

PACKING LIST FOR CENTRAL ASIA TREKKING

ACCESSORIES

- Large Backpack (+50L)
- Small daypack (20-30L)
- Sleeping bag (ideally -10° Celsius comfort temperature)
- Trekking sticks
- Good sunglasses & hat
- Sunscreen SPF 30-50
- Torch/ flashlight/ headlamp
- Camera & chargers

CLOTHING & SHOES

- Flipflops or waterproof sandals for crossing rivers
- Trekking shoes
- Warm down jacket
- Rain jacket and pants
- Windproof clothes
- Trekking Pants
- Sweatshirt
- T-shirts, shirts
- Socks and underwear
- Shorts

FIRST AID KIT AND NECESSAIRE

- Hand sanitizer
- Prescribed medicine
- Personal medical first aid kit
- Toothbrush, floss & toothpaste
- Shampoo, soap & shower gel (preferably biodegradable)

OPTIONAL PACKING TIPS

- Inflatable mattress and pillow
- Pajama/slippers
- Earplugs, music & books
- Sewing kit
- Personal hygiene articles
- Lotion/ body cream/ handwarmer
- Postcards/souvenirs from your homeland

TRAVEL DOCUMENTS

- Passport - 6 months valid from the end of your travels
- Printout of the Evisa for Tajikistan (if you are going there)
- Insurance, vaccinations record & medical prescriptions
- Copies of all important documents