



# Morocco 7 Summits

## Packing List

### Travel Documents

- ☐ Passport 6mts Valid
- ☐ Debit/Credit Cards
- ☐ Insurance Papers
- ☐ Photocopy of passport

### Base Layers

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

### Mid Layers

- ☐ Fleece top (1pcs)
- ☐ Hiking shorts (1pcs)
- ☐ Heavyweight Hiking Pants (1pcs)
- ☐ Lightweight Hiking Pants (1pcs)

### Windproof/Rain Layers

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

### Insulation Layers

- ☐ 800+ gram Goose Down Jacket with hood
- ☐ Insulated Pants
- ☐ Lite puffer jacket

### Headwear

- ☐ Warm Hat (1pcs)
- ☐ Balaclava (1pcs)
- ☐ Baseball Cap (1pcs)
- ☐ Bandana or Buff (1pcs)

### Eyewear

- ☐ Sun Glasses

### Gloves

- ☐ Lightweight Liner Gloves
- ☐ Shell Guide Glove with Insulated Liner or Expedition Mitts

### Footwear

- ☐ Liner Socks (2 pairs)
- ☐ Wool or Synthetic Socks (3 pairs)
- ☐ Sturdy hiking boots
- ☐ Trekking Approach Shoes
- ☐ Camp Shoes - crocs or sandals.

### Sleeping Equipment

- ☐ Sleeping Bag -20°C
- ☐ Earplugs
- ☐ Inflatable Pillow (optional)

# Packing List

## Mountaineering Gear

- ☐ Large 120ltr Duffel Bag
- ☐ Trekking Backpack 35L
- ☐ Trekking poles (optional)
- ☐ Headlight 500-700 Lumens (2pcs)

## Travel Items

- ☐ Travel Clothes
- ☐ Cash
- ☐ Visa Card
- ☐ ATM card

## Additional Food Items

- ☐ Snack food
- ☐ Salty-sweet bars
- ☐ Summit gels
- ☐ Nuts
- ☐ Beef jerky

## Additional Items

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

## Medical

- ☐ Personal First-aid kit
- ☐ Compeed blister packs
- ☐ Sutures & steri strips
- ☐ Ibuprofen
- ☐ Paracetamol
- ☐ 250mg Diamox 10 days
- ☐ Medicated throat lozenges
- ☐ Medicated throat spray
- ☐ Antibiotic Azithromycin 500mg
- ☐ Laxatives
- ☐ Imodium
- ☐ Mosquito repellent
- ☐ Menstrual products
- ☐ Electrolytes
- ☐ Nail cutter
- ☐ Duck tape - Repair Kit
- ☐ Hand & Feet chemical warmers

## Toiletries (Personal)

- ☐ Toilet Paper
- ☐ Toothpaste & Toothbrush
- ☐ Bio Baby wipes (2pcs)
- ☐ Soap
- ☐ Shampoo
- ☐ Shaver
- ☐ Towel
- ☐ Small nail-brush
- ☐ Sunscreen: SPF 50
- ☐ Lip Screen: SPF 30
- ☐ Aftersun

## Optional Electronics

- ☐ Country-appropriate power adapters
- ☐ Adventure Sports Watch
- ☐ [Sherpa 100AC Power Bank](#)
- ☐ Phone camera
- ☐ Batteries
- ☐ Charging leads

## Additional Personal Items

(Add your own personal items here)

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