
TOUBKAL TREK

Getting Ready

Some answers to common questions:

Temperature and Weather

The temperature in the Atlas mountains in May varies between 15°C and 29°C. Most of the time it will feel hot when we are walking. It is essential that you wear a sunhat and use sun screen with a SPF of 15 or higher. On the summit day it will get cold as we get higher. For the summit itself, you will need warm clothing (see packing list below).

Sleeping Arrangements

In Marrakech, we'll stay in a Riad and the beds will be made up with sheets and blankets. On the trek, we'll stay in a refuge on bunk beds. These will not have sheets but will have blankets. It will probably not be cold at night. Please bring a minimum 2 season sleeping bag.

Travel Bags

Bring a minimum 30 litre, trekking daypack to carry on your back for things you will need immediately. This needs to be large enough to include your waterproof trousers, jacket, woolly hat, warm gloves and warm layers, for the summit day. It will also need to carry 3 litres of water, lunch and snacks, your camera, and any other small items you might need during the day.

Bring a holdall for your spare clothes and other luggage to put on the mules - it can be a rucksack or general soft travel bag.

You will have the option of leaving things in the Riad in Marrakech. You may like to bring a 3rd bag for these. Alternatively, I will have some bin liners that we can use.

Snacks

Morocco produces fruit and nuts and I will provide a range of locally-sourced, high-energy food. You may, however, prefer to bring your own western snacks. If you do, remember that chocolate will melt.

Sets of Clothing

It is up to you how many sets of clothing to bring. You can leave some things behind in Marrakech and the trekking bags will be carried by mules, so there is no real restriction. But as a minimum, you should bring 2 sets of trekking clothes (one to wear and the other to put on in the evenings) and another clean/dry set to wear in Marrakech at the end.

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Packing List

Waterproof jacket

Waterproof trousers (essential)

Warm layers for summit day

Gloves & hat

Sun hat (wide-brimmed)

Clothes for trekking

Clothes for relaxing in Marrakech

Strong walking boots with good ankle support and tread

Spare laces for walking boots

Walking pole/s

Water containers to carry up to 3 litres

e.g. 2-litre Platypus/Camelback and 1-litre water bottle)

High factor sunscreen

Lip sunblock

Sunglasses

Hand gel

Toilet paper (or packets of tissues)

Pocket knife

Mini first aid kit

e.g. antiseptic wipes, plasters, blister kit, Dioralyte, paracetamol, ibuprofen

2 season sleeping bag

Travel towel

Sandals

Torch (and spare batteries)

Wet wipes

Soap

Money belt