkal climb, we can't. Weather can change quickly and you can go from warm and dry, to wet and cold in a matter of hours so being prepared is critical. Make sure you've got plenty of layers and we strongly advise that those layers are high quality. That said, you've got to find a balance between being prepared and not carrying too much weight. You can spend anywhere from 3-8 hours on your feet a day with some serious altitude gains so you will thank yourself for not overpacking on this trip.

Below is a list of our recommended kit for your trip.

You can find more detailed information below and what that looks like on the trip page. As always, if you have any questions or concerns then drop us a message.

## KEY CLOTHING ITEMS

### SUMMARY:

- **Hard-shell waterproof shell jacket (GORE-TEX or similar)**
- **Down or synthetic warm jacket with hood**
- **Mid layers (fleece or similar)**
- **Base layer tops long sleeve x1**
- **Base layer tops short sleeve x1**
- **Cotton T-Shirts x1**
- **Base layer leggings**
- **Hard-shell Waterproof shell pants (GORE-TEX or similar)**
- **Soft-shell Mountaineering / trekking pants**
- **Trekking shorts**
- **Warm hat**
- **Sun hat**
- **Buff**

- **Sunglasses (Cat. 4)**
- **Sunscreen**
- **Lip balm**
- **Gloves**
- **Trekking socks (merino is best)**
- **Lightweight shoes/sandals**
- **Trekking boots or trail shoes**
- **Blister plasters**
- **Collapsible trekking poles**
- **Sleeping bag (3 Seasons)**
- **Camping pillow (Optional)**
- **Water bottles x 2**
- **Daypack Rucksack (20-30 litres)**
- **Basecamp Duffel Bag (40 litres)**
- **Stuff sacks**
- **Toiletries**
- **Wet wipes / Toilet paper**
- **Earplugs**
- **Headlamp plus spare lithium batteries**
- **First aid kit and relevant medication**
- **Copy of passport (needed at checkpoint)**
- **Copy of insurance policy**
- **Travel clothes**
- **Travel towel**

- **Cash to buy local products**
- **Antibacterial hand wash**

## **TOPS**

- **Hard-shell Waterproof shell jacket (GORE-TEX or similar)**

A hardshell jacket of Gore-Tex, or similar standard, is one of your key pieces of kit. Make sure it's big enough to put over multiple layers and that it comes with a hood. You'll use this if the weather becomes a little wild and you need protection from wind and rain. Something like: The 'Hodr', 'Grim' or 'Odin' Jottnar hardshell jacket.

- **Down or Synthetic warm jacket**

A warm jacket is essential for staying comfortable in cold alpine conditions. Whether you choose down or synthetic insulation, make sure it provides excellent warmth without being too bulky. Look for a jacket that fits comfortably over your layers and includes a hood for added warmth. Something like: The 'Thorsen' Jottnar Lightweight Down Jacket

- **Mid layers (fleece or similar)**

There are a few options here depending on your preferences but this layer needs to be a warm thick fleece, a softshell or a light down jacket. This is one of your key insulating layers so something comfortable and technical is recommended. Something like: The 'Asger' or 'Floyen' jackets from Jottnar are ideal.

- **Base layer tops long sleeve x1, short sleeve x1**

One long and one short sleeve lightweight mid layers are required as they will be the second piece of your layering system. Something like: The 'Svend' or 'Tyer' from Jottnar.

- **Cotton T-Shirts x1**

It's nice to change into a comfortable cotton t-shirt to relax in at the hut so you can dry out your sweaty base layer from the day!

## **BOTTOMS**

- **Hard-shell Waterproof shell pants (GORE-TEX or similar)**

Hardshell trousers of Gore-Tex, or similar standard, are required for this trip. Ideally they come with side zips to provide a little more ventilation when you're working hard. Something Like: The 'Valdyr' from Jottnar works well

- **Base layer leggings**

Make sure you've got some full leg, lightweight leggings will keep you warm and toasty.

- **Soft-shell Mountaineering / trekking pants**

This is the trouser you will spend a lot of your time in so make sure it's comfortable. Something like: The 'Valen' from Jottnar is ideal.

- **Trekking shorts**

## HEAD GEAR

You'll need a sun cap, a warm hat that covers your ears and a buff or balaclava. The idea should be that if needed, you can cover your whole face.

- **Warm hat**
- **Sun hat**
- **Buff**

## EYEWEAR

You'll need sunglasses with Cat. 4 sunglasses (ideally glacier glasses with side shields), that provide 100% UV protection. We recommend VALLON Heron Glacier sunglasses. You'll also need some goggles (ski goggles are ideal), that can be easily thrown on if it's windy. We recommend VALLON's Freebirds™ goggles.

*Adventure Base clients get 15% off your first order – [Learn more here](#)*

- **Sunglasses** (Cat. 4 ideally with side covers)
- **Ski goggles**

## HAND GEAR

You will need a thin softshell glove that provide protection in the cooler temperatures and when on the glacier and a thick warm glove (Like expedition shell gloves) that are ideally Gore-Tex or similar.

- **Thin softshell gloves**
- **Thick warm waterproof gloves (GORE-TEX or similar)**

## **FOOTWEAR**

Trail shoes or trekking boots are acceptable for this trip, we recommend having merino wool socks. It's also worth bringing along some sandals / refuge shoes in your duffel with the mule.

- **Trekking socks (Merino wool is ideal)**
- **Lightweight shoes/sandals**
- **Trekking boots**
- **Blister plasters**

## **GEAR / EXTRAS**

- **Collapsible trekking poles**

*Can be rented locally €20.*

- **Sleeping bag (3 Seasons)**

*Can be rented locally €5 per day.* Your sleeping bag is your sanctuary after a long day in the mountains. Opt for a lightweight bag rated to at least -5°C, ensuring you stay warm during cold nights without adding unnecessary weight to your pack.

- **Camping pillow (Optional)**
- **Water bottles x 2**
- **Daypack Rucksack (20-30 litres)**

For more advice on how to choose the right pack for your trip see [here](#).

- **Basecamp Duffel Bag (40 litres)**

*Can be rented locally for €40. Keep within 10-15kg limit to keep it nice and light for the mules.*

- **Stuff sacks**
- **Toiletries**
- **Wet wipes / Toilet paper**

There is no toilet paper provided on the trek and at base camp so is best to take some with you. You can always buy more at the refuge shop.

- **Earplugs**
- **Headlamp plus spare lithium batteries**

You will need a headlamp for staying in the base camp tents and for the summit morning if you go for sunrise.

- **First aid kit and relevant medication**
- **Copy of passport**

You will need to take your passport on the trek with you for the checkpoint at the national park entry.

- **Copy of insurance policy**
- **Travel clothes**
- **Travel towel**

Needed for the 2 nights in the refuge.

- **Cash to buy local products**

You can exchange your currency for local currency at the exchange point near baggage claim in the airport.

- **Antibacterial hand wash**