

# Mount Toubkal in Winter

Trip Code: WIT

Version: WIT Trekking Mount Toubkal in Winter



MOUNTAINEER



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Mount Toubkal (4167m) and the Atlas Mountains at their snowy best
- Crampons, ice-axe and helmets included, plus highly trained leaders
- Perfect introduction to winter trekking in the High Atlas Mountains
- Time to explore Marrakech and the vibrant UNESCO Djema el-Fna
- Easily combined with Edge of the Sahara trek for a two week adventure

## AT A GLANCE

- 5 days trekking
- Max altitude - 4167m
- AIRPORT TRANSFERS INCLUDED
- Join at Marrakech

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 6 Lunches
- 6 Dinners
- 2 nights Hotel
- 3 nights Mountain Hut / Refuge
- 2 nights Gite / Hostel

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

# Introduction

Mount Toubkal (4167m) in the High Atlas Mountains, is not only Morocco's highest peak, but the highest summit in North Africa and this incredible range provides some of the most spectacular winter trekking on earth! With its traditional villages, friendly Berber, awesome trails and jaw dropping mountains, this dramatic and beautiful area takes on a magical appearance in winter. A mere two hours drive from vibrant Marrakech, the high valleys of the Berbers are at their most beautiful during this season. Our well established itinerary is a long standing best seller, due to the excellent Moroccan leaders and experienced team we work with. A day's acclimatisation hike above the village of Aroumd, ensures everyone is fully prepared before trekking to the refuge (3207m), Toubkal's base camp at the head of the valley. From here we attempt this exciting summit; Toubkal (4167m), the highest mountain in North Africa.

From the top we are rewarded with spectacular views plus a real sense of achievement and adventure. On the top of Toubkal stunning panoramas extend across the rocky Atlas ranges and southwards to Jebel Sahro and the Sahara Desert. This is a fantastic winter walking holiday in the mountains combined with Marrakech, Morocco's most colourful city.

## A Genuine Small Group Experience - The Secret of Our Success on Winter Toubkal

We are proud to say this [holiday in Morocco](#) is limited to a maximum group size of 10, ensuring we leave only our footprints on the trails whilst enjoying a genuine small group adventure. We've been taking our clients walking, trekking and mountaineering for almost thirty years so we know the ingredients of a good guide and a successful group adventure. On our Toubkal treks, the mountain is neither particularly high nor technically demanding, but the experience and knowledge of our Moroccan leaders, teamed with a smaller group size, can make a big difference to your chances of success on summit day. Those who are new to winter mountaineering will take particular comfort in the presence of our experienced Moroccan guides, who we believe are the best in the business. Our Toubkal in Winter remains one of the best selling holidays in the business due to our fantastic local team.

View our full range of [adventure holidays in Morocco](#) .

## Is this holiday for you?

The maximum altitude attained on this trek is not great and our acclimatisation day above the gite in Ait Souka is good preparation for our trek to the refuge and ascent of Mount Toubkal. On the ascent of Toubkal and whilst trekking up to the refuge, we will encounter moderately angled snow slopes. Some familiarity with the use of crampons and an ice axe is recommended, but not essential, for this holiday which is suitable for fit and experienced walkers.

This Morocco holiday is perfect for anyone who is looking to improve existing experience, or as a first mountaineering experience. We include your crampon, ice-axe and helmet hire, making the holiday excellent value for money. KE runs a fantastic range of more challenging mountaineering holidays, where previous experience is highly recommended or essential, and this one is perfect for obtaining that experience and building up your confidence.

# Itinerary

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## DAY 1

**Meet at the group hotel in Marrakech. Transfers from Marrakech Airport are provided.**

Your holiday starts at the hotel in Marrakech. On arrival in Marrakech you will be met by a KE representative who will assist with the short transfer to the group hotel. Depending on your arrival time and after settling in you may want to head out and explore. Marrakech is a colourful city with some interesting architecture and exotic feel. Why not head to the central square of the Djema el-Fna beneath the imposing tower of the Koutoubia Mosque or take a stroll through the souks.

Marrakech is a great place to spend an extra night or two so if you would like to extend your holiday pre-trek then please feel free to contact the KE office. We can even help you organise a riad experience or some time relaxing on the coast.



