

MT TOUBKAL SUMMER TREK MOROCCO

Highlights

- Ascend the rocky giant of Jebel Toubkal, North Africa's highest mountain at 4167m
- Witness the dramatic colours of the landscape from lush green valleys, colourful cherry blossoms to the rusty rock layers of the mountains.
- Experience traditional Amazigh communities enroute and learn about their way of life
- Stand on the summit and absorb the panoramic view of the Atlas Mountains, the Sahara Desert and the environments that have enclosed them for centuries
- Marvel at the incredible night skies as you camp under the endless display of stars
- Enjoy trying delicious, traditional hearty Moroccan food
- Opportunity to further explore the vibrant & colourful city of Marrakech



**OUTLOOK
ADVENTURES**
SCOTLAND



WELCOME

'ahlaan bik

Overview

Immerse yourself in another world with this short but action-packed mountain adventure in the heart of the High Atlas Mountains. Starting from bustling Marrakech you'll venture into the grand High Atlas Mountains in central Morocco to climb North Africa's highest peak, Mount Toubkal at 4167m.

Your adventure allows you time to absorb the vast mountain surroundings, historical culture of the Berber life and the chance to acclimatise for your summit bid of Mount Toubkal.

Tackling varied terrain and outlooks with your highly experienced leader, you'll receive friendly Berber hospitality as you wind your way up this rocky giant. The views on the way up are spectacular, but nothing compares to what you'll see (and feel) at the summit. From the mountain peak of Toubkal you'll experience stunning 360-degree panoramic views which extend across the rocky Atlas ranges and southwards to Jebel Sahro and across the Sahara Desert.

What better way to spend time within this iconic mountain adventure with such warm hearted Moroccan people.

If you have any questions, please contact us at

info@outlookadventures.co.uk or call 0141 249 0063.





TRIP SUMMARY



Activity: Trekking
Duration: 6-8 Days
Active days: 4 day DofE Expedition
Altitude: 4167m
Accommodation: Expedition Camping, Mountain Refuges.
Local Guesthouse, Riad etc out with Exped
Cost: Deposit: £150 per person
Total cost depending on itinerary

Group size: 6 + people
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Level of difficulty: Tough
Dates: May / Jun / Jul / Aug / Sept / Oct
Winter Ascents - Jan / Feb

ROUTE MAP

Get ready for an adventure



Phase 1

Personal Flight from UK to Marrakech, Morocco Transfer from Airport to Marrakech or Imlil

