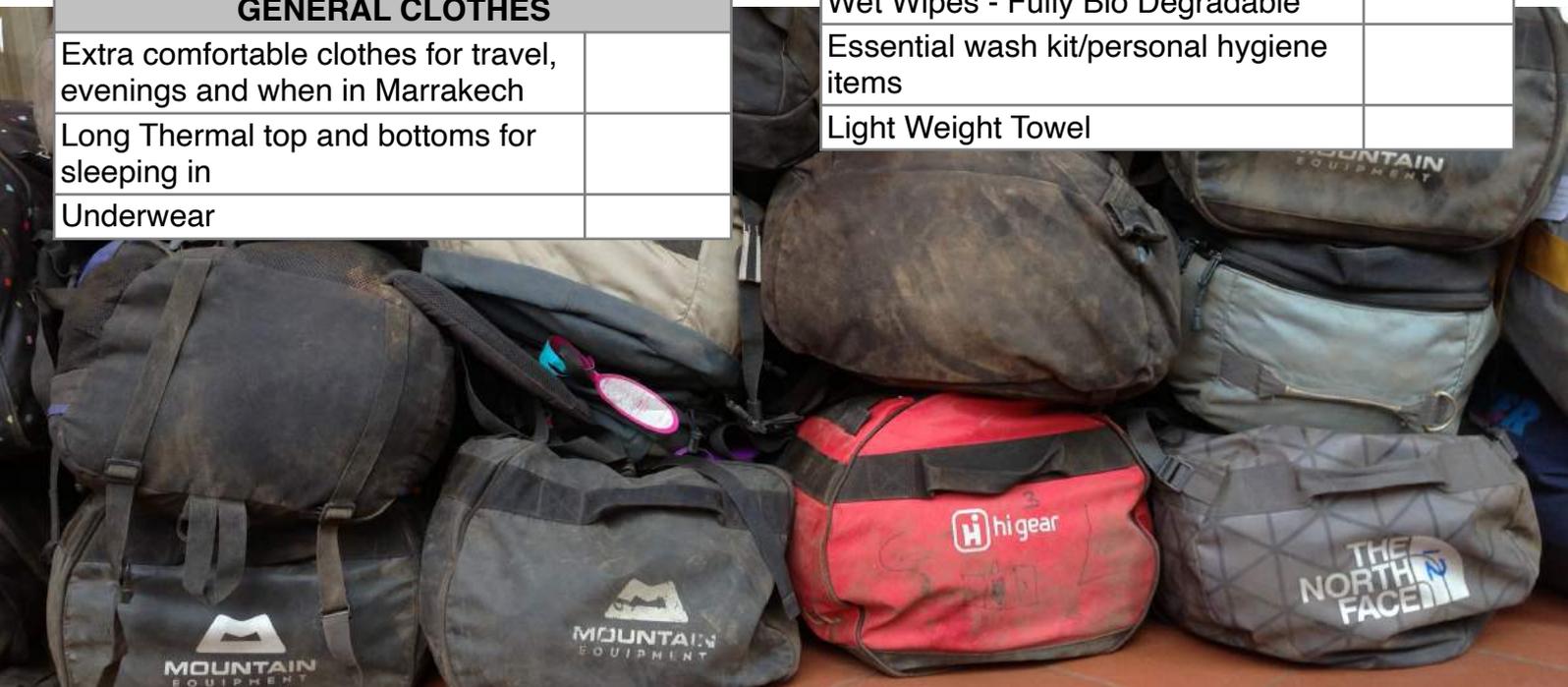


CLOTHING

Item Needed	Packed it
FEET	
Mountain walking boots	
Trekking shoes or trainers	
3 - 4 x pairs of trekking socks + A Pair of thicker socks for very cold conditions	
Gaiters - optional	
TREKKING WEAR	
3 x Wicking t-shirts (1 x long and 2 x short sleeved)	
2 x thin fleece tops	
Walking type trousers (zip off legs are ideal)	
1 x Shorts (if you don't have zip off leg trousers)	
1 x Pair light weight trekking gloves or liner gloves	
1 x Pair warm Gloves or Mittens.	
Warm hat to cover ears & Sunhat / Cap	
Neck gaiter or Buff + light weight scarf for the sun - essential! (You will receive a free The Adventure Element Buff	
Lightweight Primaloft or Down jacket	
Lightweight waterproof over-trousers with taped seams. i.e. Gore-tex or eVent	
Lightweight Waterproof Shell Jacket i.e. Gore-Tex +with hood	
GENERAL CLOTHES	
Extra comfortable clothes for travel, evenings and when in Marrakech	
Long Thermal top and bottoms for sleeping in	
Underwear	

CAMPING AND GENERAL KIT

Item Needed	Packed it
BAGGAGE	
Soft expedition holdall 65 -75 Ltr	
Waterproof Rucksack liner or small dry bags	
Small Day Bag - 20 - 25Ltr with good hip belt and suitable for carrying all day	
CAMPING AND SLEEPING	
Sleeping bag - min 2 - 4 seasons	
Light Weight Dry bag for sleeping bag	
Sleeping bag liner (optional)	
Pillow case	
Head Torch (Battery operated only)	
Spare batteries for head torch	
HYDRATION	
2 x 1ltr Water bottles (wide necked is better) or drinking bladder.	
Water Purification Tablets (for back up only)	
Vit C Tablets and/or Hydration Tablets	
HYGIENE	
Hand Sanitiser (at least 100ml)	
1 x Toilet roll and bio-degradable nappy bags	
Wide mouthed water bottle to be used as pee bottle at night. - Optional	
She Wee (ladies only) Urination device - Optional	
Ear Plugs	
Wet Wipes - Fully Bio Degradable	
Essential wash kit/personal hygiene items	
Light Weight Towel	



DOCUMENTS & MONEY

Item Needed	Packed it
Passport + 5 Photocopies	
Money to be changed in country	
Money for tips (approx £40 - £50)	
Credit Card	
Insurance Documentation	
Airline Tickets	
Money Belt	

PERSONAL 1st AID KIT

Item Needed	Packed it
High Factor Sun Block 30-50 and Lip Block	
Diarrhoea Tablets (Imodium)	
Painkillers	
Rehydration Sachets / tablets	
Plasters	
Blister Plasters	
Personal medication	

OTHER ITEMS

Item Needed	Packed it
Camera	
Trekking Poles	
Sun Glasses. Cat.3/4 100% UVA/UVB (Wrap Around style is preferred)	
Extra snacks. High energy and lightweight	
Luxury treats which you can share with the group. i.e. snacks or coffee	
iPod / Book / Kindle / Diary	
Solar charger or battery pack	
Playing cards or game	

Note:

- 1) No suitcases! Using a zip top expedition bag is easier for access. Also a small mesh bag is useful for leaving items at the hotel.
- 2) You will receive a 15% discount voucher to use in www.CotswoldOutdoor.com
- 3) Ladies must, please dress accordingly for a Muslim country when in Marrakech. i.e. Legs and shoulders should ideally be covered.

Summary of Bags

Main, soft kit bag (approx. 65 - 75ltrs)

Goes in the hold on the plane, carried by the porters / mules on the trek

Day pack/ruck sack (approx 20-25 ltrs)

Can be used as hand luggage on the plane, carried by you on the trek

Hotel bag

Small holdall or plastic bag to hold any items not required on the trail, that can be left securely at the hotel

