

*This comprehensive list doesn't have to be followed to the letter - we know that everyone has their own clothing preferences. Working through this list however means that nothing major will be overlooked. We're very happy to answer any queries or elaborate on anything that you may find unclear - email is best.*

### **CLOTHING**

*Mornings are cold before the sun has come over the ridge. However once it has risen the reflection off the snow can make it feel warm although there may well be a cooling wind on the more exposed faces and tops. The Toubkal Mouflon mountain refuge has a fire but it doesn't have much effect on the large open seating area and the bedrooms are cold so a good sleeping bag is essential! The Lepiney refuge is small so whilst there is no actual heating, the combination of the daytime sun on the roof and people in the hut can make it feel warmer than it probably is!*

*All this to say that it is best to work on the "multi layering" system rather than one thick layer such as with Buffalo or similar.*

[ ] **Base Layer.** A synthetic wicking layer, with a long sleeved top (with a good neck zip for ventilation). Long-johns (depending on your choice of trousers) possibly.

[ ] **Fleece Jacket.** Polartec 200-300gm suggested as main warm layer for the hill. Alternatively a couple of mid weight (100-200gm) fleece tops worn together.

[ ] **Down Jacket.** This is not mandatory but if you have one (or have the budget for one) then bring it. Certainly if you are envisaging staying in the Lepiney hut you will regret not having one. Mountain Equipment Classic Lightline or Rab Neutrino are good choices.

[ ] **Underwear.** Preferably synthetic as they dry quicker than cotton M&S!

[ ] **Trousers / Pants.** Fleece or synthetic / nylon or polyester. Avoid cotton or trekking trousers such as Rohan as they absorb moisture easily and thereby have a cooling effect. Powerstretch is good but can be hot once the sun is up. Ron Hill's are ok if combined with a windproof shell. Paramo gear is nice in particularly cold and snowy weather but many feel it is too warm – your choice!.

[ ] **Waterproofs.** It has been known to rain / snow on our trips so do come prepared! There is a huge choice of breathable waterproof tops available - make sure the jacket has a good hood. Waterproof trousers can be of lighter weight than the top - make sure that they have a long / full length zip so you can put them on whilst still wearing boots / crampons.

[ ] **Headwear.** Warm woolly hat, cap and sunhat with wide brim. Because of the variation in temperatures you will experience you will use them all. Also a Buff or similar neck gaitor / tube is a good idea and it weighs nothing.

[ ] **Gloves.** A pair of thin liners you can keep on the whole time if you need to. On top of this a pair of Windstopper gloves from North Face. Alternatively gloves that have a removable fleece liner. Mitts are ok but gloves are better. Again there is a huge choice available so don't skimp. Work on the layering principle rather than one thick pair.

[ ] **Socks.** Loop stitch - e.g. Thorlo are nice. Bridgedale are also good. Bring spares so you are always putting on a dry pair in the mornings.

## **FOOTWEAR**

*The snowline is generally around the 2350m mark. Below that in the cities and villages trekking sandals or the like will suffice. Approaching the refuges it is easier to wear your boots from the outset as the walking time below the snow will only be a couple of hours at most so there is no need to buy specific "approach shoes". None of the refuges / gites have any hut "slippers" or the like so if you don't want to wear your boots in the refuges (which is allowed!), then bring your own runners or sandals.*

[ ] **Trekking Sandals &/or runners / hut "booties"**. See above paragraph for explanation.

[ ] **Boots**. At least a three-quarter length shank for stiffness for crampons. A full-length shank is better as these type of boots are generally warmer and more supportive but are more expensive to buy! There is absolutely no need for plastic boots like the Scarpa Vega. Scarpa Cumbre; Sportiva Nepal and Scarpa Phantom-Lites are good but again expensive. Solomon Super Mountain 10 are also good. Traditional stiff leather boots are ok for one day but are difficult to dry out fully for the next day in the snow and so on. Whatever boots you do have, make sure they are fully broken in before you arrive!

[ ] **Gaiters**. Ankle length are often sufficient but to be sure, full-length light-weight with a strap to go under the instep of the boot to keep them in place and a full-length zip.

## **SNOW EQUIPMENT**

[ ] **Crampons**. One pair that fits your boots properly! 10 or 12 point. "Clip-on" bindings are easiest if your boots take this type such as the Grivel G12 NewMatic. If your boots are not designed to take "clip-ons" then models such as the Grivel G10 NewClassic are good. Most new crampons are now sold with integral "anti-balling" plates - if you already have a pair without them, we strongly suggest you buy anti-balling plates. Models such as the Grivel 2F and Charlet Moser S12's can ball up easily without anti-balling plates fitted. If in doubt about fitting or what crampon model to use with your boot, please consult your local outdoor shop for advice.

[ ] **Ice Axe**. One general mountaineering axe required. 55-65cm depending on your height - again your outdoor shop will advise if you are unsure. There is a large choice available such as Grivel Air Tech; Black Diamond Venom and DMM Cirque.