Phase 2

Administration & Acclimatisation, in-country

Phase 3

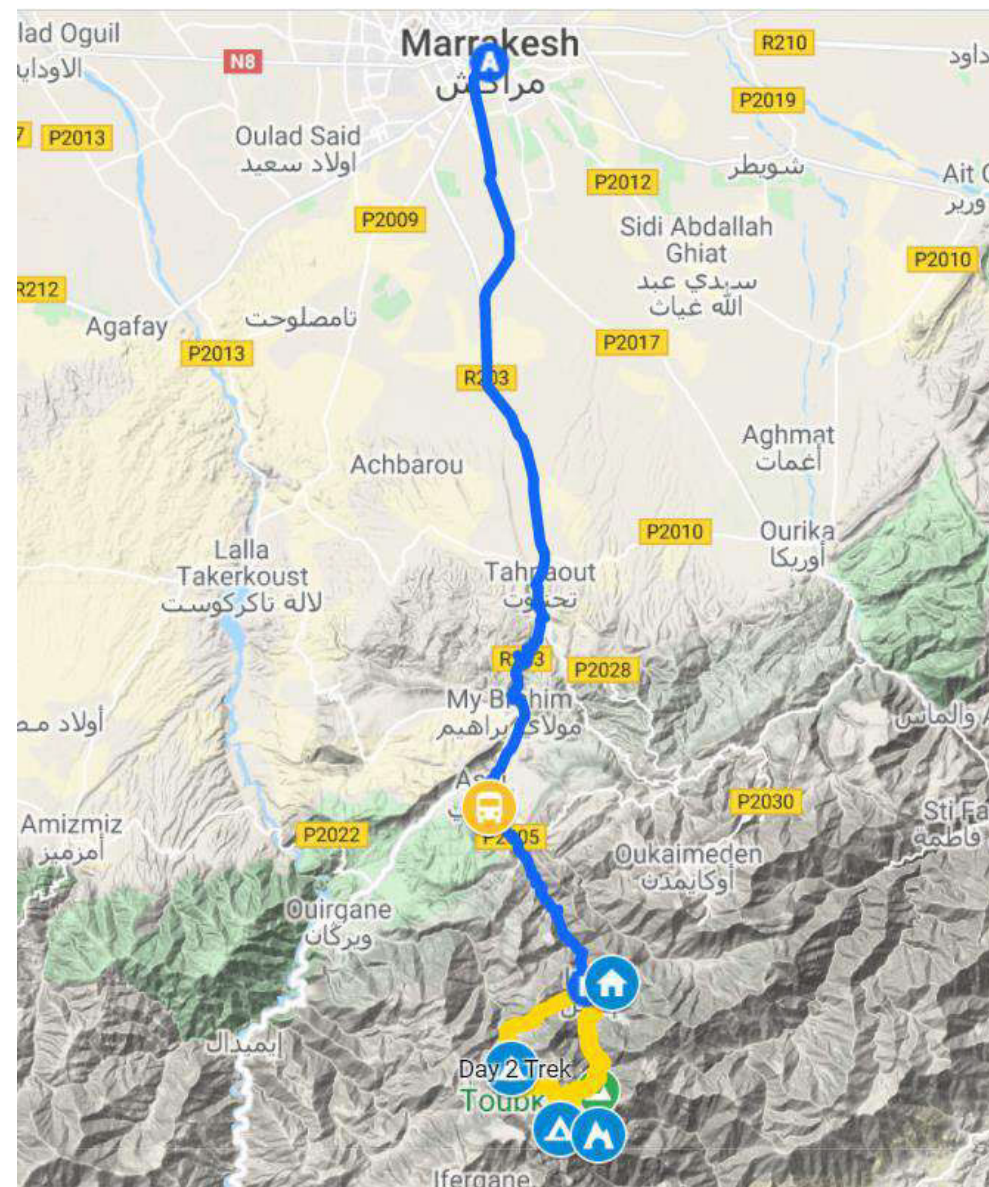
DofE Expedition Trek via Toubkal Base Camp

If making a summit attempt... Summit Toubkal at (4167m) and return to Imlil (option to then transfer to Marrakech)

Phase 4

Rest & Revitalise in Marrakech! Final departure; your return flight home or extend your stay in Morocco

*Above itinerary will change to fit with dates, flights, group requirements, weather etc.



ITINERARY - DOFE

2 boots, 4176m of mountain = 1 epic mountain adventure

PHASE 1

Personal travel, flight from UK to Marrakech Airport, Morocco

We recommend you book your flights through an ATOL protected Flight Agent, giving you the flexibility to travel from your nearest airport, use your frequent flyer points or extend your stay in Morocco if you wish. There are direct flights from London and other major airports across the UK. Flights are generally operated by Easyjet, Ryan Air and British Airways cost upwards £100pp economy return depending on which flights and when you book. Flight from UK to Marrakech Morocco (approx 4 hours)

Transfer from Airport to Marrakech or to Imlil (1800m)

On your arrival into Marrakech Airport you will be met with a private transfer to the city of Marrakech or the mountain Berber village of Imlil. If you arrive earlier into Marrakech as there will also be a designated pick up point for the transport. The transfer will take approximately 20mins to Marrakech or 1.5 hours to Imlil.

Included

Transfer:	Transfer from Airport to Marrakech city or to Imlil
Accommodation:	n/a
Meals:	n/a

PHASE 2

Administration & Acclimatisation

On arrival you will have time to get to know your fellow team-mates, make final preparations for your trek as your Leader will provide a full trek briefing over dinner and you'll overnight in a local guesthouse.

