

# Trek Preparation Handbook



## Morocco High Atlas Trek Jebel Toubkal

**NYE 2018**



Will 4 Adventure

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## 1. INTRODUCTION

This document is designed to give you all the information you need at this stage to help you start preparing for your trip with us. If you have any questions after reading this handbook, please contact Will Legon at Will4Adventure, who will be happy to help you.



### **Risk and Safety**

It is likely that participants will encounter many challenges during this trip. These include variations from the norm (e.g. food, climate, domestic hygiene and standards of public transport) and geographical extremes. The latter includes variations in terrain, and can also include river crossings and other obstacles which are, by nature, indefinable and not always foreseeable. It is impossible to eliminate risk completely, but it can be reduced to a minimum level within a given context.

An overseas trek carries with it more challenges than most normal trips overseas and should be approached with that in mind. The following important steps are therefore part of the process for preparing yourself for a trek in a developing world country.

### **Risk assessment**

We regularly update both our generic and country-specific risk assessments, which cover such factors as weather, transport, terrain and health. The aim of this process is to clearly identify all possible areas of risk and then to establish what control measures should be implemented to minimise them. The Will4Adventure leader who accompanies you on this trek is responsible for the implementation of these control measures and also maintaining ongoing risk assessments throughout the trip.

One key role of this document is to brief you for possible eventualities in accordance with our risk assessment management strategy.

### **Will4Adventure leaders**

Leaders are selected for their suitability and experience. They are fully trained to assess risk and in turn to take possible precautions to protect you the client from danger. In addition, they are also trained and tested on their ability to deal with problems, accidents and health issues. The aim is to prevent problems occurring and to ensure that we can deal effectively with anything that might arise.

## **2. FITNESS**

### **General**

Fitness training is a vital part of the preparation for your trek. It is both important for your safety and for your enjoyment. Being physically prepared for the climate and conditions of your destination will ensure that you are able to take the next step, and that you are less likely to get ill.

Now is the time to start focusing on your fitness in order to build it up steadily. This does not need to involve lifting heavy weights or running marathons. However, it is very important that you start a realistic exercise programme that will help you prepare for your expedition and one that you will stick to.

Note: If you have any medical problems, please always seek advice from your GP before undertaking an exercise programme.

### **What should I do?**

There are no hard and fast rules; you must work at your own pace and, most importantly, do it regularly and gradually. We recommend you should aim to be exercising 3 or 4 times a week for about 30 minutes. This could involve several activities such as jogging, swimming, cycling or playing a team sport. You will need to improve your general endurance and strength as well as cardiovascular fitness (heart and lungs).

Whatever you do, make it something you enjoy. If you currently play sport during the week, you will only need to do a couple more exercise sessions to build on this. It is essential that you get used to walking and carrying some weight in a day sack, so try to incorporate walks into your exercise routine, maybe at the weekend with friends or family. Start with short walks (1-2 hours) and gradually make them longer (3-4 hours). This is also a great way to break in your boots and to toughen up your feet! More information can be found here: [Get Trek Fit](#).

### **Summary:**

- Exercise 3 to 4 times a week for at least 30 minutes a time
- Try joining a local sports team / walking group
- Join us on as many of our [free walking weekends](#) as you can
- Enrol on (and tell all your friends too) as many fun runs / charity runs – by doing so commits you to the training!

### 3. HEALTH

#### **Dental check-up**

Make sure you go and see your dentist at least 6 weeks before departure in case any dental work is needed. Trekking with toothache is no fun!

#### **Recommended immunisations**

Consult your GP 8 to 14 weeks before travel. Typhoid and hepatitis A are usually recommended to travellers to the developing world. You should also check to ensure that your tetanus, polio and diphtheria boosters are up to date. Other vaccinations such as yellow fever, cholera, rabies, and meningitis or Japanese B encephalitis may also be required: check with your GP. It is your responsibility to organise your inoculations. Last of all, when you go to seek advice from your GP, it may be helpful to take to them your itinerary with you. [More information for what immunisations you may need can be found here.](#)

Immunisations sometimes recommended:

#### **Rabies**

Rabies is common in the developing world, so it is important to remember that animals are not the same as domestic pets in the UK. It can occur following a bite or scratch from a rabies-infected animal. If you avoid contact with all animals, you are unlikely to get bitten. Once rabies develops, it is always fatal.

