

Go Wilderness Mongolia

Adventure travel in the Land of the Big Blue Sky

Participants Clothing and Equipment List

Essential Personal Clothing and Equipment

Waterproof Top - Breathable materials work well in Mongolia, essential in August!

Waterproof Trousers - Breathable materials work well in Mongolia, essential in August!

Mountain Trekking boots - High altitude treks, need to be suitable for use with crampons

Trekking socks - Good quality, at least 4 pairs

Warm hat - Wool or fleece

Warm gloves - Wool or fleece

Sun hat - wide brimmed style preferable to baseball cap

3/4 Season Sleeping bag - Down

35-40 L daypack - for trekking with, use as hand luggage on the flight

65 L Trek bag - Main baggage (unless on backpacking trip) otherwise for hold luggage

Thermal underwear - top and bottoms

Lightweight shoes - Trainers

Tevas' or similar sports sandals - essential for canoeing trips

Pack towel - larger ones provide more privacy

2 x 2L Water bottles - bring a hydration system as well if you wish

Personal sanitary requirements - Females

Personal medication - Important as these can be hard to buy in Mongolia

High factor sun cream - At least SPF 30, as the sun here is very strong. Waterproof

Reading book - Talk to your friends so you can swap them during the trip

Waterproof kit bags - Essential to line rucksack with

Fleece jumper x 2 - One thick and one thin for layering

Jacket x 1 - Needs to fit under your waterproof jacket

Down / high altitude jacket - If on high altitude treks or climbs

Head torch - LED with a new battery will last the trip

Washing / shower kit - With biodegradable soap

Mosquito repellent - We believe you should avoid DEET and use a natural one

Tee shirt - Cotton

Long sleeve shirt - For sun and mozzie protection

Trekking trousers - Must avoid zip off's if you are horse/camel trekking as the zips rub

Shorts - For trekking in out of the way places

Set of travelling clothes - Can be left in storage while in the countryside

Altitude sunglasses - Must be good quality, don't try to save cash here

Knife - Good quality penknife, maybe one of those with numerous useful blades

Wet wipes - Great for those important places when it's difficult to wash properly

Optional

Mosquito head net - If you are travelling to Hovsgol in August

MP3 player - For long flight to/from Ulaan Baatar

Personal snacks / energy food - If you are addicted to them!

Trekking Poles x 2

Group Equipment

Small shovel - For digging toilet pit

Resalable plastic bags - Any number of uses

Sewing kit - Very handy in the countryside

Toilet roll - In a small plastic bag, for emergencies

Puritabs - For use in emergencies

GPS - Only if you have one and know how to use it!

Maps - Of the area you are visiting

Binoculars - Great for watching birds and wildlife

Guide Books - See our booklist

Spare sunglasses - In case someone breaks theirs

Mongolian phrase book - Very useful if teaching English as well

Gaffa / duck tape - Small roll for repairs

Personal Administration

Passport - Complete with all Visas you need

Photocopies of passport x 2

Passport photographs x 2

Insurance document - 2 x copies

Baggage identification labels

Emergency contact details - 2 x copies

Spending money US \$300 cash

Camera & memory / films / batteries / charger

Security / Money belt

Small First Aid kit

Watch

Notebook and pen

Sense of humour

Technical Equipment - If you are not using kit supplied by GWM

Climbing Rope x 50m

Ice Axe - Walking length about 60 - 70 cm long

Alpine Harness - with adjustable leg loops

Climbing Helmet

Crampons or Instep Crampons - Depending on your route on the mountain

Sling and HMS crab

Prussic loops x 2

Notes

Baggage allowance on international flight is usually 20kg + 5 to 8kg hand baggage

Baggage allowance on Mongolian internal flights is 15kg including hand baggage

*All equipment must be thoroughly checked before packing
All items must be identified with your name!*