After a delicious Moroccan breakfast, pack up equipment and food supplies ready for your journey from the picturesque Berber mountain village of Imlil, enriched with walnut and cherry orchids and Berber farms where goats & sheep are herded in the mountains as it winds its way up the Mizane Valley.

Included

Transfer:	To start of DofE Expedition location
Accommodation:	Local Guesthouse (twin/multi share basis)
Meals:	Dinner and Breakfast only



ITINERARY CONTINUED

2 boots, 4176m of mountain = 1 epic mountain adventure

PHASE 3

DofE Expedition - (Imlil 1800m, highest basecamp will be Refuge at 3206m)

Experience a once in a lifetime opportunity and complete the expedition section of your Gold DofE Award in the rugged mountains of Morocco! Our itinerary has been carefully chosen to ensure you meet all of the 'Requirements' set by the DofE, all in the spectacular scenery and fascinating culture of the Toubkal region of the Atlas Mountains. Your trek can take you through the more remote valleys of Toubkal National Park, passing by mud-brick villages and base camping in amazing locations. The team will carry their own equipment and cook for themselves. The Leader Team will have local support with remote supervision of the DofE team. Approximately 8 hours of daily trekking.

Included

Accommodation:	Camping or Mountain Refuges
Meals:	Self sufficient

PHASE 3 continued if attempting Mount Toubkal summit Summit Mt Toubkal (4167m)

An early start will take you to the top of the highest peak in North Africa. Your ascent starts climbing steeply as soon as you leave the Refuge. Your route winds and zig zags its way up the south col before traversing the south ridge to the summit. Here you will be rewarded with awe-inspiring panoramic views of the Atlas Mountains, the Sahara Desert and the environments that have enclosed them for centuries. With time to take your summit photos you will then make your way back down to the refuge for a well-earned break and some lunch before continuing down to the nights base. Approximately 8 – 10 hours of trekking.

Included

Accommodation:	Camping or Mountain Refuges
Meals:	Self sufficient

PHASE 4

Marrakech to UK

Transfer to accommodation for a relaxing stay in Marrakesh; Depending on your flight plans, you can either explore Marrakesh and visit the Djemaa el Fna, an open-air market with food stalls, colourful spice stands, a huge array of clothing, leather goods and all sorts of trinkets, travelling musicians and acrobats. Finally, transfer to Marrakesh airport for your return flight to the UK.

Included

Transfer:	From Imlil to Marrakesh accommodation & Airport (central Marrakesh)
Accommodation:	Hotel, Gite, Guesthouse
Meals:	Dinner , Breakfast only

Please note, if you wish to extend your stay in Marrakech, we can help you with plenty of recommendations of things to do and see, places to stay and suggestions on where to eat. Central Marrakech is only a short taxi journey to the airport plus there's many other areas of Morocco which are worth exploring if your time permits.



	RELIGION/S	Islam
	CULTURAL OR HISTORICAL INTEREST	Morocco is an ethnically diverse country with an incredibly rich, varied history due to its unique geographical location
	LANGUAGES	Arabic, Berber, French, Spanish
	GEOGRAPHY	Mountainous desert interior with forests and arable land in the Mediterranean north
	CLIMATE	Hot and dry in the summer, comfortably warm in the winter, cooler at the coasts

ESSENTIAL INFO

The nuts & bolts of your adventure



01



Safety & Well-being

Outlook Adventures puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority and as such we have implemented operational procedures focused on safety and strong hygiene practices for all our adventures.

The Mt Toubkal Summer Trek will require preparation as the challenge is designed to take you out of your every-day comfort zone and achieve something amazing. At high altitude above 3500m altitude sickness can occur. The build up of altitude on the route & staying hydrated will help prepare you to be at your best. Rest assured we have a thorough Safety Management systems, in-depth risk assessments and risk management systems in place.

