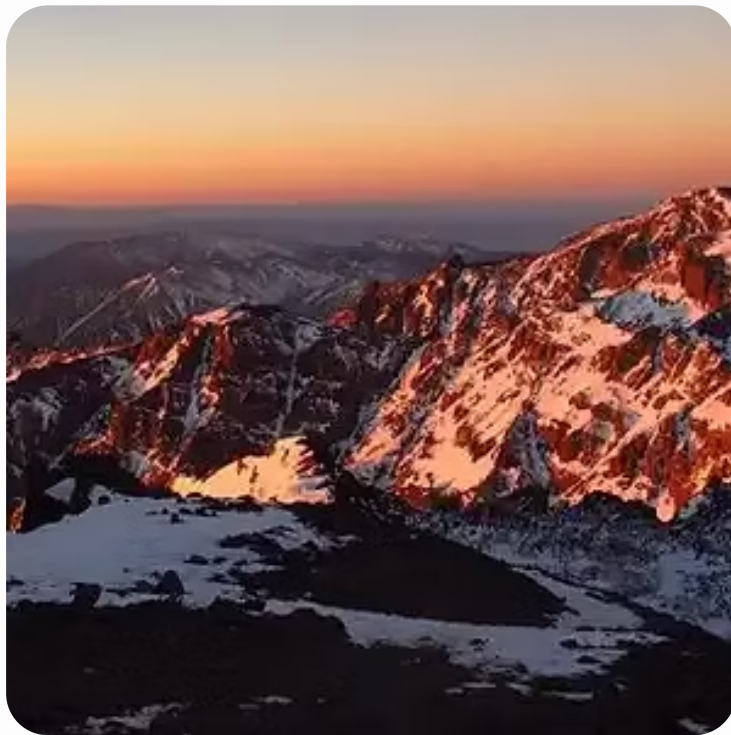
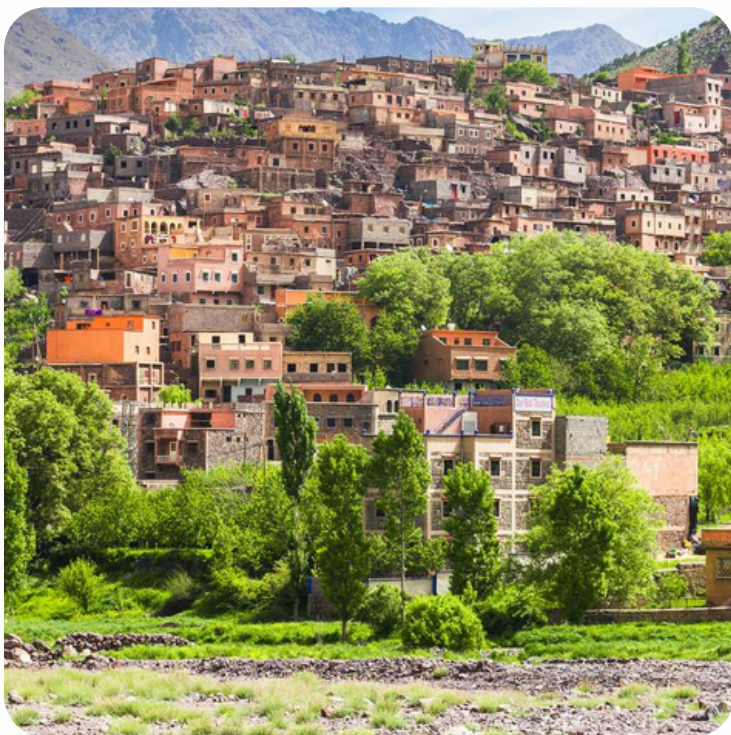
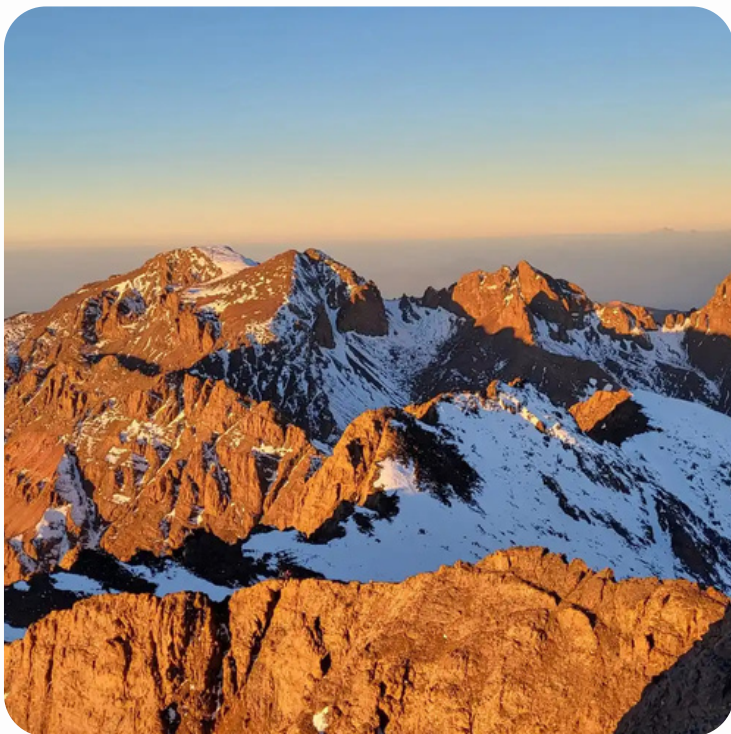


