

Kyrgyzstan Packing List

Source: <http://jackandjilltravel.com/trekking-kyrgyzstan-packing-list/>

Backpack and Daypack

- ❑ **Carry-on Size Backpack** e.g. Osprey Farpoint 40L
- ❑ **Daypack**, e.g. [Osprey Escapist 25L](#)

Alternatively:

- ❑ **A 60L Daypack** - Obviously you're not renting equipment, you will need a bigger pack. I'm partial to [Osprey Eja](#) myself - a lightweight backpacking pack from Osprey (I own the older version called Exos, Eja is the 2018's women version of Exos). It really doesn't matter what pack you bring, as long as it's fitted well.

Clothing Layers

- ❑ **Hiking pants** - I'm on my 2nd pair of [Prana's Halle](#) pants. I love them so much: stretchy, wicking, and cute.
- ❑ **Bottom base layer** - for extra warmth. I wore these Capilene bottom every single trekking days in the Alay.
- ❑ **Long sleeved, wool hiking shirt** - This is your workhorse. I wear [Smartwool 250](#) base layer. It's quick drying and resists odors well. I wore this for a total 10 days without washing while in Kyrgyzstan.
- ❑ **Lightweight fleece** - I have a Patagonia R1 pullover that's currently my favorite layer for everything from climbing to hiking to camp lounging.
- ❑ **A midweight layer** - I also made a lot of use of my Patagonia Nano Air hoody: a stretchy and breathable layer I've used extensively for cross-country skiing and other cold-weather activities (can you tell that I have a thing for Patagonia products?).
- ❑ **A warm puffy** - This is for when you're not moving: setting up camp, having dinner, resting, etc. I have an old Ama Dablam down jacket (from Marmot) that has an 800-fill feather.
- ❑ **A wool beanie** - an easy, lightweight way to provide extra warmth.
- ❑ **Buff Headwear** - I own the half-length one that I think is perfect, since it's small enough to stuff in a pocket. I use it to provide extra coverage for neck on sunny days, to cover my mouth and nose on windy days, and as a hairband on bad hair days. The best value-per-weight item I own, IMO.

Footwear

- ❑ **Trail runners** - If you have wide feet and are looking for a pair waterproof trail runners for W-Trek, I can highly recommend [Altra Lone Peak 3.0](#) Neoshell.
- ❑ **Merino wool socks** - I love Smartwool socks, but any merino wool socks will work.
- ❑ **Lightweight camp sandals** - Give those feet a break! At the camp, slipping into these insulated [Teva mocs](#) sandals feels so heavenly.
- ❑ **Trekking poles** (optional) - I don't use them, but a LOT of people swear by them. If you've hiked with poles before and found them useful, bring them.

Rain and Sun Protection

- ❑ **Rain jacket** - Put a waterproof and (preferably) breathable rain jacket in your Kyrgyzstan trekking packing list. Something like an [Outdoor Research Aspire](#) rainshell will work.
- ❑ **Rain pants** - no need for anything fancy. I bought a pair of [Storm Surge rain pants](#) made by Colombia on sale and they serve their purpose.
- ❑ **Windproof gloves** - My hands tend to run cold and I was glad I had a pair of windproof gloves. [These ones](#) are also water-resistant and have those fingertip pads for touchscreen.
- ❑ **Sunglasses and a hat** - useful in keeping sun and water out of my eyes.
- ❑ **Sunscreen** - I use [TotLogic](#) Broad Spectrum SPF 30, a mineral-based sunscreen for my sensitive skin.

Misc

- ❑ **Cooking kit and stove** - simple, lightweight kit and stove.
- ❑ **Battery pack** - I own a [Jackery 6000mAh](#). I love it because it's compact, FAST, and has built-in charging cables (lightning and mini-USB). 50% of the time I forget to bring a charging cable, so I feel that this battery pack built-in charging cables is made FOR ME!
- ❑ **Lightweight dry bags** - I always carry a 1L dry sack even on the shortest hike, big enough for my phone and camera. On this trip, I carry extra dry bags where I put my extra clothes, food, electronics, etc. This way, I wouldn't worry even if my whole bag gets wet. Sea to Summit makes an array of [lightweight dry sacks](#) in various sizes.
- ❑ **Headlamp** - I recently upgraded to a USB charge-able headlamp, [Petzl ACTIK CORE](#), and I LOVED it! No more doubting if the batteries are charged.
- ❑ **First aid kit** - I like this [Lifeline Dayhiker First Aid kit](#) for a starting point. I customized further by adding some [Compeed](#) and extra Ibuprofen.
- ❑ **Sleeping bag liners** - I wasn't sure how often they clean those rental sleeping bags. They felt and smelt clean... but these [sleeping bag liners](#) do not weigh much and they also provide extra warmth. Totally worth bringing along.

- ❑ **Water purifier tablets** - I chose to use [Aquatabs](#) tablets instead of a filtering system since I wanted something quick. These tablets worked out well. I fill up whenever there's an opportunity and all I had to do was wait around 30 minutes.
- ❑ **Toiletry kit** - toothbrush, a small tube of toothpaste, dental floss
- ❑ **Quickdrying, non-cotton undies** - I swear on [these](#). Not the sexiest underwear, but it works.

If You're Not Renting:

- ❑ **Cooking kit and stove** - I have a Jetboil and this [cheap-o mess kit](#) from Amazon. I tend to go the opposite of fancy for cooking kits, especially for short treks.
- ❑ **Sleeping bag** - I own a [Marmot Helium](#), but bring what you have (I recommend something rated to 15F at least). If I were to upgrade, I'd opt for a quilt-style sleeping bag because it's lighter and warmer.
- ❑ **Sleeping pad** - this pad from [Outdoorsman](#) is a fraction of the price of a Thermarest, packs down to the size of a Nalgene bottle, and warm/comfortable.

Food

I purchased the bulk of my food in Kyrgyzstan, but I did bring my own "comfort" food.

- ❑ **Breakfast:** [Kuju basecamp](#) pourover coffee (you can take a girl out of San Francisco, but...)
- ❑ **Lunch:** nuts, chocolate, tuna in a pouch, raisins, [Barnana](#), etc
- ❑ **Dinner:** I brought a couple of Backcountry Pantry [pad thai](#) (my fave!). I'm glad I did. There's only so much plov one can eat, you know?

[Source](#)