Leaders & Crew

An Outlook Adventures Leader will accompany and will be an experienced high-altitude leader. Leaders have been carefully selected to ensure you have the best experience with encouragement and positivity thrown in for good measure. Your Leader will be Wilderness First Aid trained too.

Your local Moroccan staff are a key part to this trip. They are expertly trained and experienced in every field of this high-altitude trek, bilingual (English and Arabic) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you.

Staff monitor safety, well-being and enjoyment in the team whilst also retaining a flexible and fun attitude.

The Leaders have radio and phone contact with local base contacts and Outlook Adventures HQ.

Trip grading

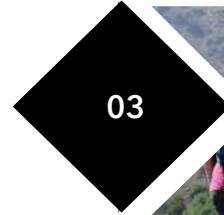
The Mt Toubkal Summer Trek is graded as 'Tough'.

The trip is designed for confident trekkers who may be new to high altitude trekking as well as those who have some experience. Although this trek is not technically difficult, you should be an experienced walker as trails can be very rocky. Most routes follow mule trails but there are some rough paths that involve walking on scree. You should be prepared for long days with some boulders and steep sections.

The temperature at particular times of year can make a difference to how tough this trek feels. Please note that during the summer months of July and August, Morocco can get very hot therefore departures during this time may not be suitable if you struggle with the heat. In addition, please be prepared for some stormy weather during the summer months. There can also be snow patches in late April/early May and from the end of September.



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Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & well-being and to make your experience more authentic.

The minimum group size for this trek to run is **6 people** and the maximum group size is determined by the needs of the group/trip.

You're most welcome to join this trek as a group of friends, family or colleagues or as a solo traveller. You're also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 6 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

In the build up weeks prior to your Expedition you should complete your own Personal Fitness Training in order to ensure you are best prepared for the physical challenges of trip. Being at your best cardio-vascular fitness will benefit you greatly at high altitude.

The more you are prepared, the more you will enjoy the challenge and have summit success

Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this adventure together with an exclusive **Outlook Adventures** discount code for Cotswolds Outdoor.

Packing and kit tips will also be provided when you join sign up.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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Adventure with purpose

We're very proud to have teamed up with leading climate change charity **Cool Earth** and invest a percentage of our revenue into supporting their critical conservation projects around the world.

This partnerships means that just by joining the team and taking part in this trip, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities across the globe, sustainably.



TRAVEL ADMIN

A quick snapshot of what you need to know...

Outlook Adventures financial guarantee

Any monies paid to Outlook Adventures for a trip are immediately placed into a trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Outlook Adventures. No client has suffered financial loss outside our T's & C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for a reason, like a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection insurance. What's more, in the very unlikely event of Outlook Adventures going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

Visa

British nationals do not require a visa to enter Morocco for the purpose of tourism for up to 3 months. For the latest entry requirements, please visit www.gov.uk/foreign-travel-advice/morocco/entry-requirements.

Insurance

Travel insurance is compulsory for all our overseas trips. It is a condition of joining this trip that you are fully insured against medical and personal accident risks to include repatriation costs and air ambulance or helicopter rescue services where appropriate). We strongly recommend that the policy also covers the activities you are undertaking more specifically for the adventurous activities undertaken on this trekking challenge at 4167 metres in altitude, personal liability, cancellation, curtailment and loss of luggage and personal effects.

Vaccinations

There are currently no mandatory vaccination requirements. Recommended vaccinations include: Tetanus, Typhoid and Hepatitis A. For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit <https://www.fitfortravel.nhs.uk/destinations>



WHY OUTLOOK ADVENTURES

Big adventures, small footprints

Here at Outlook Adventures we think, talk, love, live and breathe adventure. We create and deliver adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly business operating since 2012 with adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places.

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- Reconnect and gain a fresh perspective through the lens of adventure
- Be bold, be ambitious and experience an adventure to remember
- Feel protected, feel safe and know your wellbeing is our focus
- Be part of something bigger and help the environment and local communities grow
- Meet and mingle with the people of the planet
- Enjoy the *whole* journey - the support & guidance from OAS, the new friendships made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish!

CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Mt Toubkal Summer Trek, and plant or protect enough trees to suck 2x as much back out the atmosphere.

What's the number?

It works out on average at **222kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations.

The only thing not included is travel to Morocco. Given that our beloved guests travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

What does the number mean?

To give you a snapshot of the numbers:

- Driving 1000miles/1609km would be approx. 281kg of CO2 in an average car (or 140.5kg per person if there was 2 of you).
- A return economy class flight London – New York would be approx. 1,619kg (1.66 tonnes) per person.
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 – 10 years.

What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wild with Cool Earth.



TOURISM DECLARES CLIMATE EMERGENCY



Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Outlook Adventures we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges.

OUR SAFETY

BRITISH STANDARD
BS8848
COMPLIANT

British Standards Institution (BSI) BS 8848

Outlook Adventures Scotland is fully compliant to the British Standards Institution BS8848: A specification for adventurous activities, expeditions, visits and fieldwork outside the UK. This stipulates that one person or organisation is identified as the 'expedition organiser' and takes responsibility for all aspects of the trip including safety. Outlook's compliance to BS8848 is your guarantee that when we use outside suppliers for any aspect of our expeditions - such as transport, accommodation or a specific activity - that they also follow the strict requirements of the standard.



Adventure Activities Licensing Authority

Outlook Adventures are licenced by the UK Health & Safety Executive 'Adventure Activities Licensing Authority' (AALA) to provide outdoor adventure activities to young people under the age of 18 years.



DofE Approved Activity Provider

Outlook Adventures are an 'Approved Activity Provider' (AAP)) for the Duke of Edinburgh's Award, licensed for the following types of expeditions:

- Foot
- Bike
- Boat
- Overseas

International Mountain Leaders

Overseas trips Leader will hold the Qualification of International Mountain Leader Award and a Remote Wilderness First Aid Certificate.

Our Emergency Communications Kit

In-country mobiles – 2 x Mobile phones (local sim cards) which are used as the first means of communication.

Satellite Phone – The satellite phone is for emergency use, in situations where no other form of communication is available.

Emergency Satellite Beacon – The satellite beacon is for emergency use only. Once activated a GPS position is sent to the Expedition Operations room.

