



MOROCCO 7 SUMMITS WINTER CHALLENGE

Packing List

Travel Documents

- ☐ Passport 6mts Valid
- ☐ Photocopy of passport
- ☐ Insurance Papers

Base Layers

- ☐ Merino Wool Underwear (4 pcs)
- ☐ Merino long sleeve base layer (1 pcs)
- ☐ Merino long pants base layer (1 pcs)
- ☐ Merino Short Sleeve T Shirt (2 pcs)

Insulation Layers

- ☐ 800+gram [Goose Down Jacket with hood](#)
- ☐ [Insulated Pants](#)
- ☐ Lite puffer jacket

Mid Layers

- ☐ Tech Fleece (1pcs)
- ☐ Tech fleece with hood (1pcs)
- ☐ Hiking shorts (1pcs)
- ☐ Heavyweight Hiking Pants (1pcs)
- ☐ Lightweight Hiking Pants (1pcs)

Windproof/Rain Layers

- ☐ Hard Shell Jacket (1pcs)
- ☐ Hard Shell Pants (1pcs)

Footwear

- ☐ Approach Socks (3 pairs)
- ☐ Wool Hiking Socks (3 pairs)
- ☐ [Campon Compatible Winter Mountaineering Boots](#)
- ☐ Trekking Approach Shoes
- ☐ Refuge Shoes – crocs or sandals.
- ☐ Gaiters (optional)

Sleeping Equipment

- ☐ [Basic Sleeping Bag for the refuge](#)
- ☐ Earplugs

Mountaineering Gear (Important)

- ☐ Large 120ltr Duffel Bag [Jason provides](#)
- ☐ [Trekking Backpack 35L-50L](#)
- ☐ [Trekking poles](#) (optional)
- ☐ [Ice Axe \(1pcs\)](#)
- ☐ [Crampons \(make sure they fit your boots\)](#)
- ☐ [Ascender](#) (right or left hand)
- ☐ [ATC Belay](#) – Rappel device
- ☐ [Proper Climbing Harness](#)
- ☐ [Sling 11mm / 120 cm long](#) (1pcs)
- ☐ [Headlight 500-700 Lumens](#) (2pcs)
- ☐ “Y” Rig for ascender & carabiner – bring a 8mm x 3meter length of dynamic climbing rope – Jason will make up on arrival.

Packing List

Medical/First Aid

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Ibuprofen for joints
- ☐ Paracetamol for headache
- ☐ Medicated throat lozenges
- ☐ Medicated throat spray
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Duct tape - Repair Kit
- ☐ Hand & Feet chemical warmers

Toiletries (Personal)

- ☐ Toilet Paper
- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (1pcs)
- ☐ Soap
- ☐ Shampoo
- ☐ Shaver
- ☐ Small Towel
- ☐ Small nail-brush
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30
- ☐ Aftersun

Additional Items

- ☐ Compression Stuff Sacks
- ☐ Water Bottles 1- liter (2pcs)
- ☐ Pee Bottle 1- litre
- ☐ Female Urination Device (FUD)

Additional Personal Items

(Add your own personal items here)

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Optional Electronics

- ☐ Morocco-appropriate power adapters
- ☐ Adventure Sports Watch
- ☐ Power Bank
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads