



## PACKS & BAGGAGE

- ☐ Expedition Duffel Bag  
or 1-2 stuff sacks for donkeys
- ☐ Day Trekking Backpack w/ rain cover

## ESSENTIAL PERSONAL GEAR

- ☐ 32F/0C Sleeping Bag
- ☐ inflatable 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 \*
- ☐ Closed Toe Sandals

## 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, ..)
- ☐ Earplugs

## TOILETRIES

- ☐ Toothbrush, Toothpaste
- ☐ Sun Cream (50 spf+)
- ☐ Spf Lip Balm
- ☐ Biodegradable Soap
- ☐ Deodorant
- ☐ 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
- ☐ Hiking Shorts

\* Optional

# KYRGYZSTAN | AK SUU & KARAVSHIN VALLEY