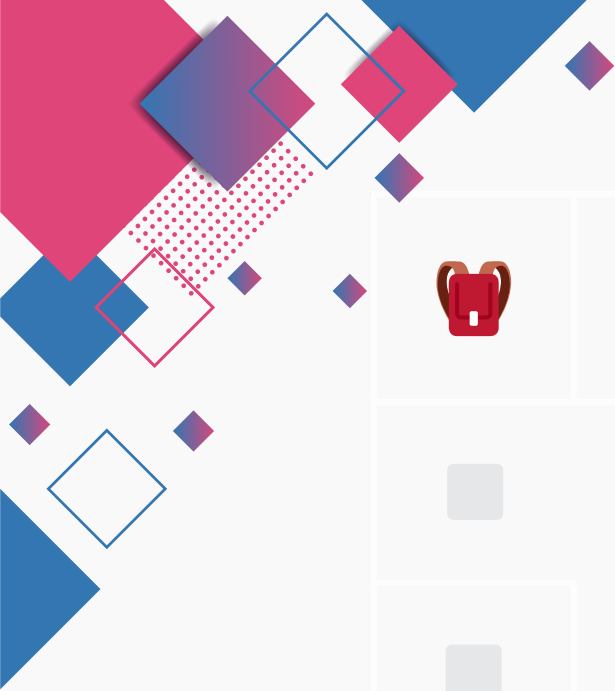


GEAR CHECKLIST TOUBKAL (4.167 m)

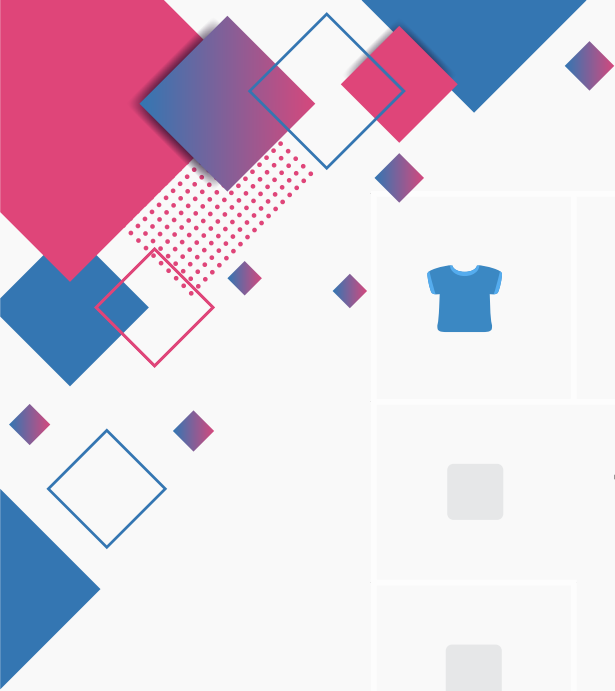


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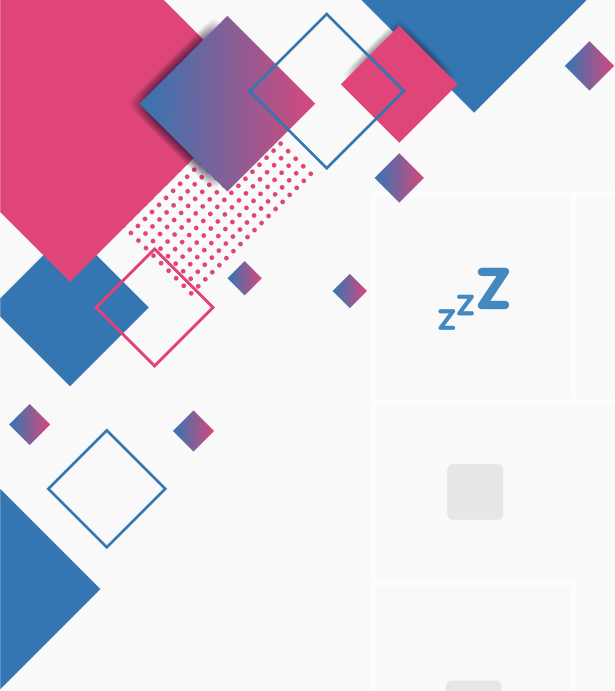
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	TRANSPORT & BACKPACKS
☐	Duffel bag 50–60 L (carried by mules)
☐	Daypack 20–30 L for daily hikes
☐	Rain cover for backpack
☐	Plastic/dry bags to protect clothes and gear
	FOOTWEAR
☐	Hiking boots (already broken in, not new)
☐	Trekking or trail shoes (for approaches and rest)
☐	Lightweight shoes or sandals for the refuge
	TECHNICAL GEAR & ACCESSORIES
☐	Crampons and ice axe (winter season only)
☐	Trekking poles
☐	Headlamp + spare batteries
☐	Small personal first-aid kit
☐	Multi-tool knife
☐	Lighter or matches (optional)
☐	Area map + compass
☐	GPS
☐	Portable battery / powerbank



