



## PACKS & BAGGAGE

- Expedition Duffle Bag or
- Trekking Backpack 70-80 Liter
- Day Trekking Backpack  
with rain cover

## ESSENTIAL PERSONAL GEAR

- 0F \ -17C Sleeping Bag
- Inflating Sleeping Pad
- Inflatable Camp Pillow

## SPECIALTY EQUIPMENT

- 2 Trekking Poles
- Headlamp
- Grayl Filter Bottle
- 1L Nalgene bottle \*
- Lightweight Backpacking Tent
- Mug
- Spoon
- Bowl

\* Optional

## BOOTS & FOOTWEAR

- Waterproof Hiking boots
- Camp Shoes
- Sandals/Tevas/Keens

## OTHER PERSONAL GEAR

- Sunglasses
- Personal First Aid Kit
- Power Bank \*
- Chargers/Phone Cable
- Universal power adapter \*
- Snacks
- Bum pad/camp seat \*
- Ziplock plastic bag \*  
(for passport, phone, etc)

## TOILETRIES

- Toothbrush, Toothpaste
- Sun Cream (50 spf+)
- Spf Lip Balm
- Biodegradable Soap
- Deodorant
- Wet wipes
- Travel Towel

## CLOTHING LAYER SYSTEMS

- Clothes for the city
- Down or synthetic down Jacket
- Hard Shell/Rain Jacket
- Waterproof Pants
- 2-3 Hiking T-shirt
- 2 Lightweight trekking Pants
- 3-4 Merinos Trekking Socks
- 1 Base layer Bottom
- 1 Base layer Top
- Hat for sun protection
- Beanie
- Buff and Bandana
- Gloves LightWeight
- Underwear / Bras
- Lightweight rain pants
- Swimsuit
- Hiking shorts
- Fleece

\*If you requested a porter for the trek, you have the option to bring a duffel bag. If you do not plan on hiring a porter, you must bring a large trekking backpack.

# TAJKISTAN - UZBEKISTAN | FANN MOUNTAINS