

# Preparing for Your Gobi Adventure



## Clothing and Footwear

While the weather can cover a range of conditions, high temperatures and strong sun are of course a primary concern you want to address when packing for travels in the Gobi desert. But don't think "short sleeves and shorts" – rather, chose light clothing that covers and protects you well from sun and wind. You may want to take a pair of shorts and T-shirt but don't plan on that as a daily outfit. The same goes for sandals and shoes - you probably want to pack a pair of sandals, but do take lightweight, yet sturdy hiking shoes. Your feet can burn badly in sandals under the Gobi sun, and for exploring some canyons or hidden mountain valleys, a scramble up a rocky mountain and for horse and camel rides, you want shoes or boots, not sandals.

## Sun Protection



You probably have an idea of how well you take heat, and if you are like me, you may want some extra preparations to keep cool. There is some nice clothing available

now, made for athletes to keep body temperature down, and for sporting events in heat weather. Cooling vests, wrist bands or kerchiefs made from a fabric that absorbs water and keeps you cool through evaporation may be a good choice.

A hat, cap or headscarf is a must though; the sun is strong in the Gobi and you need that protection. A wide brimmed hat is good; if you prefer a cap you may want to consider a flap in the back to protect your neck. Other head gear can be a scarf or kerchief, up to your preference. Look at desert dwelling cultures for inspiration...

## Eyewear

Also eyewear (sunglasses) that provides good protection is really necessary. Wrap-arounds are good, or at least a shape of glass that provides enough dark area to block sun rays from your eyes. It is likely you have a decent pair of sunglasses, but if you are getting new ones for the Gobi tour, make sure the material is really protective (blocking harmful sunrays) and not just dark. They don't need to be designer glasses, but a genuine brand item is probably worth the investment, for adventures in the Gobi and for regular use with other outdoor activities ever after..

## Personal Items

Personal items you should bring include your toiletries and special medications you may need, sun screen, lip protection/sun block, small towel and washcloth, small binoculars, flashlight/headlight and a camera.



## Gobi Mountain Travel and Late Season Tours

Keep in mind that the Gobi desert is the coldest desert on earth, that you may trek into mountains that reach alpine heights or that you may be travelling late in the season (September, October). **Take warm clothes also!** The Gobi desert is beautiful in fall. Autumn colors in the desert are just as beautiful as in a northern forest, though more subtle. With the summer heat broken, the temperatures can be really pleasant at that time. But, there can also be snowstorms with snowfall. Likely, it will not happen, but we are prepared for it and you should have appropriate clothing for such events. In addition to the pile jacket or sweater and windproof jacket recommended for all Gobi trips, pack a set of long (top and bottom) underwear, a warm hat and a pair of gloves. You may want to pack some extra warm clothing if you get cold easily; also think of the cooler nights at that time of year. These recommendations actually are valid for travel in Mongolia in general; there can always be a sudden turn in weather, with astonishing drops in temperature, high winds and sometimes rain, or even snow.

## Shopping for Gobi Desert Travel Gear

You do not have to purchase super hi-tech gear to be prepared well, but of course there is a whole range of fabrics newly developed for sports and expeditions with special properties for protection from the elements and easy care. There are excellent lightweight, fast drying and sun protective garments, kerchiefs and hats that you may want to look into. Some sources where to look for desert and expedition clothing and gear are:

- sun protective clothing, head wear, glasses and accessories:  
<http://www.coolibar.com/home.jsp>
- evaporative cooling vests, wristbands, caps, neckbands:  
<http://www.mscooling.com/evaporativecooling>
- lightweight, long sleeve shirts and other functional trekking/travel clothing:  
<http://www.llbean.com/>, or <http://www.columbia.com/>

If you are an active outdoors person and traveler, it is likely you have everything you need anyway. Double check for good head and eye protection, and if you are susceptible to heat stress, consider special gear. Remember higher elevation and night time colder temperatures and the possibility of cool weather snaps all year round. Don't overspend on special equipment. Also, we do a quick gear check with our guests before each trip, and if essentials are missing, you can support the local economy and buy missing items in Mongolia's capital city, Ulaanbaatar.

If you have further questions, please contact us at [info@stonehorsemongolia.com](mailto:info@stonehorsemongolia.com).

Safe travels,

Sabine



**Stone Horse** Expeditions & Travel  
*Riding Adventures in Mongolia*

**30 + Years**  
**Experience in**  
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