

Packing List for Central Asia:

TRAVEL DOCUMENTS

- Passport - 6 months valid from the end of your travels
- Visa with correct dates & names
- Insurance, vaccinations record, and medical prescription
- Make copies of important documents

CASH AND PAYMENT CARDS

- Take enough cash for your trip and emergency fund of USD 500 recommended
- Use money belt during the whole journey

FIRST AID KIT AND NECESSAIRE

- Prescribed medicine
- Personal medical first aid kit
- Insect repellent
- Hand sanitizer
- Sunscreen 30-50 SPF
- Towel
- Toothbrush & toothpaste
- Deo & parfum
- Shampoo, soap & shower gel

CLOTHING – Dress in layers

- T-shirts, shirts
- Socks and underwear
- Hiking pants /shorts
- Light sweater/jacket
- Rain jacket & pants
- Windproof clothes
- Warm down/fleece jacket
- Swimwear

SHOES

- Flip flops or other rubber shoes
- Light trainer shoes or flats
- Slippers
- Hiking shoes & trekking socks

ACCESSORIES

- Light backpack
- Sleeping Bag
- Flashlight/headtorch
- Sunglasses & hat
- Trekking pole
- Camera & Chargers

OPTIONAL PACKING TIPS

- Solar chargers
- Earplugs
- Music & books
- Blow up pillow
- Pajama
- Laundry powder/soap
- Washing line
- Sewing kit
- Hanging toiletry bag
- Personal hygiene articles
- All purpose small plastic bags
- Shaving kit
- Italian Coffee Pot
- Personal spoon, fork
- Collapsible travel cups
- Swiss army knife
- Postcards & Souvenirs
- Travel diary
- Light travel games

For more information visit - <https://kalpak-travel.com/blog/packing-list-central-asia/>