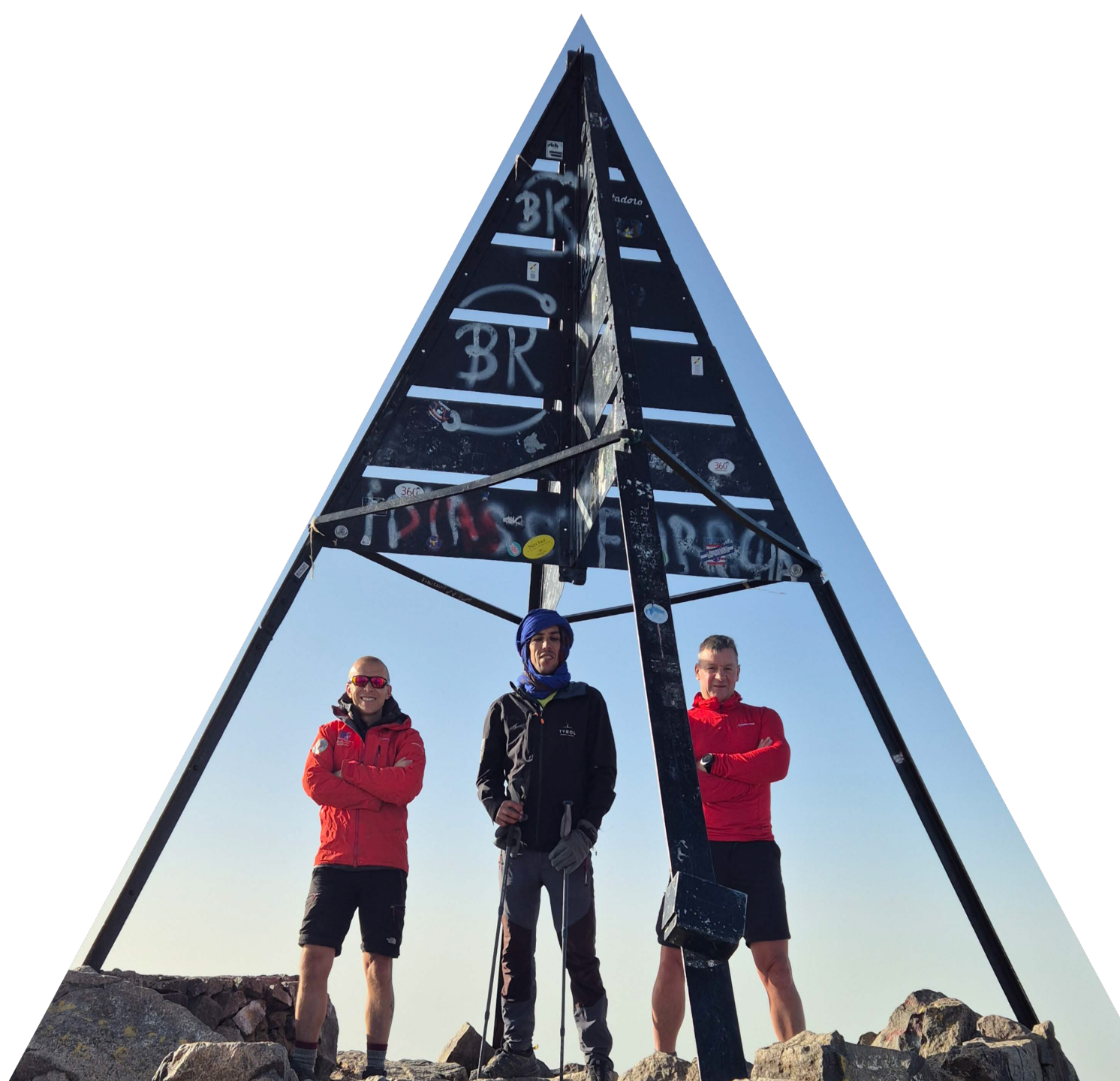


TOP TIPS

Summer Mountain Trekking

- Dress the part. Wear wicking or merino wool based t-shirt to wick any moisture away from your body. Do not wear cotton t-shirts
- Have good sun protection – full brimmed hat or cap with a buff/scarf to protect your neck, use SPF50 sunscreen
- Train in your trekking kit, including wearing your rucksack with weight inside, in varying weather conditions so you know your kit is both suitable and comfortable for your trek
- Wear good sturdy hiking boots which are comfy, well worn-in
- Look after your feet – blister prevention
- Climbing up scree slopes can be very taxing. A good method is to try walking up scree without making a noise. It will make you think about how you're putting your feet down, moving efficiently and not overstretching. Also, dig your toes in to get a firm footing. To head down, face outwards and kick your heels in on every step.
- If you really feel the heat, bring a handheld fan, buff & a full brimmed hat which you can wet or a cooling spray
- Despite the summer warmth in the day, as soon as the sun sets the nights can become very cool. Bring a warm fleece or light weight down jacket
- Keep waterproofs, warm layer, snacks, water, first aid & any medication within easy access in your Rucksack.
- Bring your own hand sanitiser (essential)
- Trekking poles which are retractable are a great way to provide stability and support your knees whilst hiking
- Bring some of your favourite high calorie snacks. Remove as much packaging as you can before taking it on the trek (less litter to carry)
- Bring your own water bottle / flask etc that you can refill.
- Water Purification tablets/drops are essential or always boil your water.
- We recommend you bring electrolyte tablets
- Be respectful of the rural Berber communities, people, land & homes
- Most importantly.....ENJOY THE ENTIRE EXPERIENCE





COST

Deposit:	£150 per person payable on booking
Remaining balance:	Payable 8 weeks prior to start of trip
Total cost:	TBC on itinerary £ per person

Book & Travel with Confidence

As well as carefully crafting amazing and meaningful adventures across the planet, we've made booking them as flexible, safe and as simple as possible.

