



PACKS & BAGGAGE

- ☐ Expedition Duffel Bag
or Trekking Backpack 70-80 Liter
- ☐ Day Trekking Backpack w/ rain cover

ESSENTIAL PERSONAL GEAR

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

SPECIALTY EQUIPMENT

- ☐ a Pair of Trekking Poles
- ☐ Headlamp
- ☐ 1L Nalgene bottle *
- ☐ Grayl Filter Bottle
- ☐ Mug
- ☐ Bowl
- ☐ Spoon

BOOTS & FOOTWEAR

- ☐ Waterproof Trekking Boots
- ☐ Camp Shoes
- ☐ Sandals/Tevas/Keens

OTHER PERSONAL GEAR

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

TOILETRIES

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

CLOTHING LAYER SYSTEMS

- ☐ Clothes for the city
- ☐ 1 Rain Shell Pants *
- ☐ 2 Trekking Pants
- ☐ 1 Fleece
- ☐ 2-3 Trekking T-Shirts
- ☐ 1 Base Layer Top
- ☐ 1 Base Layer Bottoms
- ☐ 1 Mid weight Down Jacket
- ☐ 1 Hard Shell/Rain Jacket
- ☐ 1 Gloves Light Weight
- ☐ 1 Hat for sun protection
- ☐ 1 Beanie
- ☐ 1 Buff and Bandana
- ☐ 3- 4 Merinos Trekking Socks
- ☐ 5 Underwear / Bras
- ☐ 1 Swimsuit
- ☐ Hiking shorts

* Optional

TAJIKISTAN - UZBEKISTAN | FANN MOUNTAINS