



## KYRGYZSTAN : DISCOVER THE CELESTIAL MOUNTAINS PACKING LIST

Here is the full gear kit requirements for our [Kyrgyzstan Trip!](#)





## Packs and Baggage

### **Large Trekking or Travel Hybrid Backpack**

50 - 60 liters trekking backpack

Recommendation : [Osprey Aether 55](#)

### **Day Pack**

25 - 25 liters backpack

Recommendation : [Osprey Talon 36](#)

(or something just a tad smaller)

## Boots and Footwear

### **Trekking Boots**

Quality, waterproof hiking boots

Recommendation : [Lowa Renegade GTX](#)

### **Sandals / Tevas / Keens**

A pair of camp shoes to change into after a day of hiking

Recommendations : [Keen Targhee 3 Sandals](#)

## Essential Personal

### **Sleeping Bag**

A warm sleeping bag -10 C / 14 F comfort rating

Recommendation : [REI Magma 15](#)

### **Sleeping Pad**

Provides insulation and comfort while camping

Recommendation : [Theram-a-Rest NeoAir XTherm](#)

## Specialty Equipment

### **Trekking Poles**

Trekking poles provide balance and stability

Recommendation : [Black Diamond Alpine FLZ](#)

### **Gaiters - (Optional)**

Gaiters helps to keep the snow and rocks out of your boots

Recommendation : [Black Diamond GTX Front Point](#)

### **Headlamp**

Get a rechargeable one if possible

Recommendation : [Petzl Actik](#)

### **Grayl Filter Bottle**

The Grayl Geopress is the ultimate water filter bottle

Recommendation : [Grayl Geopress](#)

### **Large Wide Mouth Water Bottle or Water Pouch**

You can refill from your Grayl Geopress. Should be 1 liter

## Other Personal Gear

### **Dry Bags**

Be 100% sure that your most important items are dry

Recommendation : [Sea to Summit Lightweight Dry Bag](#)

### **Camera / Extra Battery**

To capture the beauty of Kyrgyzstan

Recommendation: [GoPro 9](#)

### **Power Bank and Chargers/Phone Cable**

### **Personal First Aid Kit**

Hand sanitizer, lip balm with spf, tampons, strong quality sun cream (50 spf+), antibiotic cream, paracetamol, throat lozenges, electrolyte tabs, moleskin for blisters, antibiotics for stomach/general, earplugs, and Diamox for altitude sickness (optional)

### **Polarized Sunglasses**

Crucial for protecting your eyes from the harsh sun

Recommendation : [Camp Eyewear Trail Polarized](#)

## Toiletries

### **Toothbrush and Toothpaste**

### **Bodywash / Shampoo**

### **Wetwipes**

### **Deodorant**

### **Fast Drying Microfiber Travel Towel**

Whatever else makes you feel clean and comfortable



## Clothing Layer Systems

- Travel Clothes**  
Casual clothing for air travel and our time in cities
- Down Jacket**  
A warm Down Jacket is 100% crucial  
Recommendation : [Patagonia Down Sweater Hoodie](#)
- Hard Shell/Rain Jacket**  
To lock in your warmth and keep yourself dry  
Recommendation : [Arc'teryx Beta AR](#)
- Fleece**  
The perfect middle layer  
Recommendation : [Patagonia Better Sweater](#)
- Base Layer Top**  
Wear your base layer top to help prevent sunburn  
Recommendation : [Merino Icebreaker 200 Oasis](#)
- Base Layer Bottoms - (Optional)**  
For cold sleeper, base layer bottoms will be good for you  
Recommendation : [Smartwool Merino 250](#)
- Sun Hat and Warm Hat/Beanie**  
The skin on your face will thank you. Also bring a warm hat/beanie for the cold temperatures  
Recommendation : [Durable Trucker Hat](#)
- Trekking Shirts (2-3)**  
Go with something synthetic - Avoid cotton at all costs  
Bring on shirt to sleep in  
Recommendation : [REI Lightweight Base Layer Shirt](#)
- Trekking Pants (1-2 pairs)**  
An acceptable pair of trekking pants - Nothing fancy  
Recommendation : [Kuhl Renegade Rock Pant](#)
- Waterproof / Rain Pants - (Optional)**  
These are good in case we get caught in a snow/rain storm or in case you want an extra warm bottom layer  
Recommendation : [REI GTX Pants](#)

- Trekking Socks (6-7 pairs)**  
Quality pairs of trekking socks can be expensive, but worth the investment. Merino is best  
Recommendation : [Darn Tough Hiker Boot](#)
- Underwear / Bras (4-6 pairs)**  
Recommendation : [Icebreaker Underwear](#)
- Buff and Bandana**  
So many practical applications from serving as a dust mask for keeping the sun off of your neck  
Recommendation : [Buff Lightweight Merino](#)
- Gloves**  
For keeping your hands warm on hikes or at night.  
Recommendation : [Black Diamond Mid-Weight Fleece Gloves](#)

## Non-Essential Optional Gear

- Satellite Messenger Device**  
Stay connected to people back home  
Recommendation : [Garmin In-Reach Mini](#)
- A Good Book / Kindle and Podcasts (Downloaded)**  
These are almost essential items! Bring what you need to stay entertained at camp
- Combination Lock**  
Easily lock your portered bag.  
Recommendation : [Pacsafe Lock](#)

Please note that EBT DOES NOT rent any personal gear or equipment