For the latest info regarding booking and travelling with Outlook Adventures, please visit our [Ts & Cs](#)

Fundraising

If fundraising, all sponsorship monies are to be sent directly to chosen Charity/s / Foundation.

INCLUSIONS & EXCLUSIONS

MT TOUBKAL SUMMER TREK

INCLUDED

Pre-trip:

- Personalised trip support in the lead up to your trek from Outlook Adventures
- Trek training guide
- Discount code for Cotswolds Outdoor
- Trip info supplied via our online Hub
- Public liability insurance
- Financial Protection for your booking
- Monthly payment plans available
- Risk assessment and emergency management planning
- Designated UK trip Co-Ordinator

During your trip:

- Outlook Adventures Leader (for groups over 7 people)
- Local authorised Mountain Guide
- All ground crew per your itinerary and on either side of the trek
- Satellite Telephone and Personal Locator Beacon
- Guesthouse type accommodation (twin or multi share)
- Local Fees for Camping or Mountain Refuge
- Private vehicle transfers as outlined in your itinerary
- Safety equipment and first aid provisions
- Risk assessments, safety management and emergency planning
- All trip management and hygienic cleaning procedures of any shared equipment before, during and post trek.

*All overseas Expeditions are managed by Stuart Ritchie. Along with experience, Stuart holds the highest recognised Mountain leading qualification to lead around the world.

NOT INCLUDED

- Travel insurance (mandatory)
- Vaccinations (if required)
- Return flights to Marrakech.
- Additional excursions outside the itinerary
- Personal spending money and drinks (cash is needed for purchases of snacks & drinks along the trek route)
- Personal snacks, electrolytes, water purification tablets and medication
- Kit and equipment as listed on your kit list
- Tips for any local crew
- Single room supplement
- Any associated costs with leaving the trek early.

TRIP EXTENSION

If you wish to extend your stay in Marrakech, we can help you with plenty of recommendations of things to do and see, places to stay and suggestions on where to eat. Central Marrakech is only a short taxi journey to the airport plus there's many other areas of Morocco which are worth exploring if your time permits.

KIT LIST

Good Quality Durable Kit, could mean the difference between a fantastic Trek and an uncomfortable one.
This is a list of recommended Kit to take on your Trekking journey.

BAGS

- **Main kit bag** This may be your **Rucksack**, or it could be a suitcase, holdall etc that your rucksack + expeditious kit + non expeditious kit could all be packed into for travelling.
- **Rucksack** – minimum 65 litre rucksack to carry your kit required on the trek. Ensure it is comfortable and has waist-straps
- **Dry bags** – we recommend packing your kit inside dry bags to ensure your kit remains dry in the case of wet weather. A wet-weather cover can also be used over your rucksack but this must be securely fastened to your bag during high winds.
- **Small foldaway Bag or Dry Bag** - for which you can leave items not needed on the trek. *non expeditious kit, travel clothes etc can be left in a luggage room.

CLOTHING

- **Waterproof jacket with hood AND water-proof trousers.** It is imperative to have good quality water-proof clothing which is breathable. We recommend fabrics such as: Gore-Tex
- **Warm Puffer jacket** ideally with a hood. Great for wearing at night or in extreme weather conditions, Could be Down or Synthetic filled.
- **Warm Midlayers or fleece**
- **Base layer Tops** (merino wool or wicking fabric) long-sleeved top x 1 and T-Shirt
- **Base Layer Leggings** - *Optional
- **Trekking Shirt** - *optional, can be good to have sleeves up/down.
- **Trekking trousers** – zip off legs are ideal to convert to shorts. Avoid cotton
- **Buff** – which can be used for sun protection and dusty scree slopes
- **Sun hat** – wide brimmed hats are ideal to protect from Sun
- **Warm Hat/Beanie** – for the evenings or higher altitudes
- **Gloves** – light weight thermal or fleece gloves
- **Underwear** - Merino wool or wicking material, not cotton
- **Evening/night clothing** - for camping or Refuge

