

## **Mt Toubkal Trekking and Equipment List**

*At 4167m, Mt. Toubkal is Morocco's highest peak in North Africa's highest mountain range. The region is a trekkers paradise, with stunning views, picturesque Berber villages, terraced gardens and, in the lower altitudes, orchards of walnut and apple trees.*

### **Altitude Sickness**

There is a mild risk of Acute Mountain Sickness (AMS) on this trip,. The itinerary has been designed to acclimatize you to higher altitudes, but it is still possible you may be affected. Advice on how to combat AMS varies considerably, however drinking plenty of water (at least 4l per day) and resting as often as possible during the ascent, should help to relieve any symptoms. If you're breathing hard, you're probably ascending too fast.

### **Travel Insurance**

You must ensure your travel insurance covers you for ascent up to 4167 metres and we strongly suggest you confirm that you are covered for emergency helicopter evacuation.

### **Weather**

The weather in September should be very pleasant during the day, however there is the chance of cloud in the afternoons, which can bring rain and the occasional storm. Mornings and evenings can also be quite cold.

### **Packing List**

All communal camping equipment is provided. We recommend the following gear for the trekking component of this trip:

- Daypack
- Waterproof jacket
- Fleece jacket or equivalent
- 1 pair of warm trousers and shorts
- Gloves and hat/fleece cap
- Waterbottle
- Sunhat, sunglasses and sunscreen
- Strong walking boots with good ankle support
- Travel towel, soap and a roll of toilet paper
- Flashlight

### **Sleeping bag**

It is important that you bring a warm sleeping bag as September nights can still be quite cold. We recommend a 4-season bag (rated up to -21°C or over 700 loft). A synthetic filling is also preferable to down, in case it gets wet. Note that sleeping bags cannot be hired in Marrakech.

### **Footwear**

Many of the trails around Toubkal are covered in loose scree so good ankle support is essential. Many people also opt to bring walking sticks, and this is highly recommended if you are at all unsteady on your feet.

### **Vaccinations and health**

There are no mandatory vaccination requirements for this trip, however you should check that your Tetanus is up to date and consider inoculating against Hepatitis A. Bottled water is available throughout your trip, and while trekking.