

The Essentials:

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| <ul style="list-style-type: none"> - 1 Anorak or waterproof jacket (resistant and of an easily camouflaged colour (cf hunting equipment)) (ponchos forbidden near the horses) - 1 Backpack or soft bag for all your things (50/60 L) that will stay in Bishkek for horse bag - 1 Bathing suit - 1p. Binoculars (8X42 or 10X42 are obligatory for observation) - 1 Biodegradable toothpaste - 1 Cap or hat - 1 Chapstick - 1p. Fleece gloves (or mittens) - 1 Hat - 1 Head lamp (dynamo or long lasting batteries/lithium with a set of spare batteries) - 1p. Hiking boots (with ankle support) - 1p. hiking poles (recommended if used AND for October) - 2 Hiking pants - 1 Horse-riding helmet (obligatory for all) - 1 Knife - 3 Large resistant bin bags of 50-100 L and 3 smaller ones – to protect your stuff and your bags inside saddlebags on the horses (from for crossings and rain) - 1 Lighter - 2 Long-sleeved T-shirts - Micropurs (water treatment pills, Pump / Straw / Filter flask / UV lamp, etc.) - 1 Neck warmer (scarf, buff...) - Padded blister plasters - 1 Pen + 1 pencil | <ul style="list-style-type: none"> - Personal first aid kit (see below) - 2 Photocopies of your passport (1 for each bag) - 1 Rain pants - Reusable warmers (recommended in October) - 2 Short-sleeved T-shirts - 1 Silk sheet or “Thermolite” sheet (to put inside your sleeping bag) - 1 Sleeping bag (to comfortably withstand temperatures of -5°/-10°C, and -15°C for October) - 1 Sleeping mat (auto-inflating: lightweight to go in the bag) - 1 Small Backpack for daily use (30-40 L) - 1 Soap (suitable for body washing and clothes) - 1p. Strong flip-flop s or Tevas - 1p. Sunglasses (category 3 minimum) - 1 Survival blanket (travel-sized) - 3 Sweaters and/or fleeces/specialised clothing (layers) - 1 Tights/leggings/long underwear - Tissues (preferably fabric handkerchiefs) - 1 Toothbrush - 1 Towel (very light, specific for trekking) - 1 Tube of sun cream (small and high factor) - Underwear (7 knickers/boxers, 4p. hiking socks including 2p. warm hiking socks. 2 bras) - 1 Vaseline-type lotion, highly moisturising (for lips, body, hands) - 1 Water bottle (1.5L minimum) - 1 pair of gaiters (essential in Naryn AND in October) - 1 pair of winter boots or spare mountain shoes (essential in October) |
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We ask you to bring a personal or regional “speciality” in order to introduce it to our local guides but also to enhance and add a personal touch to the picnics that are really repetitive! (E.g. sausages, cheese, vegetarian/fish terrine, etc. but dry fruits are unnecessary)

The Little Extras:

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| <ul style="list-style-type: none"> - 1 Bivvy bag (waterproof – for night sleeping under the stars) - 1 Horse-riding pants - 1 Shorts - 1 Belt - 1 Shampoo (solid or small bottle) - Wet wipes (intimate wipes) - Contraceptives - if necessary - Feminine hygiene products or the wherewithal to skip 1-2 periods - 1 Travel-sized solar heated shower | <ul style="list-style-type: none"> - 1 solar panel - 1 Nail clippers, tweezers razor, hairbrush or comb, air hair ties... - Personal treats (chocolate, cereal bars...) - 1 Hiking GPS - 1 Scope - 1 Altimeter - 1 External battery (type Powerbank, Powerstick) to recharge your camera or other devices - 1 Camera, charger, spare batteries - 1 Cell phone, charger (for being in town) |
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- Cash for personal use (\$50-\$100 will suffice)
- 1 napkin

- 1 Conversation guide – English-Russian or En-Kg

Tricks and Hints:

- * Remember to bring **natural**, and where possible, **biodegradable products**, for your personal hygiene and clothes washing needs!
- * Remember, also, to **minimise the trash** that you will bring! We will bring as much as possible back home ... so don't fill your bags with unnecessary garbage (battery packets etc.).
- * **Use your initiative** to bring only the **necessary quantities** for the length of your trip (e.g. pour out the correct amount of your toiletries into smaller containers) to save space and weight for the horses, the jeeps/minibuses, and your back! The same goes for your clothes; you will be able to do your laundry in the mountain streams! Try to pack your large bags to weigh no more than **13kg!**
- * Neutrally-coloured clothing: **camouflage, khaki, grey and brown** (camo colours) will be the least visible out in nature! Remember that!

GROUP MED KIT

As mentioned in the expedition's presentation folder, we will have to be entirely independent in case of emergency, since we will be in a very isolated region.

We will have a **medical helpline** to which we will subscribe, which is accessible by telephone 24 hours a day and provided by doctors specialising in mountain and isolated areas medicine (we will send you the details about Ifremmont SOS MAM at a later stage). Our **satellite phone** will allow us to contact them in case of any concern. Also, we will have a **group med kit** with us for the duration of the expedition, which has been put together following their advice.

This first aid kit will be designed to deal with the types of accidents that could happen in the mountains. Please, let us know if you have any **major reasons to avoid any of them (allergies or any other reason)**. They will, of course, only be used **in case of an emergency!**

PERSONAL FIRST AID KIT

Here is an example of a **personal first aid kit** that you must **bring with you** containing **appropriate quantities**: *This list is not exhaustive and you should add your personal medicines, of which we must be informed (respiratory problems, urinary tract infections, styes, etc.). It is important to know yourself well, to anticipate your own weaknesses (cold, digestive issues, fatigue, blisters, sprains...) and to pack the appropriate quantities of your kit's contents!*

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| - Micropur (water purifying tablets – 3capsules/day) | - Désinfectant (a small amount!!!) |
| - Plasters and padded blister plasters | - Compression bandages (in case of a sprain) |
| - Travel sickness medication | - Gastric medication (anti-diarrhoeal drug) |
| - Hand sanitizer | - Painkillers |
| - Anti-diarrhoeal | - Laxatives |
| - Antihistamines (if you suffer from hay fever) | - Anti-vomiting |

As for anything else, everybody knows their own weaknesses, so please plan accordingly!