	MOUNTAIN CLOTHING
☐	Trekking pants
☐	Warm pants / thermal leggings
☐	Technical shirts (short- and long-sleeved)
☐	Long-sleeve thermal base layer
☐	Fleece or similar mid-layer
☐	Waterproof jacket (Gore-Tex type)
☐	Warm jacket (down or synthetic)
☐	Technical underwear (several sets)
☐	Thin socks (several pairs)
☐	Thick socks (several pairs)
☐	Lightweight gloves
☐	Warm/waterproof gloves
☐	Hat / beanie
☐	Neck gaiter / buff

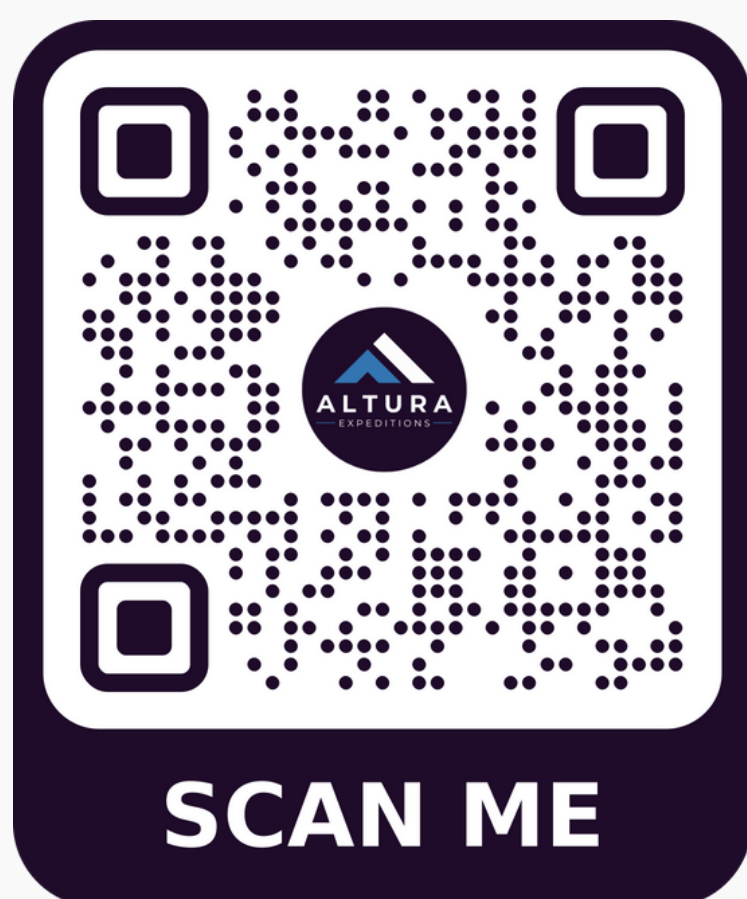


	REST & HUT
☐	Sleeping bag (comfort rating around -5 °C)
☐	Refuge clothing (light pants, clean t-shirt, cozy sweatshirt/fleece, dry socks, comfortable shoes)
☐	Ear plugs
☐	Small towel
	PROTECTION ACCESSORIES
☐	High-mountain sunglasses (Category 3–4)
☐	Cap or sun hat
☐	High-protection sunscreen (SPF 50+)
☐	Lip balm with sun protection
	CLOTHING FOR MARRAKECH & IMLIL
☐	Comfortable city clothes (light pants, t-shirt, shirt or blouse)
☐	Comfortable walking shoes (urban sneakers or sandals)
☐	Light jacket or sweatshirt for evenings/nights
☐	Underwear and socks for 2 days
☐	Swimsuit (accommodations with pool or hammam)
☐	Small backpack or bag for walking around Marrakech





Do you have any questions?



Write to us at:

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