



Expedition & Trekking Gear Checklist

GENERAL EXPEDITION STRATEGY

- **Two-Zone Climate Strategy:** Morocco itineraries strictly separate high-altitude alpine mountain conditions (refuges, cold nights, sub-zero temperatures, snow/ice in winter) from arid desert conditions (hot sunny days, cool/cold nights, fine blowing sand).
- **Luggage Allocation:**
 - **Main Duffel / Travel Bag (70L–90L):** Carried by mules in the mountains and transported by vehicles/4x4s in the desert.
 - **Daypack (28L–38L):** Carried by you daily containing hydration, layers, sun protection, waterproofs, and camera.

PART 1: MOUNTAIN TREKKING & SUMMIT CLIMBS

Applicable for Mount Toubkal (4,167 m) & Jebel M’Goun (4,068 m)

1. FOOTWEAR & MOUNTAIN TRACTION

- **3-Season / 4-Season Trekking Boots:** Sturdy, ankle-high waterproof boots with good Vibram soles (e.g., Scarpa Mescalito Trek GTX, Lowa Renegade/Tibet). Must be broken in prior to departure.
- **Crampons (Winter Season: November–May):** 10 to 12-point walking crampons fitted and tested with your boots (e.g., Grivel G10 / G12 New-Classic).
- **Mountaineering Ice Axe (Winter Season: November–May):** Classic walking/ mountaineering ice axe (55–65 cm, e.g., DMM Cirque, Petzl Summit) for self-arrest on snow slopes.
- **Camp Shoes / Sandals:** Lightweight trainers, sandals, or slides for relaxing in mountain refuges (Refuge du Toubkal) and village gîtes after long trekking days.
- **Mountain Trekking Socks (3–4 pairs):** Merino wool trekking socks + 1x extra warm pair for summit day.

2. CLOTHING & MOUNTAIN LAYERING SYSTEM

- **Merino / Synthetic Base Layers:** 2x long-sleeve moisture-wicking tops (200 g/m²+) + 1x thermal leggings/bottoms.
- **Mid-Layer Fleece Jacket (1–2x):** Breathable fleece jackets or Powerstretch mid-layers.

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- **Lightweight Down / Synthetic Jacket:** Packable insulated down or PrimaLoft jacket for cold mornings, mountain refuges, and the summit push.
- **Hardshell Waterproof Jacket:** Fully seam-sealed, windproof, and waterproof jacket (Gore-Tex or equivalent).
- **Trekking Trousers (2x):** Durable, quick-dry stretch softshell trekking pants.
- **Waterproof Overtrousers:** Lightweight waterproof trousers for high-mountain rain or snowfall.
- **Gaiters:** Low or high gaiters to keep loose scree, mud, and snow out of your boots on steep mountain descents.

3. HANDS, HEAD & FACE PROTECTION (MOUNTAINS)

- **Warm Beanie / Knit Hat:** Must cover the ears.
- **Neck Gaiter / Buff:** Fleece-lined or standard buff for protection against icy mountain winds.
- **Mountain Gloves (2-Layer System):**
 - **Liner Gloves:** 1x pair of thin windproof/fleece liner gloves.
 - **Warm Summit Gloves:** 1x pair of heavy insulated, waterproof ski/mountaineering gloves for cold summit mornings.

4. MOUNTAIN SLEEPING & HARDWARE

- **Mountain Sleeping Bag:**
 - **Winter (Nov–March):** Comfort rating down to -5°C to -10°C (Toubkal refuge and high camps get extremely cold).
 - **Summer (April–Oct):** Comfort rating 0°C to +5°C.
- **Sleeping Bag Liner:** Silk or ThermoLite liner for hygiene in mountain refuges/gîtes and extra warmth.
- **Trekking Poles:** 3-section telescoping poles (essential for saving knees on long, loose scree descents on Toubkal and M’Goun).
- **Headlamp + Extra Batteries:** Minimum 200–300 lumens for the early alpine start on Toubkal/M’Goun (typically a 4:00 AM start).

PART 2: SAHARA DESERT TOURS & SAFARI

Applicable for Erg Chebbi, Erg Chigaga, M’Hamid, Draa Valley & Coastal Tours (Essaouira)

1. DESERT APPAREL & SUN PROTECTION

- **Lightweight Breathable Clothing:** Loose-fitting, long-sleeved cotton or linen shirts and lightweight breathable trousers (protects skin from intense sun without overheating).

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- **Desert Scarf / Tagelmust / Shemagh:** Traditional long cotton scarf to wrap head and face against blowing sand and intense sun during camel rides.
- **Sun Hat / Baseball Cap:** For daytime shade.
- **UV-Blocking Sunglasses (Category 3 or 4):** Quality dark sunglasses with side coverage to keep fine blowing sand out of your eyes.
- **Evening Desert Layers:** Warm fleece or light jacket + long pants. Desert temperatures drop significantly after sunset.

2. DESERT SLEEPING & CAMP GEAR

- **Desert Sleeping Bag / Liner:** Lightweight sleeping bag (Comfort 0°C to +10°C) or thermal liner for authentic nomad camps and bivouacs.
- **Desert Footwear:** Comfortable breathable walking shoes or sturdy sandals for walking on sand dunes and exploring desert villages/kasbahs.
- **Headlamp with Red-Light Mode:** Essential for navigating dark desert bivouacs and stargazing without ruining night vision.

3. ELECTRONICS, HYGIENE & CAMERA CARE (DESERT SPECIFIC)

- **High-Capacity Power Bank (10,000–20,000 mAh):** Charging outlets are unavailable or limited in remote Sahara desert camps.
- **Dust & Sand Camera Protection:** Sealed dry bags, ziplock bags, or protective covers to shield camera lenses, phones, and sensors from ultra-fine Saharan sand.
- **Skin Care & Hydration:**
 - **Sunscreen:** SPF 50+ broad-spectrum sunscreen.
 - **Lip Care:** SPF 30+ zinc lip balm (desert air dries lips very quickly).
 - **Moisturizer / Eye Drops:** Saline eye drops (great for flushing out sand) and skin lotion.
- **Desert Hygiene Kit:** Biodegradable wet wipes, hand sanitizer, small travel towel, travel toilet paper.

PART 3: SHARED HYDRATION, MEDICAL & DOCUMENTS

- **Hydration System:** Capacity to carry 2–3 litres of water daily (e.g., 2x 1L Nalgene bottles or 1x 2L Camelbak bladder + 1L bottle).
- **Water Purification:** Water purification tablets (Chlor-Floc / Aquatabs) or filter bottle (e.g., Grayl / SteriPEN).
- **Personal First Aid & Travel Medications:**
 - **General:** Ibuprofen, Paracetamol, Imodium (essential for travel stomach issues), rehydration salts (ORS), blister plasters (Compeed), zinc tape.
 - **Altitude:** Diamox (optional for Toubkal/M’Goun, consult your doctor).

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- **Travel Documents & Cash:**
 - **Documents:** Valid passport (min. 6 months validity) and travel/medical insurance policy covering high-altitude trekking up to 4,200 m.
 - **Cash:** Local cash in Moroccan Dirham (MAD) for snacks, drinks, and tips for your driver, desert crew, and mountain muleteers.

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