**Accommodation**  
Hotel

## DAY 2

**Transfer to Ait Souka in the High Atlas for an afternoon of walking.**

After breakfast the group will head southwards out of the city and drive towards the peaks of the High Atlas. The 2 hour transfer takes us towards the town of Asni before we leave the main road and begin our climb into the foothills of the Atlas Mountains. Our route takes us through the picturesque Mizan Valley as we begin to see clustered houses and the traditional mud-brick villages of the Berbers. Imlil is effectively the end of the driving road for us and was famously used as the backdrop for parts of the Hollywood movie Kundun. During the filming of the movie the old kasbah above the village was made to look like a Tibetan temple. We'll stretch our legs with a short walk to the neighbouring village of Ait Souka where we'll check in to our gite. After lunch we'll head out for an afternoon of walking which is a great way to start our acclimatisation.

Meals: **B L D**



**Accommodation**  
Gite / Hostel

**DAY 3****Acclimatisation day in and around the charming Imlil Valley.**

Today is a day for acclimatisation in and around the charming Imlil Valley. There are plenty of walking trails available directly from our gite so the leader will decide on the exact one depending on snow and weather conditions. One option is to walk towards Imlil before heading up the Mezzik Valley to reach a col at 2520 metres. The walk up the Mezzik Valley gives a really good introduction to the type of terrain and trails we'll be covering on our trek. Paths are rocky underfoot but clearly defined as they wind their way up above cultivated terraces and walnut trees. We can take a break before allowing those with sufficient energy the chance to ascend further and reach a viewpoint above. We then retrace our steps back to the gite where along the trail we can enjoy view across the valley and over the route we follow tomorrow.

Meals: **B L D**

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	<b>Accommodation</b> Gite / Hostel		<b>Ascent</b> 1000M		<b>Descent</b> 1000M		<b>Time</b> 4 - 6 hrs walking		<b>Distance</b> 12KM
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**DAY 4****Trek through Valleys of the High Atlas to the refuge (3207m).**

Leaving Ait Souka, the trail crosses the river and climbs steeply for an hour and a half to the seasonal village and holy shrine of Sidi Chamharouch (2310m) surrounded by rocky peaks. A huge white-painted boulder marks the spot where, legend has it, a holy man lies entombed. Beyond here it is a steady climb of around 4 - 5 hours to reach the refuge (3207m). The hut is dormitory style. Though basic the refuge has bathrooms and showers, a couple of large dining areas and a lounge with stoves.

This afternoon our guide will run a training session on the use of crampons and ice axe. This will be held in an area close to the refuge depending on the snow cover, and even those with previous experience should attend this session.

Meals: **B L D**

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	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 1600M		<b>Descent</b> 345M		<b>Time</b> 6 - 8 hrs walking
	<b>Distance</b> 13KM						






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**DAY 5****Mount Toubkal (4167m) summit day.**

Today, if weather conditions are on our side the plan will be to climb Jebel Toubkal, North Africa's

highest peak. After an early breakfast and as the sun starts to rise, we'll leave the refuge and join a steep trail. The route initially zig-zags eastwards directly above the refuge and crosses snow covered scree slopes, before passing between two rocky guardian peaks. We continue upwards across easy angled snow slopes to reach a ridge-line which drops off steeply to the east. After approximately 4 hours, we arrive at the metal tetrapod which marks Toubkal's summit. The effort to get here is worthwhile as there are fantastic views of the snow covered peaks of the High Atlas away to the north-east, whilst the Anti Atlas and Sahara lie to the south. After enjoying the views and taking the all important summit photos, our descent back to the refuge takes approximately 2 hours. Once back we warm up and celebrate our summit success with some excellent Moroccan tea! Tonight over dinner we'll be briefed on tomorrow's plan and if weather conditions are on our side a plan will be made for anyone who wishes to climb Ouanoukrim.

Meals: **B L D**






	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 1500M		<b>Descent</b> 1500M		<b>Time</b> 7 - 8 hrs walking
	<b>Distance</b> 7KM						

## DAY 6

### Optional walk up to the viewpoint of the Tizi Ouagane (3750m).

After yesterday's day out on Toubkal anyone who wishes to have a second day in the mountains can join the leader for an optional walk up to the viewpoint of the Tizi Ouagane (3750m). Today can also be used as a contingency day if the ascent of Mount Toubkal wasn't possible yesterday. After breakfast, we leave the refuge and start a gradual ascent which will be most likely on snow all the way to the Tizi Ouagane (3750m). It normally takes around 3 hours to reach Tizi Ouagane which offers a fantastic viewpoint and a great place to enjoy a snack stop. After taking in the views, we re-trace our route back to the refuge where we'll take a late lunch. Anyone who doesn't want to join today can relax at the hut until the rest of the group returns. Tonight we spend our final night at the refuge before heading down the valley in the morning.

