

Toubkal Kit List

Body

Use layering system so that you can add and subtract according to weather:

- Lightweight merino wool baselayer ideally long sleeve x2
- Lightweight synthetic midlayer x2
- Lightweight waterproof jacket
- Emergency big layer – synthetic or down.

Head, neck & hands

- Any hat
- Buff
- Thin baselayer gloves, ideally with grip properties x2
- Big emergency mitts – down or synthetic

Feet & Legs

- Lightweight mountain boot – waterproof/goretex
- Midweight merino wool sock x2
- Running tights or lightweight softshell pants
- Lightweight waterproof pants – goretex/drillite

Equipment

- Lightweight backpack – 30L
- Sleeping bag
- Poles if desired
- Personal first aid kit
- Hygiene kit – toothbrush, toothpaste, mini towel, toilet tissue, deodorant
- Headtorch x2 (both with full battery)
- Power pack
- Fluid
- Ducktape/emergency tape
- Whistle
- Gaiter if no gaiter on your trainer
- Map & compass
- GPS if desired
- Sun cream
- Personal snacks on the mountain



To be carried by the team:

- 2 x emergency shelter
- Group first aid kit
- 2 x survival bag
- Emergency rations