



JASON BLACK
MOUNTAINEERING

MT. Toubkal

Packing List

Bags & Daypack

- 80-90L Waterproof soft Duffle Bag (carried by mules).
- 25-30 litres Day-pack.

Clothing

- 3x Underwear
- 2x Short Sleeve
- 1x Long Sleeve Trekking Shirts.
- 1x Fleece.
- 1x Hiking Shorts
- 1x Hiking Trousers.
- 600 weight filled Insulated puff Jacket.
- 1x Waterproof Shell Jacket
- 1x Waterproof Shell Trousers.

Headwear

- Sun Hat, ideally with a neck cover.
- Woollen hat
- Sunglasses.
- Head torch.

Hands

- 1x Fleece gloves or Mitts.

Footwear

- 3x Trekking socks.
- 1x Hiking boots.
- 1x Trail runners
- Refuge Shoes - crocs or sandals.

Sleeping

- 3 Season Sleeping Bag-optional.
- Blankets are provided by the lodges - therefore sleep bags are not needed.

Eating/Drinking

Summit Night

- 4x Energy Bars.
- Hydration tabs
- 2x 1 litre drink bottle

Packing List

Electrical

- Power Bank
- Plugs are available in the Refuge for charging but in high demand.
- Camera, Music, Kindle etc.
- Spare Batteries and Camera Memory Card.
- Charging cables

Personal Medicines

- Paracetamol (Headache)
- Ibuprofen (Joint pain)
- Course of Antibiotics (ears throat Chest)
- Antiseptic Wipes
- Adhesive Plasters
- Blister Packs (Compeed)
- Insect Repellent
- Personal first aid kit

Other

- Trekking poles
- Ear plugs
- Sun cream and lip Balm.
- Toiletries, including one roll of toilet paper.
- Trekking Towel.
- Small Lock for your Duffle Bag.
- Antibacterial hand gel.

Additional Personal Items

(Add your own personal items here)

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