Meals: **B L D**

	<b>Accommodation</b> Mountain Hut / Refuge		<b>Ascent</b> 900M		<b>Descent</b> 900M		<b>Time</b> 6 - 7 hrs walking
	<b>Distance</b> 8KM						




## DAY 7

## Descend from the refuge to Ait Souka and transfer to Marrakech.

This morning after an early breakfast we'll pack up and walk back down the valley. After approximately 4 - 5 hours we reach Ait Souka just in time for lunch and from here it's a brief 10-minute walk from Ait Souka back down to Imlil. On reaching Imlil we meet our transport for the drive back to Marrakech. Arriving mid afternoon, we'll check in at the group hotel and have some time at leisure before meeting up for dinner. Most people head to the central square of the Djema el-Fna where around 4pm each evening this open square becomes the focus of activities for local people and tourists alike. Acrobats, musicians, water sellers and story tellers begin their evening performances which become more and more animated as the sun sets. Tonight we'll have our final dinner together and celebrate the end of a fantastic holiday.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 300M		<b>Descent</b> 1600M		<b>Time</b> 4 - 5 hrs walking		<b>Distance</b> 12KM
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### DAY 8

## Departure day. Marrakech Airport transfers are provided.

Your holiday ends after breakfast. Depending on your flight time you may wish to enjoy a final stroll around Marrakech before your transfer to the airport. The city has a number of highlights including Jardin Majorelle which was owned by fashion designer Yves Saint Laurent from the 1960s to his death in 2008. Ville Nouvelle is a cobalt-blue exterior which is surrounded by a delightful garden full of rare desert flora plus fuchsia bougainvillea and deep green palms. The result is an explosion of colour nestled in the city. The Bahia Palace is a wonderful palace set in gardens and well worth a visit. Built in the late 19th century, this beautiful building was reputed to be the greatest palace of its time. With a name meaning brilliance, the palace was built by craftsmen from Fez.. Airport transfers are included if you are departing today. If you would like to extend your time in Marrakech in the group hotel please contact the KE office and we will be happy to help you organise this. KE also offers two excellent extensions to the coast or into the Sahara Desert. These are a great way to explore more of Morocco pre or post-holiday.

Meals: **B**

# Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

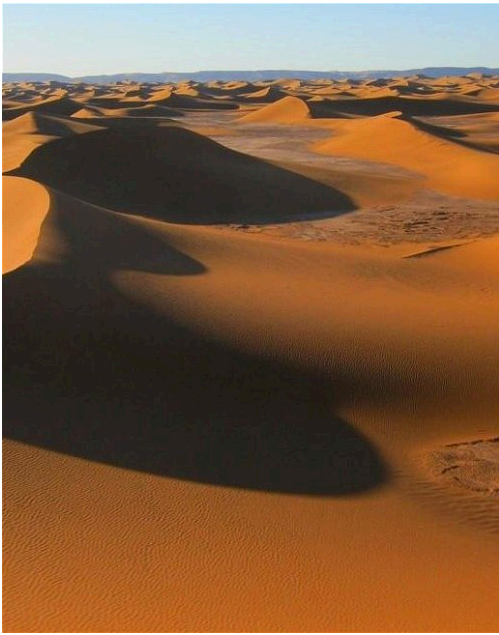


## Essaouira Riad and Atlantic Coast

Friendly Essaouira provides a beautiful base for this colourful Atlantic Coast extension which offers a fantastic start or end to our holidays in Morocco. Described as the prettiest town in the country, the UNESCO port and medina are a riot of colour and activity. To ensure a relaxing time in Essaouira we take care of private return transfers and riad accommodation for 3 nights at the comfortable Riad Maison du Sud, situated within the ramparts of the medina and just a few minutes walk from the sea. Redecorated in Moorish style, it has a snug sitting room and sunny roof terrace with views of the Mellah and the Atlantic Ocean. Essaouira has plenty of things to so and do so we leave your days free for you to enjoy at leisure. This extension starts and ends in Marrakech.

4 days from

✕9,223,372,036,854,776,000 per person



## Into the Sahara Desert

For a real taste of the Sahara this adventure is hard to beat! After journeying across the Atlas Mountains we arrive in the oasis town of Agdz for a night in a traditional Moroccan house. Next we head to our comfortable fixed Berber camp at Erg Chegaga and take in a spectacular desert sunset before settling down under star-filled Saharan skies! In the morning we'll watch sunrise over the dunes before exploring this magical landscapes by 4WD. After a night in Ouarzazate, we make our way back to Marrakech via the magnificent UNESCO Kasbah of Ait Ben Haddou. (Please note this extension includes a local driver but not a KE leader. This gives you more freedom to explore at leisure pre/post KE group trip).

