

King's Himalayan Club Expedition

Summer 2016

UNKNOWN KYRGYZSTAN –THE CANYONS OF KOK-KYJA RIVER

Kit List

- Toiletries-
 - Sun cream (20pf. and more),
 - Chapstick-
 - Water container-
 - Trekking boots-
 - Sun glasses of a good protection level-
 - Kitbag with a capacity of at least 45litres
 - Backpack with the holding capacity of 35litres for personal stuff for a day trek.-
 - Sleeping bag (temperature range -10C -15C)-
 - Mat for a sleeping bag-
 - Trekking sticks (optional)
 - Headlamp with extra batteries
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- **Clothes:**
 - The clothes for a warm climate in valleys-
 - Shoes for easy treks and town (sneakers/sandals)-
 - Shoes for river fording (sandals)-
 - Trekking pants – thin thermal underwear or any other for sleeping in tents-
 - Windcheater or any other thin jacket-
 - Waterproof jacket (preferable Gore-Tex) with the hood or a slicker-
 - Waterproof pants (preferable Gore-Tex)-
 - T-shirts – 2 each-
 - Shorts-
 - Long sleeve T-shirt-
 - Fleece (polar) jacket (for the nights in tent),
 - Socks – 3 pairs-
 - Wool or fleece hat-
 - Hat with a visor-
 - Fleece or any other gloves for the nights in tent-
 - Down jacket (preferable)