In countries where rabies is a risk, we strongly recommend that you are immunised against the disease before departing the UK. This is because it may be difficult to obtain treatment quickly enough after a bite when you are on this trek. If you have rabies immunisations before leaving the UK, you still need to have medical treatment after a bite from a possibly infected animal. However, you will have more time to obtain the necessary treatment.

#### **Meningitis**

Meningitis, an infection of the nervous system, can be caused by a variety of bacteria and viruses. The usual risk to travellers is from meningococcus, most commonly types A and C. There is now an effective vaccine against this organism and protection lasts for three years. Even if you have been given the meningitis C vaccination before, it is safe to have the combined A and C vaccination (meningitis A is more likely to affect travellers).

#### **References**

Further information can be found at the [NHS FitForTravel website.](#)

#### 4. WHAT HAPPENS ONCE YOU LAND

##### Location

The entry and exit point for this itinerary is Marrakech. This city is well developed and very much adjusted to the tourist scene. Generally it is a safe location for people to wonder about at all times of day and night. However pick-pockets, hustlers and chancers are rife. Care to personal security must be stressed here.

The trek takes place in the High Atlas mountain range. This range is approximately a two and a half hour drive from Marrakech and incorporates North Africa's Highest peak, Jebel Toubkal at 4167m.

The terrain that will be encountered will generally be arid tundra farmed locally by Berber communities. On days 3 and 4 at about 3000m we will be trekking at the snowline. The route largely follows well worn tracks and paths that join up towns and villages that are about 4 hours walking time apart. All of the route that is below the snowline, is accessible by horses or mules. On days 1, 2 and 4 of the trek the team will reside in accommodation that is close to, or at, a road that can be accessed by 4WD vehicles.

The Berber people are generally proud people and friendly. They are also very private within their villages and extremely sensitive to photography for example. They will not always be French speaking.

##### Itinerary

Date	Notes
28/12	The team arrives in Marrakech at various points during the day. Everybody will be met at the airport regardless of flight arrival times. Will arrive in Marrakech at 1905.
29/12	Transport meets the group at the hotel around 0830. Drive out to Oukaimeden (2.5 hours) in the High Atlas and commence day 1 of the trek taking us to the Berber village of Tacheddirt. We start at 2616m abs and climb to 2974m at the pass Tizn Tacheddirt. We descend to Tacheddirt at 2390m. The day's walk is around 10km and will take us around 5 to 6 hours.
30/12	Trek day 2 to Aroumd. This is an easy and short day. Once in Aroumd our guide will help arrange for a trip to experience the local hammam (unique washing experience at the bath house). Additionally in the afternoon, we will start with the ice axe arrest lesson part 1. 13.5Km with 460m ascent and 856m descent. Sleeping at 1994m abs.
31/12	Trek day 3 to Toubkal's base-camp. After lunch we will rehearse and continue to train in ice axe arrest and walking on crampons. 11km with 1207m of ascent sleeping at 3201m abs.
01/01	Summit day – up early we start walking at 0600 for the summit of Jebel Toubkal at 4167m - North Africa's highest peak – then return to Aroumd via lunch at base camp.
02/01	Walk to Imlil (30 – 60 minutes). Return to Marrakech by bus arriving in time for lunch. Transfers and return flight home.

Should you wish to arrive earlier than the 28<sup>th</sup> December or stay on later than the 2<sup>nd</sup> January please advise us asap if you should like us to help you organise any further sightseeing, transportation or hotel accommodation.



### **Transfers**

Airport transfers are included as a part of the itinerary for the 28<sup>th</sup> January and also 2<sup>nd</sup> January. It does not matter what time you arrive or depart on those days, you will be met at the airport in Marrakech. However, once the hotel is arranged, details of the name and location of this hotel will be provided to you before departure.

Note: for those of you travelling to and from Marrakech outside of the itinerary dates, you will be charged a small surcharge of about £10 for each transfer required.

### **Money**

The local currency in Morocco is Dirhams. You will not be able to get any of these in the UK. However there is a bureaux de change at the airport in Marrakech that will be able to change your Pounds Sterling for the local currency. In addition limited change facilities will be available at the hotel and ATMs can readily be found in Marrakech.

You will be advised of the balance (around £250) you owe Will4Adventure for this trip and this will need paying in Marrakech in cash in Pounds Sterling. In addition, hopefully you may wish to tip our guide, cook and porters – this could be anything between £25 and £40 per person in the local currency.