4 days from

✕9,223,372,036,854,776,000 per person

# Holiday Information

## What's Included

- An experienced English-speaking Moroccan Guide
- Marrakech Airport transfers (on Day 1 & 8 only)
- All land transport involved in the itinerary
- Accommodation as described
- All meals as per the Meal Plan
- A full service whilst trekking (excludes personal equipment)
- Crampons / ice-axe / climbing helmet hire (please request at the time of booking)

## What's not Included

- Travel insurance
- Visa fees (if applicable)
- Tips for staff
- Cost of firewood and hot showers at the refuge
- Miscellaneous expenses - drinks etc.

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at the hotel in Marrakech.

Airport transfers are provided for all clients arriving on Day 1 and departing on Day 8.

Hotel contact details and an emergency number will be provided with your booking confirmation.

### Meal Plan

All breakfasts, 6 lunches and 6 dinners are included in the holiday price.

### Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water. We do not encourage the purchasing of single use plastic bottles.

All food whilst on trek is purchased locally and cooked for us by our excellent trek cooks. KE groups are always surprised at what the cook team conjure up!

Breakfasts are continental style, with tea and coffee, muesli, bread, jam, honey and soft cheese. A morning snack is also provided and this usually consists of a type of Moroccan 'trail mix' with dried figs and dates, peanuts, sugar coated peanuts and other nuts.

Lunch usually starts with the Berber speciality of mint tea, followed by a buffet of rice, pasta or couscous, with a freshly prepared salad - onion, tomatoes, green peppers, grated carrot, green-beans, with tinned sweetcorn or peas added. Hard and soft cheeses, tinned fish, olives, biscuits and bread are also on the lunchtime menu.

Dinner starts off with soup and bread. The main course is usually rice, pasta, couscous, spaghetti or chips, with a vegetable stew (or tagine) consisting of some of the following - onion, potato, carrot, green pepper, zucchini, turnip, parsnip, green beans, and peas. There will be some meat (usually chicken, lamb or beef), however meat is not prominent in the menu. All dishes come with traditional sauces which are rarely (spicy) hot. To round off dinner, there is the usual range of hot drinks.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

During this holiday the group will spend 2 nights at a tourist hotel in Marrakech. While there are a range of high-end hotels in Marrakech, we try to strike the right balance of a comfortable and conveniently located base while maintaining a really good value holiday.

In the mountains we have 2 nights at an excellent gite (trekkers' lodge) in the village of Ait Souka. Here the accommodation is in small dormitory rooms (mattresses on the floor), usually shared by 4-6 people. We have 3 nights at the Mouflons Refuge or the Neltner CAF Refuge below Toubkal. Both the refuges have mixed dormitory rooms, the facilities are basic with simple showers, a dining area, and lounge areas with a fire or stove.

If you are travelling by yourself, you will be paired up with another single client of the same sex for the Marrakech nights. Single hotel rooms in Marrakech are available for a supplementary cost. If you are planning on extending your holiday additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be accompanied by a winter trained, professional leader throughout the trip. For groups of 5 or more, a second leader will accompany the group. We will have the assistance of mules and/or porters to carry our equipment up to the refuge.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

Approximately £100 per person (or equivalent in US dollars or Euros) should be allowed for tips, soft drinks, snacks and miscellaneous expenses. Alcoholic drinks, souvenirs, any non-included meals and optional activities are additional so you may wish to budget for these.

You cannot usually purchase Moroccan Dirhams outside the country. You can withdraw money in local currency from ATM's on arrival at the airport in arrivals or in Marrakech. You can choose to take your money in pounds sterling, dollars or euros, and you will be able to exchange it at the airport. Credit cards are useful and it is a good idea to carry one in case of emergency.

## Guidance on Tipping

Tips are the accepted way of saying 'thank you' to your local guides and porters. They do not form part of their wages and any tips they receive are seen as a personal thank you from group members. For our part, we advise local teams that tips are not a duty or a prerequisite but are a bonus and entirely dependent on the service that was given.

This is your 'thank-you' to the crew and the final amount should be decided by the group. We estimate that approximately £45 per group member should provide an appropriate level of tips. However, for the leader, we leave the tipping amount totally at your own discretion.

## Additional Information

Please keep your passport in your day pack - occasionally there are check points when this will be needed.

## Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffle bag, and a daypack. Your main baggage whilst trekking will be carried by pack animals and the packed weight of it should be no more than 15kg. It is possible to leave clothes or other items not required on trek at the hotel in Marrakech or at the gite in Ait Souka. You may wish to take a foldaway bag for this purpose.