FOOTWEAR

- **Hiking boots** – well-worn in trekking boots with ankle support and waterproof
- **Trainers / crocs** – optional for traveling to/from UK
- **Socks** – minimum of 2 pairs of merino wool or synthetic trekking socks. Please ensure you trial your sock-wear prior to departure to ensure your choice is suitable
- **Flip-flops/Sliders** or similar for Camp/Refuge

TREKKING EQUIPMENT

- **Water bottle** - suggest a 2-3 litre capacity. A wide mouth water bottle is ideal for collecting water. Please bring water purification tablets or use a Water filtration bottle such as WaterToGo.
*Purified Water can be purchased in Mountain Refuges.
- **Head torch & spare batteries or spare Torch** - essential to last each night and for long use on the Summit journey night.
- **Sunglasses** – essential and must have strong UVA/UVB protection
- **Trekking pole(s)** - *optional, can be good for Toubkal descent
- **Sleeping bag** – please ensure a good 2-3 season sleeping bag with a comfort rating of minimum 0°C as the nights can be cold at basecamp
- **Sleeping bag liner** - *optional
- **Sleeping mat** – such as a thermarest (ONLY if camping)
- **Camping Stove** - Trangia, JetBoil etc, used by group or individual.

TRAVEL ADMIN

- **Passport** plus picture or photocopy of passport
- **Flight tickets**
- **Pen to note address of your accom** – to complete an arrival card on entering Morocco
- **Travel insurance policy and emergency number**
- **Debit/credit cards**
- **Cash** – Moroccan Dirhams. You can withdraw dirhams's from ATM's at Marrakech Airport or in Marrakech. Any tips for locals.

ADDITIONAL ITEMS

- **Food** - Breakfasts, Lunches, Dinners; for expedition phase, high calorie, nutritious, durable, suitable for stove etc.
- **Favourite snacks** - sweet / savoury
- **Food Utensils** - Bowl/Plate, Spork, Cup etc.
- **Electrolytes** - Tablets/Sachets add to water, or Gels
- **Antibacterial hand gel**
- **Sunscreen and lip block** – minimum SPF50
- **Toiletries** – including biodegradable loo paper, waste bags, biodegradable soap/shampoo/conditioner, travel hand soap, eco-friendly wet-wipes, toothpaste & toothbrush, deodorant, lip balm, sanitary products etc.
- **Light-weight micro-fibre towel** – optional
- **Personal First Aid** - personal medication plus paracetamol, ibuprofen, antihistamines, rehydration sachets, diarrhoea tablets and plasters/Compeed blister pads, zinc oxide or Rock tape, ankle and knee supporters if you need, etc.
- **Duct/Repair tape** for any emergency repairs – small roll

NICE TO HAVE

- **Ear plugs** for camping/accommodation.
- **Reading material / card games** for evenings
- **Spare dry bag** for dirty or wet clothing
- **Portable charger** - any chargers or battery items must be transported in your carry-on luggage during your flight
- **Camera** – enclose in a dry bag
- **Go-Pro** - Please note, recharging facilities will be limited so it would be ideal to bring your own charging packs. Please note, the use of drones is **not** permitted in Morocco

***An exclusive discount code will be provided on booking for Cotswolds Outdoor.**

OUTLOOK ADVENTURES

Challenge - Inspire - Achieve

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others & believe you can achieve #ChallengeInspireAchieve



EPIC
ADVENTURES

CONTACT US

For any further info or any questions,
please feel free to contact us at:



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Via our website at

www.outlookadventures.co.uk



@OutlookAdventures



**OUTLOOK
ADVENTURES
SCOTLAND**



OUTLOOK ADVENTURES

SCOTLAND

We look forward to welcoming you to Morocco for this fantastic mountain trek showcasing the impressive High Atlas Mountains and the Berber communities of enroute to Mt Toubkal.