### **Our in-country agent**

Will4Adventure employ the services of Angela Panther who is a British ex-pat living in Marrakech with her husband Mohamed. Angela and Mohamed look after all in-country arrangements from hotel bookings to organising guides, mules and trek cook for the trekking phase. In the event of any problems in-country she can be contacted as follows:

Angela's contact details are as follows:  
Office: 00212 24352511  
Mobile: 00212 70731715

Will Legon's contact details are:  
Mobile: 0044 7791860163  
will@will4adventure.com

Note: from much of the High Atlas there is mobile phone coverage.

## 5. STAYING HEALTHY

There is a lot you can do to keep yourself healthy during this trip: remember being ill while overseas is very different from being ill at home.

### **Airline Travel**

If you suffer from any medical conditions, or are on long term-medication, talk to your doctor about your travel plans and whether you need to take any special precautions when flying. Carry any regular medication in your hand luggage and ensure that you have more than enough for the whole expedition. Dress in loose, comfortable clothes and avoid heavy meals before flying.

### **Deep vein thrombosis (DVT)**

DVT is a risk to all long-haul flight passengers and is potentially life-threatening. If you are concerned about travellers' thrombosis, you may wish to look at the [NHS website](#). In short, keep active on your flight, drink lots of fluids but try to steer clear of alcohol and caffeine.

### **Water and Food**

Treat all water supplies with suspicion – do not put unpurified water into your mouth while brushing your teeth or having a shower. Boil, filter or disinfect all water for drinking with iodine or chlorine. You can buy chlorine tablets (and the neutralising tablets that come with them) at most outdoor shops. Maybe the best on the market these days are Lifesystems Chlorine Dioxide Tablets which don't need a neutralising tablet.

Bottled water is usually safe, though unkind to the environment and expensive, but make sure you check the seals on the caps.

Try to avoid ice cream, unboiled milk, salads, intricately prepared food (e.g. buffets), ice cubes in drinks, and shell-fish. As a rule of thumb, piping hot food, peeled food and food out of a sealed packet is usually safe. Remember it may be discourteous to refuse food, so be sensible about what food you accept. Always carry a bottle of purified water with you.

### **Personal hygiene**

Use common sense and care. Try to keep as clean as possible and keep your feet clean and dry. Again, always wash your hands before handling food. Use anti-fungal foot powder if you are prone to athlete's foot. Avoid walking barefoot because of the danger of injury to your feet and parasites, such as hookworm. Brush your teeth in clean purified water. Decline injections unless, you are certain that the needles are sterile. It is very easy for wounds to get infected, particularly in hot, humid climates, so treat wounds early by cleaning and dressing them carefully.

## The sun

UV rays can burn the eyes as well as the skin, so wear sunglasses when on snow or water. It is very important to drink plenty of fluids (not alcohol), particularly when you first arrive in a hot climate, or at altitude. It takes several days to acclimatise to high temperatures and humidity so make sure that you drink sufficient fluid to maintain clear looking urine and avoid overexertion.



## Women's health

Periods may be affected by changes in time zone, lifestyle and diet. During an expedition, periods can become irregular, much lighter or may even be missed. However, tampons and sanitary towels may not be readily available, particularly in remote villages, so take reasonable supplies. Dispose of used sanitary protection thoughtfully.

If you've had thrush before, take some pessaries, tablets or cream, just in case it recurs, and always wear cotton underwear. PH-neutral wet wipes (e.g. unscented baby wipes) can be very useful.

## Contraceptive pill

Many women decide to start taking the oral contraceptive pill before going on a trip to the developing world, hoping to avoid a period while travelling. This may not always be a good idea and should be discussed with your GP. There are two important points:

- Diarrhoea may affect the body's ability to absorb the contraceptive pill, which may lead to an unexpected period.
- Theoretically, there is an increased risk of blood clots forming in the legs or lungs when women taking the contraceptive pill travel to high altitude (more than 4,500m or 15,000ft) for any length of time.

There are several other ways of controlling periods while abroad, and you may find information online to be of help and interest. Remember to discuss all these issues with your GP, or women's clinic, at least three months prior to departure.

## 6. ILLNESSES, ACCIDENTS and PERSONAL SAFETY

The most common ailments on expeditions are sunburn, stomach upsets, coughs and colds, joint strains, muscle aches and blisters. Much can be done to prevent them.

