

## **Kyrgyzstan – Trek, Pony Trek & Culture**

### **Clothes & equipment**

- toiletries
- sunscreen (at least SPF 20 or more)
- chapstick or equivalent cold weather lip balm
- water bottle
- trekking shoes
- mountain sunglasses with good protection
- kitbag with a minimum of 45-liter capacity
- backpack for use as a daypack for personal things, approximate size: 35 liters
- sleeping bag (temperature range -10° to -15°)
- sleeping mat
- trekking poles (essential!)
- head torch and extra batteries

### **Clothes**

- clothes for hot weather, in the valley and for Issyk-Kul lake
- lightweight shoes for trekking and cities (sneakers, sandals)
- trekking trousers
  - thin thermal underwear or something for sleeping in tents
- windbreaker or any other thin jacket
- waterproof jacket (Gore-Tex is preferable) with hood or waterproof coat
- waterproof trousers (Gore-Tex is preferable)
- T-shirts – 2 pieces
- shorts
- long sleeve T-shirt
- polar jacket or jacket of wind stopper material
- woolen socks – at least 2 pairs (for sleeping in tents) cotton socks – at least 3 pairs
- a woolen or polar cap
- cap with a brim to shade from sunlight
- thin gloves during nights and trekking