



PACKS & BAGGAGE

- ☐ [Expedition Duffel Bag](#)
- ☐ [Day Trekking Backpack w/ rain cover](#)

ESSENTIAL PERSONAL GEAR

- ☐ [0F \ -17C Sleeping Bag](#)
- ☐ [Inflatable Camp Pillow *](#)

SPECIALTY EQUIPMENT

- ☐ [Headlamp](#)
- ☐ [1L Nalgene bottle *](#)
- ☐ [Grayl Filter Bottle](#)

* Optional

BOOTS & FOOTWEAR

- ☐ [Waterproof Winter Boots](#)
- ☐ [Trail Runners/Sneakers](#)

OTHER PERSONAL GEAR

- ☐ [Sunglasses](#)
- ☐ [Personal First Aid Kit](#)
- ☐ [Power Bank](#)
- ☐ [Chargers/Phone Cable](#)
- ☐ [Personal snacks](#)

TOILETRIES

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

CLOTHING LAYER SYSTEMS

- ☐ [Clothes for the city](#)
- ☐ [Rain Shell Pants *](#)
- ☐ [Trekking Pants](#)
- ☐ [Heavyweight / Winter Pants](#)
- ☐ [Fleece](#)
- ☐ [Hiking T-Shirts](#)
- ☐ [Heavy Base Layer Top](#)
- ☐ [Heavy Base Layer Bottoms](#)
- ☐ [Mid weight Down Jacket](#)
- ☐ [Heavy Weight Winter Parka](#)
- ☐ [Hard Shell/Rain Jacket](#)
- ☐ [Gloves Light Weight](#)
- ☐ [Heavy Weight Winter Gloves](#)
- ☐ [Hat for sun protection](#)
- ☐ [Beanie](#)
- ☐ [Buff and Bandana](#)
- ☐ [Merinos Trekking Socks](#)
- ☐ [Underwear / Bras](#)

Note: Spring time temperatures in Western Mongolia can vary a lot, but generally expect it to be cold during the day and at night. We suggest that you bring extra layers, proper gloves, and a warm winter parka so that you can battle the elements in comfort.

MONGOLIA EXPEDITION | SPRING FESTIVALS