### **Blisters**

Blisters can turn an enjoyable walk into a very painful experience in a very short space of time. There are several things you can do to minimise the risk:

- Ensure that your boots fit properly and are well worn-in before you commence your expedition.
- Wear comfortable, well-padded socks (some people prefer to use two pairs).
- Keep your feet as dry as possible, and powder them in the morning and at night.
- Ensure that you cover a blister with a plaster, (“moleskin”, “compede” or similar) as soon as it starts to develop.

[More information on foot-care can be read here.](#)

### **Diarrhoea**

Most people who travel to the developing world develop diarrhoea at some stage of their journey. Usually the illness is short-lived and requires no treatment other than fluids and electrolytes (e.g. Dioralyte) and rest. If you feel hungry, DO NOT starve. It is better to eat complex carbohydrates such as plain rice, pasta or potatoes – you need energy to fight the infection (but avoid dairy products and spicy food). Do not self-medicate (i.e. with Imodium) without consulting your group’s leader. If you develop bloody diarrhoea or have a high fever with diarrhoea, tell the group’s leader.

### **Colds and flu**

Respiratory illnesses are likely after long flights or if you are run down and tired. If you get a cold or sore throat treat the symptoms – drink plenty of fluids, try to rest and take Paracetamol to help with aches and pains and fever. Coughs and colds are common in high, mountainous areas because of the cold, dry air. For autumnal treks have an up to date flu vaccine before departure.

### **Bites and stings**

#### **Dog bites**

Dog bites are common in the developing world. Animals are not like domestic pets in the UK as they are often used for hunting or as guard dogs, so do not stroke or feed them. Almost all animal bites become infected; there is also a risk of developing rabies or tetanus. Clean any bite wounds thoroughly and seek urgent medical attention.

## **Snakes**

Snakes are found in some countries, but the risk of being bitten is very remote. REMEMBER, snakes are not trying to bite you, they only bite when threatened! Most snakes move away when you approach. To avoid getting bitten:

- Wear boots.
- Use a torch at night.
- Keep away from snakes and do not try to photograph or catch them – this is how many people get bitten.
- If you get bitten, stay still, remain calm and get assistance.

## **Strains and muscular aches**

The commonest problems are sore knees and twisted ankles. The best treatment is rest – but this is not always possible. Muscle aches can be reduced by a high level of fitness before going on your expedition. Remember to warm up and stretch at the beginning and end of each day's activity. If you have problems, support bandages offer some comfort. Rest and elevation are also helpful in reducing swelling. Anti-inflammatory drugs such as Ibuprofen should not be taken: much better is paracetamol for pain relief.

## **First Aid training**

The trek carries a comprehensive medical kit designed to cope with most common illnesses and minor injuries. Your leader will be trained in First Aid too. However Will4Adventure strongly advise you learn some first aid skills before departure: please email us if you would care to join one of our [Outdoor First Aid](#) courses.

## **Avoiding injury**

Your safety is paramount and you must be wary of local transport because of the risks posed by poorly maintained vehicles, overcrowding and erratic drivers. Avoid walking alone around towns and don't display expensive items such as cameras, personal stereos, jewellery or watches.

Diving into shallow water is one of the more common causes of serious injury to travellers and many people drown when travelling overseas.

Remember that many accidents occur while people are under the influence of alcohol or drugs. Take care!



### **Personal safety in and around Marrakech**

Marrakech is vibrant city with a busy tourist scene. This in turn gives a sense of security and safety, and mostly it is but common sense needs to be applied. Here are some considerations for you to avoid unnecessary problems.

- When walking about dress conservatively. Keep small amounts of spending money in your pockets and have a money belt worn out of sight for the remainder of your cash. Steer clear of isolated areas and if using a local guide either organise this through the hotel or with our assistance.
- Local taxi drivers are unlikely to speak English or be able to read local names written in a Western script. Ask the hotel to provide a written address written in Arabic so that you can always find your way back. Include in this the telephone number for the hotel.
- Leave the hotel with a city map/guide in your pocket.
- Local police at any time may ask you for proof of identification: carry your passport with you at all times.
- Local traffic in the city, in places can be chaotic. Be vigilant and especially careful around the city centre where all sorts of vehicles will come at you from all directions when crossing the road.
- The hotel we stay at is a modern hotel and generally well looked after and comfortable. However different cultures have different ideas of health and safety. To this end check that electrical sockets look safe and serviceable. Report any concerns such as loose wiring, exposed wires or similar to your team's leader and to the hotel reception staff.
- There is likely to be a swimming pool at the hotel. Be aware of water depth, especially when entering the pool. Be aware that there are likely to be no life guards present or on the premises. You are advised not to drink the water.

