



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

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

* Optional

*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.

TAJIKISTAN - UZBEKISTAN | FANN MOUNTAINS