



MOROCCO 7 SUMMITS WINTER CHALLENGE

Packing List

Travel Documents

- ☐ Passport 6mts Valid
- ☐ Debit/Credit Cards
- ☐ Insurance Papers
- ☐ Photocopy of passport

Base Layers

- ☐ Merino Wool Underwear (4 pcs)
- ☐ Merino long sleeve base layer (1 pcs)
- ☐ Merino long pants base layer (1 pcs)
- ☐ Merino Short Sleeve T Shirt (2 pcs)

Mid Layers

- ☐ Tech Fleece (1pcs)
- ☐ Tech fleece with hood (1pcs)
- ☐ Hiking shorts (2pcs)
- ☐ Heavyweight Hiking Pants (1pcs)
- ☐ Lightweight Hiking Pants (2pcs)

Windproof/Rain Layers

- ☐ Hard Shell Jacket (1pcs)
- ☐ Hard Shell Pants (1pcs)

Insulation Layers

- ☐ 800+gram Goose Down Jacket with hood
- ☐ Insulated Pants
- ☐ Lite puffer jacket

Headwear

- ☐ Warm Hat (2pcs)
- ☐ Balaclava (1pcs)
- ☐ Baseball Cap (1pcs)
- ☐ Bandana or Buff (2pcs)

Eyewear

- ☐ Cat 4 Glacier Glasses
- ☐ UV Nose protector
- ☐ Ski Goggles

Gloves

- ☐ Lightweight Liner Gloves
- ☐ Shell Guide Glove with Insulated Liner
- ☐ 7000m Expedition Mitts

Footwear

- ☐ Liner Socks (2 pairs)
- ☐ Wool or Synthetic Socks (3 pairs)
- ☐ Double Skin Mountaineering Boots 6000 (Kailas /
- ☐ Lasportiva / Millet)
- ☐ Trekking Approach Shoes
- ☐ Refuge Shoes - crocs or sandals.
- ☐ Gaiters (optional)

Packing List

Sleeping Equipment

- ☐ Sleeping Bag -20°C
- ☐ Inflatable Sleeping Pad
- ☐ Earplugs
- ☐ Inflatable Pillow

Mountaineering Gear

- ☐ Large 120ltr Duffel Bag
- ☐ Trekking Backpack 35L-50L
- ☐ Trekking poles (optional)
- ☐ Ice Axe (1pcs)
- ☐ Crampons
- ☐ "Y" Rig for ascender & carabiner
- ☐ Proper Climbing Harness
- ☐ Locking Carabineers (3pcs)
- ☐ Un-locking Carabineers (2pcs)
- ☐ Sling / 240 cm (1pcs)
- ☐ Headlight 500-700 Lumens (2pcs)

Travel Items

- ☐ Travel Clothes
- ☐ Cash
- ☐ Visa Card
- ☐ ATM card

Additional Food Items

- ☐ Snack food
- ☐ Salty-sweet bars
- ☐ Summit gels
- ☐ Nuts
- ☐ Beef jerky

Toiletries (Personal)

- ☐ Toilet Paper
- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (2pcs)
- ☐ Soap
- ☐ Shampoo
- ☐ Shaver
- ☐ Towel
- ☐ Small nail-brush
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30
- ☐ Aftersun

Medical/First Aid

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Sutures & steri strips
- ☐ Ibuprofen
- ☐ Paracetamol
- ☐ 250mg Diamox 10 days
- ☐ Medicated throat lozenges
- ☐ Medicated throat spray
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Mosquito repellent
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Duct tape - Repair Kit
- ☐ Hand & Feet chemical warmers

Additional Items

- ☐ Compression Stuff Sacks
- ☐ Water Bottles 1- liter (2pcs)
- ☐ Pee Bottle 1- litre
- ☐ Female Urination Device (FUD)
- ☐ Knife or Multi-tool (optional)

Optional Electronics

- ☐ Country-appropriate power adapters
- ☐ Adventure Sports Watch
- ☐ Sherpa 100AC Power Bank
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads

Additional Personal Items

(Add your own personal items here)

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