Further detailed advice is from the [Foreign and Commonwealth Office website](#).

## 7. ENVIRONMENTAL PROBLEMS

### **Hypothermia**

Hypothermia (or exposure) is a potentially serious condition where the body temperature drops below 35°C. In extreme cases, with a dramatic fall in body temperature, the various organs of the body fail, which may ultimately be fatal. Heat from the body is lost very rapidly in cold, wet and windy conditions.

To prevent hypothermia it is essential to drink sufficient water to prevent dehydration. Dehydration reduces the body's ability to produce blood/plasma volume and in turn, heat. Adequate food is also needed to fuel the muscles and to maintain body temperature.

Wearing the correct clothing for the conditions is also extremely important. Follow the recommended clothing and equipment list carefully.

### **Altitude sickness (AMS)**

At altitudes above 2,500m people can suffer from acute mountain sickness due to reduced amounts of oxygen in the air. Mountain sickness is characterised by headaches, breathlessness, nausea and difficulty sleeping. Most symptoms settle after a day or two, but it is important not to continue climbing when mountain sickness symptoms set in.

Drinking plenty of fluid and avoiding over exertion will help to prevent mountain sickness. *Occasionally, AMS can progress to high altitude pulmonary and cerebral oedema (HAPE and HACE). These can produce life-threatening problems such as breathlessness at rest, severe headaches, confusion and loss of consciousness. If these symptoms occur, immediate descent quickly improves the situation.*

The drug Diamox helps acclimatisation to high altitude and makes HAPE and HACE much less likely. You should consult with your GP about having this prescribed to you before departing for this trek. If you do decide to take Diamox, try for two days at home to check that you experience no adverse reactions to it beforehand. More information on prevention of AMS and using [Diamox as a prophylactic drug can be found on the NHS Choices website](#).

## 8. CASUALTY EVACUATION

### **Communications**

As an emergency measure, all trekking routes are checked for the availability of communication systems. In the High Atlas, mobile telephone signals exist at various points along the route, and at the higher altitudes. These combined with the emergency services of our guides form the basis of our communications. Rescue facilities are available nearby in Imlil and Marrakech.

### **Medical treatment**

The team leader will know where the nearest medical facility is at all stages of the expedition. Medical facilities in the developing world will rarely be of the same standard as those in the UK. In the event that illness or injury requires a team member to be moved to a more appropriate medical facility, or repatriated back to the UK, this will be done using the resources on the ground combined with our in-country agent and the British High Commission. Any medical evacuation cost will be at your expense: hence it is vital that your holiday insurance covers you for trekking to 4200m, above the snow line and in North Africa.

## 9. ADMINISTRATION

### **Passport**

In order to enter your destination country, you will require a passport valid for at least six months after your expedition returns. If you need to apply for a passport, you should register your application as soon as possible. Go to [HM Passport Office](#) for more information.

### **Entry visa**

To enter Morocco, you will not require an entry visa before arriving.

### **Suitable Travel Insurance**

To be adequately protected by travel insurance, you will need a specialist policy that caters for the hazardous activities you will undertake on your trip with us. It is a requirement of our booking conditions that you have such a policy in place and you provide the details of it to us before you travel. The policy must include suitable cover for rescue and repatriation and emergency medical expenses.

In case of emergency, most insurance companies demand that you get their permission before medical assistance or helicopter evacuation is called for, or they will not cover the cost. Obviously, even with modern communications, given the remote parts of the world we travel to, this might not be possible. Please make sure that your insurer agrees to pay for any search, rescue or medical treatment even if it has not been possible to contact them beforehand.

You may already have an Annual Policy that covers you for your trip, or you could contact one of the following insurers:

[The BMC](#)

[The Post Office](#)

[Columbus Direct](#)

[STA Travel – premier policy](#)

[Dogtag](#)

[Snowcard](#)

[IHI](#) (Trekking only)

[Global Rescue](#) (Medical evacuation/assistance only. A separate policy to cover cancellation, curtailment, baggage, personal effects etc also required.)

