



SWS Mountain Guides

P.O. Box 988

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Phone: 888.797.6867 / Fax: 877.797.6867

MOROCCO TREK/CLIMB EQUIPMENT LIST

It is extremely important to the success and safety of your trek/climb that you bring all the items listed below. It is most important that you pack well and pack light your equipment is your protection against the elements. The weather in Morocco at times can windy and cold with temperatures reaching below freezing and windy. Remember, these are the mountains and be prepared to encounter all types of conditions. Please make sure your boots fit and are comfortable. If you have any questions about what to bring just please call our office at 1-888-797-6867, that's what were are here for.

The Basics:

- Leather or Hybrid Hiking/ Mountaineering Boots (crampon compatible)
- Three Season Sleeping Bag (rated to 15 degrees f.)
- Sleeping Pad(s) (3/4 to Full length Thermarest or Ridgerest, Blue Foam)
- Day Pack (Internal Frame 1,500 - 3,000 cubic inches)
- Large Duffel (for all gear on the airline including pack and for storage; questions give us a call.
- Small lock for Duffel

Clothing:

- Light Weight Synthetic Top
- Light Weight Synthetic Bottoms
- Mid-Weight Pile Jacket or Down Jacket
- Gore-Tex Jacket with Hood or equivalent**
- Gore-Tex Pants or Bibs or equivalent**
- **Note: Both Gore-Tex Jacket and Pants have to be large enough for all above clothing to fit underneath final outer layer.
- Wool or Synthetic socks (3-4 pairs)
- Synthetic Liner socks (3-4 pairs)
- Light Pile or Synthetic Gloves
- Mid-Weight gloves or mitts with shells
- Wool/Pile Hat
- Knee Height Gaiters
- Sunhat

Small Personal Items:

- Passport
- Money Belt (for passport, credit cards etc.)
- 3-one Liter Wide Mouth Water Containers
- Swiss Army Type Knife or other small pocket knife
- Good Quality Sunglasses
- Sun Block & Chapstick (Rated 25+)
- Large Insulated Cup, Bowl
- Spoon and Fork
- Bandanna (2)
- Headlamp (With extra batteries and extra bulb)
- Toothbrush and Toothpaste
- Small personal first aid kit (include personal medications and blister kit)
- Foam Ear Plugs (for the noisy tents or huts)
- Toilet Paper (small personal stash not for 2 weeks)
- Small stuff sacks for small items

Climbing Gear:

- Ice ax (can be provided by SWS Mountain Guides)
- Crampons (step-in type recommended-Can be provided by SWS Mountain Guides)



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Recommended Travel Clothing:

- Two pairs of pants (jeans or light cotton)
- 3-4 pairs of underwear
- One pair of shorts
- Comfortable walking shoes (running shoes or light hiking shoes for cities and travel days)
- 2-3 shirts (one button type/two t-shirts)
- Cotton socks (3-4 pairs)
- Extra Stuff sacks
- Recommended Travel Kit:
- All combined in a small stuff sack
- Towel (lightweight)
- Small soap & Small shampoo
- Comb or Brush
- Extra pair of glasses (sunglasses and/or prescription)
- Personal toiletries

Optional Equipment:

- Down or Pile vest
- Ski Poles or Trekking Poles
- Camera
- Notebook/Journal with pen
- Watch/Altimeter
- French//English Phrase Book
- Moroccan Arabic/English Phase Book
- Ipod / music
- Reading Material
- Playing cards and or Travel games (small)

*Can be provided or arranged to be rented by SWS Mountain Guides please call the office if you have questions. SWS Mountain Guides will be providing all group gear such as tents, stoves, safety equipment, group technical climbing equip as needed.