

MOUNT TOUBKAL

4,167 M | WINTER EXPEDITION

2-Day Winter Summit Packing & Preparation Checklist

1. TECHNICAL MOUNTAINEERING GEAR

- ☐ **12-Point Crampons** (Strap-on or semi-rigid)
- ☐ **Walking Ice Axe** (50–65 cm with leash)
- ☐ **Mountaineering Helmet** (Rock/ice protection)
- ☐ **Rigid Winter Boots** (B2/B3 or stiff boot)
- ☐ **Trekking Poles** (With snow baskets)
- ☐ **Gaiters** (Waterproof, high-calf)

Rental Note: Crampons (~60 MAD/day), Ice Axes (~50 MAD/day), and Boots (~100 MAD/day) are available for hire in Imlil.

2. CLOTHING & LAYERING SYSTEM

- ☐ **Base Layer (Top & Bottom)** (Merino wool/synthetic)
- ☐ **Mid-Layer Fleece / Grid Fleece**
- ☐ **Heavy Down / Synthetic Jacket** (For summit push)
- ☐ **Hard Shell Jacket & Pants** (Wind/waterproof Gore-Tex)
- ☐ **Trekking Pants** (Fleece-lined or softshell)
- ☐ **Thermal Beanie & Balaclava/Buf**
- ☐ **Winter Gloves** (Light liner gloves + heavy summit mitts)
- ☐ **Wool Hiking Socks** (2–3 pairs + liner socks)

3. HYDRATION & NUTRITION

- ☐ **2x 1L Wide-Mouth Nalgene Bottles**
- ☐ **Insulated Bottle Sleeves** (Prevents freezing)
- ☐ **Insulated Flask** (For hot tea on summit push)
- ☐ **High-Energy Trail Snacks** (Nuts, dates, energy bars)
- ☐ **Electrolyte Replacement Tablets**

Freeze Alert: Avoid hydration bladders/hoses; water in the tubes will freeze solid above 3,500m.

4. PACK & REFUGE SLEEP GEAR

- ☐ **30L–40L Mountaineering Backpack**
- ☐ **Waterproof Pack Cover / Dry Bags**
- ☐ **3-Season Sleeping Bag** (Comfort rating 0°C to -5°C)
- ☐ **Sleeping Bag Liner** (Silk/fleece for extra warmth)
- ☐ **Earplugs & Eye Mask** (For refuge dorms)
- ☐ **Quick-Dry Travel Towel & Toiletry Kit**

5. SAFETY, LIGHTING & ELECTRONICS

- ☐ **Headlamp** (Minimum 300+ lumens + extra batteries)
- ☐ **Glacier Glasses** (Category 3 or 4 UV protection)
- ☐ **Ski Goggles** (Essential for high winds/snowfall)
- ☐ **Power Bank (10,000–20,000 mAh)** (Keep in pocket)
- ☐ **High-SPF Sunscreen & SPF Lip Balm**
- ☐ **Personal Medical Kit** (Ibuprofen, Diamox, Blister plasters)
- ☐ **Hand Warmers / Foot Warmers** (Chemical heat packs)

6. TRAVEL LOGISTICS & ESSENTIALS

- ☐ **Passport** (Mandatory for police checkpoints)
- ☐ **Cash (MAD)** (Guide, mules, teahouses, tipping, rentals)
- ☐ **Travel Insurance Documents** (Covering up to 4,500m)
- ☐ **Passport Copies** (Keep stored separately)

Winter Summit Safety Reminders

- **Guide Rule:** Local registered guides are legally mandatory.
- **Summit Push Start:** 3:30 AM – 4:00 AM from Toubkal Refuge.
- **Battery Care:** Cold drains phone/camera batteries fast. Store them close to your body heat overnight.