



### TENTATIVE KIT LIST FOR THE TRIP TO MOROCCO

Item	Notes	Observation
Expedition bag 70-100 l. (essential for keeping your equipment dry and dust free)	1	
Backpack 20 – 45 l	1	
Trekking poles (optional but recommended)	1	
Sleeping bag (3 seasons)	1	
Good mountains boots (3 seasons) with firm ankle support	1	
Socks (recommended to be dedicated for trekking)	3	
Underwear	4	
Thermal set (top and bottom)	1-2	
Trekking trousers (3 seasons)	2	
Fleece or softshell jacket	1	
Waterproof jacket and over trousers	1	
Hat (it must provide the right protection of your head, ears and back of your neck).	1	
Trekking T-shirts (recommended to have 1-2 with long sleeves)	4	
Gloves	1	
Warm hat	1	
Wrist watch (optional, but recommended)	1	
Mobile phone (optional).	1	
Camera (optional , but recommended with spare batteries)	1	
Sunglasses - category 3-4	1	
Pen knife	1	
Wet wipes	1-2	
Head lamp (with spare batteries)	1	
Personal medication (if necessary)		
Small personal first aid kit	1	
Insects repellent	1	
Washing kit	1	
Antibacterial hands gel (very important)	1-2	
Scooby snacks (personal preferences)		
Sun protection(factor 50)	1	
Lips balm with high level of sun protection	1	
Water purification tablets	50	
Water bottles 1 l (Nalgene)	2-3	
Sandals (recommended for walking in Marrakesh and Essaouira, but also to be worn in the evenings at refuges and gites).	1	