Other insurance providers are also available.

### **Safety Back Up Systems**

In the event something does happen there are three sets of people that are able to help you (so long as you do all of the things listed below). In the first instance that will be your team's leader and guide. Secondly there is your insurance provider and finally the British Consulate in Kathmandu. So please do as much of the following as you can.

1. Please complete as much of the emergency contacts form which will have been emailed to you.
2. Scan a copy of the main page of your passport and save it in an email to yourself or somewhere that you can access online. If you do not have e-flight tickets – you should do the same with those too.
3. You may like to register with this service: [i-trak](#). If you lose your luggage en-route this service will help track and reclaim your lost luggage. Attach these tags to your luggage and log your details onto their website before you travel. **But as a minimum - wear your boots (and any other kit) on the flight!**



## 10. KIT LIST

### General

Useful advice, including links to retailers, can be found in this [article on what to pack for a trek here](#). Essentially, when you join us for this trek you will require clothing and kit suitable for travel and general sightseeing in-country. You will specifically need the following kit for the trek. Please note that mules will carry your main baggage *which should weigh no more than around 10Kg*.

### Guiding principles

- Think about where you are going and how the climate might be. This should be the best guide on what you need to pack.
- Manmade and wool-based fibres wick sweat away from the body. Cotton absorbs and holds on to sweat.
- Lighter colours reflect sunlight better than darker shades, and are therefore cooler.
- Layers are good for controlling temperature.
- Comfort – if it isn't comfortable, be it boots or rucksacks, don't buy it. You won't use what you don't like. Try everything on in the shop before parting with cash.

### Individual Kit List for the Trek

#### Base layer

2 x	wicking shirts
1 x	collared shirt
3 pairs	thin liner socks
2 pairs	heavy duty walking socks
3 pairs	underwear
1 x	thermal leggings

#### Warmth layer / Trek-wear

1 x	fleece jacket
1 x	down jacket/insulated jacket
1 x	inner gloves
2 x	ski gloves or mitts
1 x	fleece or wool hat
1 x	pair of comfortable, strong, quick drying trousers



### Protective layer

- 1 x wide brimmed hat
- 1 x waterproof jacket
- 1 x waterproof trousers (cheap light-weight)

### Equipment

- 1 pair walking boots ([B1 crampon compatible](#))
- 1 pair flip flops / sandals / trainers
- 1 x large rucksack / bag with wp liner
- 1 x day-sack with wp liner
- 1 x sleeping bag and liner
- 1 x head-torch with new batteries
- 2 x 1 litre water bottle
- 1 pair sun glasses (good quality – UV a and b reflective)
- 1 x walking axe (W4A can provide this on request)\*
- 1 pair crampons (W4A can provide these on request)\*
- 1 pair walking poles
- 1 pair gaiters

### Health and Hygiene

- 1 x washing / shaving kit
- 1 roll toilet paper
- 1 x antibacterial hand wash
- 1 x sun block / high factor sun cream
- 1 x tube lip sun block, (no sharing!)
- 1 x towel
- 1 x soap, for body, hair and clothes
- 1 x bottle of foot powder
- 1 x personal first aid kit to include
  - pair of nitrile gloves
  - antiseptic cream
  - assorted plasters
  - blister kit
  - antihistamine for allergies
  - 10 x rehydration sachets i.e. Dioralyte
  - Paracetamol
  - Ibuprofen
  - Sudafed, Lemsip sachets and throat lozenges
  - personal medication (Ventolin inhalers etc.)
  - triangular bandage
- Sufficient sanitary products (females)
- Sufficient iodine water purification treatment

### Ancillaries

- 1 x camera
- 1 x money belt
- 1 x cheap waterproof watch
- 1 x set of waterproof bags for waterproofing
- 1 x spare laces for boots
- 1 x book
- 1 x sense of humour, good line in conversation, philosophical outlook etc ...
- 1 x ear plugs (essential for the night at the base camp refuge)

**Documentation**

- 1 x passport
- 1 x flight tickets

**Optional Items**

- 1 x neckerchief / bandana
- 1 x playing cards

\*Will4Adventure are happy to loan for free an axe and crampons but will charge a small fee (up to £20) for carriage. Alternatively collect these from us on one of our walking weekends and pay nothing!