



WHAT TO TAKE ON A TRIP TO KYRGYZSTAN?

Baibol Travel guides have developed a list of things to take on a trip to Kyrgyzstan, taking into account the weather, terrain and altitude where you will travel. It includes, as the most necessary, and additional list for different categories of tour. Please use it as a guide

The number of things can change only in the case of a complex tour.

General list of things for travel to Kyrgyzstan

- personal hygiene items and personal first-aid kit;
- a light jacket with a long sleeve and a closed chest, or a shirt (for protection from the sun);
- a couple of T-shirts, a hat (from the sun);
- at least 2 pairs of warm and 5 of simple socks;
- gloves;
- shorts or summer pants;
- swimwear;
- sunglasses;
- sunscreen;
- handbag for documents (if any);
- memepad, pen or electronic alternative
- headlamp, batteries for it;
- camera, batteries/accumulators to it;
- small rucksack;
- use and expeditionary bag instead of big luggage (optional);
- watch, an altimeter (optional), portable charger (power bank);

Trekking

There is a fine line between taking too many things and too little, especially considering what you need to use for any extreme situations and weather conditions. Below, there is a list of staff offered by us, it is almost universal for trips in Kyrgyzstan.

- tent, sleeping bag or ground pad (if not included in the list of things provided by the company)— backpack or expeditionary trunk;
- a windbreaker from the wind and the rain (or a windbreaker + plastic raincoat);
- tight draft-proof pants, preferably synthetic, to quickly dried up;
- waterproof trousers (optional);
- thermal underwear;
- high waterproof Hiking boots that cover the ankle + sandals/sneakers;
- alpenstocks, gaiters;

Auto-tours

Our universal list for auto-tours is designed taking into account the weather, terrain and altitude where you will travel. It includes, both the most necessary and additional things: clothing and accessories.

- riding shoes (without heels, without a platform and fixed), sneakers are preferred;
- spare pair of shoes (if first one is wet or damaged);
- tight pants for riding in the saddle;



- long-sleeved shirt;
- windproof and waterproof jacket (windstopper);

Horse tour recommendations

Unlike tracking, in the horse tour, horse carries the main cargo, but it doesn't mean that you can take anything you want with you. Overloading can lead to a backlog from the program and then instead of enjoying a leisurely trip to natural attractions, your journey will turn into a quick race. Our universal list for horse tours is made taking into account everything you need from clothes to accessories:

- tent, sleeping bag or mat (if not included in the list of things provided by the company);
- backpack or travel bag + lightweight backpack not more than 30 liters (optional, for tours with auto-support);
- riding shoes (without a heel, without a platform, and fixed), sneakers are fit;
- a spare pair of shoes (if the first one is wet or broken);
- thick pants (to riding);
- windproof and waterproof jacket (windbreaker);
- gaiters;

Recommendations for velo tour

If you plan to travel by bicycle, then you need to be prepared for the fact that you have to transport a lot of things. The most cyclists realize that they went on a journey with the excess weight of unnecessary things. As a result, they came to the conclusion that the less things they take, the more fun the journey. We highly recommend you to use our universal list of necessary things, compiled specifically for bicycles:

- tent, sleeping bag or mat (if not included in the list of things provided by the company);
- backpack or travel bag + lightweight backpack not more than 30 liters (optional, for tours with auto-support);
- thick pants - 2 pairs (not jeans);
- thin fleece jacket or T-shirt (depending on the weather forecast);
- light windstopper (clothes should "breathe");
- bike gloves (recommended, but not required);
- bike shorts (recommended, but not required);
- a raincoat or a waterproof jacket (in case of bad weather);
- headdress (cap or bandana). Remember that during the day, you will have a helmet on your head;
- clothes for sleeping accommodation in the tent;
- fleece sweatshirt / sweatshirt / jacket for the evening;
- comfortable shoes without heels, 2 pairs: first one for an active day on bicycles (shoes must completely cover the foot, sandals are forbidden), the second for the camp;
- bike glasses (not necessarily, but this is a good protection against wind and insects);

Recommendations for hunting tours

One of the most important recommendations, hunters can give us while travelling is to take spacious and durable backpack. Because you will have to move a lot especially in the mountainous terrain. It's better to take only the important stuff in order to move comfortably. The list below will help you to take the most necessary things.

- a small backpack and an expeditionary backpack, in order to comfortably take it during the horseback riding;
- riding boots (without a heel, without a platform, with a fixed back), fit sport shoes;



- additional pair of shoes (if another pair is wet etc.);
- tight trousers for riding;
- a light jacket with a long sleeve and a closed chest, or a shirt (for protection from the sun);
- gaiters;

BAIBOL TRAVEL wishes you a pleasant trip to Kyrgyzstan and stays at your service.

18, Madieva (st. Shabdan Baatyr/Kolbaeva)

Kok Jar 724316, Kyrgyz Republic

+996 312 88 80 08

+996 505 88 80 08

info@baibol.kg

<https://baibol.kg>