




Toubkal (Winter) Expedition Kit List

Our comprehensive kit list has evolved over many successful expeditions to Toubkal (winter). Having the correct clothing and equipment on the mountain makes your climb more enjoyable and comfortable. For specific advice on individual items please don't hesitate to contact us or talk to a specialist outdoor retailer prior to your trip. Items marked  can be hired from Mountain Expeditions or in country.



General

- Passport & Travel Documents plus photocopies:** Passport, Visa, Credit Cards, Airline tickets, etc.
- Rucksack:** 30L daypack.
- Holdall:** To put everything in. The mules/porters will carry these to the mountain hut.
- Waterproof Liners:** For your day pack and holdall. Everything goes inside these so your kit is always dry.
- Sleeping Bag:** 2 season sleeping bag is required. Blankets are available as an extra layer if required.
- LED Headtorch:** For use in huts and on summit night. Please bring spare batteries.
- Trekking Poles:** Highly recommended. 
- Camera:** Plus memory & spare batteries.
- Personal Entertainment:** Music, book, cards, diary, notepad & pen.


Head & Hands

- Sun Glasses:** Cat.3 or 4, 100% UVA/UVB.
- Sun Hat:** Essential.
- Buff:** Essential against the wind and Sun.
- Warm Hat.**
- Thin Gloves:** Liner gloves.
- Thick Gloves/Mittens:** Warm and insulated. Sized to go over your liner gloves for extra warmth. 
- Ski Goggles:** Essential against the wind and glare.



Upper Body

- Baselayers:** T-shirts or lightweight long sleeve shirts (not cotton); polypropylene, Capilene or Merino wool in lighter colours are better.
- Lightweight Fleece.**
- Heavyweight Fleece,** softshell or Primaloft jacket. 
- Down Jacket:** Essential for summit day and evenings. 
- Waterproof Jacket:** Lightweight and breathable e.g. GoreTex, eVent.

Legs & Feet

- Socks:** 2 pairs of lightweight trekking socks plus a pair of thicker mountaineering socks e.g. Smartwool.
- Winter Walking Boots:** B2 ideal. Compatible with a C2 crampon. 
- Walking Trainers:** For use in Marrakesh and in the mountain hut.
- Long Thermal Leggings:** To sleep in and wear under your trousers on summit day.
- Walking Trousers:** Comfortable, lightweight and quick-drying.
- Waterproof Trousers:** Lightweight and breathable e.g. GoreTex, eVent.
- Gaiters:** To keep snow out of your boots.

Climbing Equipment

- Ice Axe:** Mountaineering/walking axe. 
- Crampons:** C2 walking crampons e.g. Grivel G12. 

Hygiene, Food & Toiletries

- Water Bottles:** 2 x 1 litre Nalgene water bottles.
- Sunscreen & Lip Protection: Essential.** High SPF (30+).
- Anti-bacterial Hand Gel.**
- Wash Kit:** Wet wipes, toothbrush & toothpaste, travel towel and toilet paper.
- Snacks & Sweets:** To supplement the food provided. 1-2 per day is enough. High energy, lightweight and tasty.
- First Aid Kit:** Your Mountain Expeditions Guide will carry a comprehensive group first aid kit. A small blister/first aid kit of your own is advised: Compeed/Second Skin; plasters, painkillers (Paracetamol and Ibuprofen), Zinc Oxide tape, powdered rehydration sachets, antibacterial foot powder plus any personal medication you need.
- Small Repair Kit:** Gaffer tape, needle and thread, zip ties and para-cord are useful for little repairs.

Discount Codes



Cotswold code:
AF-MEXP-C2



Montane code:
M3XP3D20