SEVEN SUMMITS SERIES

Seven Summits, Seven Trials, One Goal

BLACK MOUNTAINEERING

WINTER SKILLS EXPEDITION

MOROCCO

WINTER 7 SUMMITS

High Atlas · 7 Summits up to 4,167m · Mt Toubkal

GEAR LIST



ONE EXPEDITION. ONE TOKEN.

Complete this expedition to earn the Morocco Winter Skills piece of the Seven Summits Medallion.

LOCATION MOROCCO	DURATION 7 DAYS	ROUTE WINTER
GRADE STRENUOUS	ALTITUDE UP TO 4,167M	DAILY ACTIVITY 8 HOURS

MANDATORY EQUIPMENT & LAYERING CHECKLIST

Winter in the High Atlas means snow, ice, strong winds and temperatures of –5°C to –10°C, with technical skills training and three 4,000m summit days. Use Jason's Great Outdoors discount code GOJB15.

All mandatory equipment must be expedition quality, fit correctly and have been tested before departure.

01 | BAGS

- [ ] 80-litre expedition duffle bag
- [ ] Mountaineering backpack 65L

02 | BASE LAYERS

- [ ] Merino wool underwear (4 pcs)
- [ ] Merino long-sleeve base layer (1 pc)
- [ ] Merino long pants base layer (1 pc)
- [ ] Short-sleeve T-shirt (4 pcs)

03 | MID LAYERS

- [ ] Fleece (1 pc)
- [ ] Hiking shorts (1 pc)
- [ ] Mid-weight hiking pants (1 pc)
- [ ] Lightweight hiking pants (1 pc)

04 | WINDPROOF / RAIN LAYERS

- [ ] Hard shell jacket (1 pc)
- [ ] Hard shell pants (1 pc)

05 | INSULATION LAYERS

- [ ] Lite puffer jacket

MANDATORY EQUIPMENT & LAYERING CHECKLIST

06 | HEADWEAR

- [ ] Warm hat (2 pcs)
- [ ] Balaclava (1 pc)
- [ ] Baseball cap (1 pc)
- [ ] Buff (2 pcs)

07 | EYEWEAR

- [ ] Sunglasses

08 | GLOVES

- [ ] Lightweight liner gloves
- [ ] Leather guide glove

09 | FOOTWEAR

- [ ] **Mountaineering boots:** men's or women's, B2 (compatible with semi-automatic crampons)
- [ ] Hiking socks (4 pcs)
- [ ] Trekking shoes
- [ ] Trekking socks (3 pcs)
- [ ] **Refuge shoes:** crocs or sandals

10 | SLEEPING EQUIPMENT

- [ ] Lite sleeping bag for refuge
- [ ] Earplugs

11 | MOUNTAINEERING GEAR

- [ ] Climbing helmet
- [ ] Ice axe
- [ ] Crampons
- [ ] Climbing harness
- [ ] Ascender (left or right hand)
- [ ] ATC belay device
- [ ] Screwgate carabiners (2)

MANDATORY EQUIPMENT & LAYERING CHECKLIST

12 | TRAVEL ITEMS

- [ ] Travel clothes
- [ ] Passport (valid for 6 months)
- [ ] Cash
- [ ] Visa card
- [ ] ATM card
- [ ] Insurance

13 | ADDITIONAL SNACKS

- [ ] Salty-sweet bars
- [ ] Summit gels
- [ ] Nuts

14 | MEDICAL / FIRST AID

- [ ] Compeed blister packs
- [ ] Sutures & steri strips
- [ ] Ibuprofen
- [ ] Paracetamol 500mg
- [ ] Antibiotic Azithromycin 500mg
- [ ] Laxatives
- [ ] Imodium
- [ ] Electrolytes
- [ ] Nail cutter
- [ ] Duct tape – repair kit
- [ ] Hand & feet chemical warmers

MANDATORY EQUIPMENT & LAYERING CHECKLIST

15 | TOILETRIES (PERSONAL)

- [ ] Toilet paper
- [ ] Toothpaste & toothbrush
- [ ] Bio baby wipes (2 pcs)
- [ ] Soap
- [ ] Shampoo
- [ ] Shaver
- [ ] Towel
- [ ] Small nail brush
- [ ] **Sunscreen:** SPF 50
- [ ] **Lip screen:** SPF 30
- [ ] Aftersun

16 | ADDITIONAL ITEMS

- [ ] Headlight 500–700 lumens & charging leads
- [ ] Trekking poles
- [ ] Water bottles 1 litre (2 pcs)

17 | OPTIONAL ELECTRONICS

- [ ] Country-appropriate plug adapters
- [ ] Power bank
- [ ] Phone & charging leads

PRECISION. PROFESSIONALISM. PASSION.

Black Mountaineering Expedition Leadership

PRECISION
Safety & Security

Careful planning, proven logistics, acclimatisation & risk management.

PROFESSIONALISM
Expedition Leadership

Led by Jason Black — multiple Everest & K2 summiteer with more than two decades of high-altitude experience.

PASSION
Authentic Experience

Built on a lifelong passion for exploration, challenge and adventure.

DIRECT EXPEDITION INQUIRIES & OFFICIAL WEBSITE

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blackmountaineering.com

EXPEDITION PAGE
View Morocco Winter 7 Summits

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