[ ] **Glacier / Sun Glasses**. Vital. Must have strong UV protection with reasonable side protection as well.

## **GENERAL EQUIPMENT**

[ ] **Kit bag**. Our winter ascent trips include portage of one kit bag for every 2 people. A 90L general duffel bag between 2 people should be more than sufficient (and generally the maximum a porter wants to carry anyway!) to carry your stuff up to the hut. North Face; Rab and Mountain Equipment all make good waterproof duffel / kit bags.

[ ] **Climbing Rucsac**. A 30-35 litre day sac should be sufficient for you to carry your own spare clothing, water, camera, food etc for the day. As uncomplicated as possible as the more buckles, straps etc the heavier it is before you put anything into it! Also a rucsac liner - an old fertilizer bag is good. Next to useless are bin liners and even some plastic bags sold as rucsac liners!

[ ] **Sleeping bag**. A good 4 season one to keep you woolly at night! Down is best but more expensive. A huge choice available depending on your budget and what future use you will be putting it to. If you have a few different bags to choose from - bring the one with the lowest temperature rating!

[ ] **Waterbottle / rehydration system**. We suggest a 2 litre capacity (or a 1 litre with two half litre plastic bottles to refill as you go along). Platypus / CamelBack systems are ok at lower altitudes but will definitely get frozen up high on Toubkal even if they are sold with an insulated tube. They also have a tendency to leak! We recommend a "good old-fashioned" Sigg bottle with insulating pouch.

[ ] **Headtorch**. Possibly the initial half-hour on summit day will be in the dark. Other than that just usage in the huts at night - so as lightweight as possible. Dare we say it - there is a "dazzling" choice available now! A good one is the Petzl Tikka which is nice and simple!

[ ] **Trekking pole(s)**. If you're not used to using them, then probably not the best to start trying them out on a snowy 4000m peak! However hopefully you do use them as they save your knees from early decay. We recommend you use at least one.

## MISCELLANEOUS STUFF

- [ ] **Sun screen and lip block.** SPF 20 as a minimum. Apply frequently particularly to nose, ears and lips.
- [ ] **Camera** - Don't forget extra film if you're not on digital. If you do use digital make sure you have enough spare batteries for your camera (the only recharge "facility" is evening times in the Toubkal Mouflon refuge) and remember that cold conditions sap the life out of them. Also a big enough storage card.
- [ ] **Light-weight pair of binoculars** (optional)
- [ ] **Toiletries etc.** Include a light-weight absorbent towel, wet-wipes & toilet roll.
- [ ] **Passport.** A good idea is to photocopy this just in case you lose it - keep the photocopy at the bottom of your rucksack where it won't get lost.
- [ ] **Insurance Certificate / policy.**
- [ ] **Snacks / your favourite hill food** (optional)
- [ ] **Book / pack of cards / travel scrabble**
- [ ] **Cash.** The currency in Morocco is the dirham (dh). There are about 10.5 dh to the €. Impossible to get dirham outside of Morocco - therefore take Euro, Sterling or US\$ and exchange in the Moroccan airport Bureau de Change. Banks are closed over the weekends - however there are ATMs in the main towns if you want to take out dirham by using your credit card or the like.
- [ ] **Personal First Aid.** Whilst our guides will have a First Aid kit with them - it is not a general dispensary! Bring some small plasters / Compeed etc if you feel your feet may suffer and **any medication you are on and/or require specifically** e.g. Zovirax etc if you are prone to cold sores. Also simple things like paracetamol, brufen and cough/throat lozenges. If you wear contact lenses, make sure you have enough solution or else consider daily disposable sets.

There are no compulsory vaccinations for Morocco but, as always, you should keep Hep. A, Tetanus and possibly Rabies up to date. Consult your GP or a vaccine specialist if you want professional advice. The most common complaint on trips is often diarrhea which can be caused simply by a change of diet or drinking local water which your body will not be used to. You will be able to buy bottled spring-water in all the mountain refuges so there is no need to bring iodine tablets.

## USEFUL WEBSITES

**www.needlesports.com** A really good comprehensive website with lots of advice on gear. (Based in Keswick)

**www.rockrun.com** Another Lakes gear retailer with a good selection of gear.

**www.barrabes.com** Pyrenean based retailer with as big a stock as you will ever need to worry about. If it's not featured on their website it probably doesn't exist or it's not worth buying! As they charge in Euros, it can still be cheaper to buy and get the order posted over to UK / Ireland.

**www.scarpa.co.uk** Boot manufacturers website with good advice on their product line.

**www.sportiva.com** Ditto

**www.toubkalmountainguides.com/resources.htm** Our own list of relevant sites (not just relating to gear)

For some reading before your trip, we suggest the following books:-

- ✓ **The Rough Guide to Morocco** ISBN: 1843533138
- ✓ **Imazighen: Vanishing Traditions of Berber Women** by Geraldine Brooks. ISBN: 0500017387
- ✓ **The Berbers of Morocco** by Alan Keohane. ISBN: 0241129664