For international flights please check your baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Visa Morocco

UK and USA passport holders do not require a visa for short stays.

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## VACCINATIONS

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. A good online resource is [Travel Health Pro](#).

## Currency

The unit of currency in Morocco is the Moroccan Dirham.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 4 - 8 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

The holiday involves negotiating easy-angled snow slopes with the use of an ice-axe and crampons. And although it is not necessary that you have previous winter mountaineering experience, we do recommend that have some practice of walking in crampons.

## Climate

It is warm during the day in Marrakech even in the winter months of November through to April. At this time we can expect daytime temperatures to reach a pleasant 20 - 22C, dropping to 7 - 10C at night. Once we are on trek and we start to gain height, we can expect the temperatures to be rather lower, with daytime temperatures in the range of 10 to 15C. At night, outside the refuge the temperature will drop well below freezing. From Ait Souka upwards we are likely to encounter snow. As in all mountain regions, short lived storms do occur and in winter these can bring quite heavy snowfall.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Maps

### Toubkal & Marrakech. Orientazion. 1: 50,000

Detailed, water-resistant trekking map of Toubkal and surroundings. Topographic detail includes contours at 20m intervals, hill-shading, woodland and scrub areas, springs, creeks, rivers and dry riverbeds. Road detail includes tracks and footpaths. On the reverse is a clear plan of Marrakech at approximately 1:8,700.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. Please remember that you need to keep the weight of your equipment to a maximum of 15 kg.

### You Should bring the following items:

- Crampon compatible boots (B1 or B2 are ideal) B0 flexible walking boots are not suitable
- Gaiters
- Trainers (for use in the hut)
- Socks & Underwear
- Trekking trousers
- Thermal underwear
- Base layer shirts or T-shirts
- Fleece jacket
- Warm jacket (down)
- Waterproof and breathable jacket
- Waterproof overtrousers
- Waterproof warm gloves
- Warm Inner 'thermal' gloves or mittens
- Daypack 40 litres with ice axe loop
- Sleeping bag (comfort rated -10°C) - can be hired from KE Adventure Travel
- Trekking poles x 2 with snow baskets

- Sunhat
- Fleece hat
- Sunglasses
- Headtorch and spare batteries
- Water bottles 1 Litre (x2). (Note that the tube on camelback / platypus type systems can be prone to freezing up in cold conditions (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets (as water not always available to purchase and to avoid buying water in plastic bottles)
- Toilet roll
- Earplugs (especially if you are not the one doing the snoring)
- Washbag and toiletries
- Small travel towel
- Antibacterial hand wash
- High factor sun and lip screen
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite)
- Small padlock (to lock your KE kit bag)
- Dry bags(s) for daypack/kitbag contents (to ensure they keep dry)

### **Mountaineering Equipment - Free of charge (needs to be requested on booking ):**

- Mountaineering ice-axe
- 10 or 12 point crampons
- Climbing helmet

Please inform the KE office you wish to hire these items free of charge. If you have your own you may wish to take them instead.

### **The following items are optional:**

- Thermos flask
- Sleeping bag liner
- A breathable 'Bivvy' bag is a useful addition for keeping your sleeping bag dry in the damp atmosphere of the refuge (if you have one it might be worth taking, but do not buy one specifically for the trip)
- Pen-knife (remember to pack sharp objects in hold baggage)
- Repair kit - (eg. needle, thread, duct tape)
- Camera
- Travel clothes
- Ski goggles
- Reusable cloth bag for shopping (to avoid plastic bags)

### **Hire equipment:**

A sleeping bag can also be hired from KE Adventure Travel, please inform our office at the time of booking.

### **Notes:**

Mattresses are provided in the gite and refuge. Cotton clothing is not suitable for the conditions found in

the mountains of Morocco in winter.

### Needle Sports (specialist mountaineering equipment shop):

Needle Sports is the English Lake District's foremost specialist climbing shop supplying mountaineering, rock, ice, alpine and expedition equipment worldwide. Internationally recognised as among the very best of the UK's top technical climbing gear retailers. They have a good range of equipment appropriate for this trip and offer knowledgeable advice both on their website and in store. [www.needlesports.com](http://www.needlesports.com)

### Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers. [-> Find out more](#)

### Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the hotel in Marrakech and transfers are provided from Marrakech Airport.

## Why Choose KE

### Why KE

With KE we include your crampons, ice-axe and helmet hire so this, teamed with our winter trained Moroccan leaders is why we know KE's winter Toubkal holiday is the best in the world of adventure travel. Don't just take our word for it - read the excellent customer reviews.

**Please Note** This document was downloaded on 21/05/2024 and the trip is subject to change