



## **Suggested Clothing & Equipment List**

### **Gorkhi-Terelj National Park Trek**

#### **Basic Items**

##### **Footwear**

Hiking boots or shoes (waterproof if possible)

Hiking socks (smart wool type)

Hiking gaiters

Sandals (for around camp and for fording rivers)

##### **Clothing**

Base layer – long underwear (good for sleeping as well)

Long sleeved polypro/wool T-shirt (with ability to wick away moisture)

Shirt with double pockets (good for extras)

Hiking pants

Pile jacket

Wind/rain proof parka/jacket

Wind/rain proof pants

Pile or wool cap (good for sleeping as well)

Sunhat – wide brimmed or baseball type

Gloves – pile or ski (light pile gloves and or waterproof ski type gloves are good)

Lightweight down jacket (can pack down for easy carry/ good for early mornings and nights)

## **Accessory Equipment**

Comfortable day pack – your local outdoor equipment store can help with this

Headlamp

Small travel first aid kit – mole skin for blisters

Small tube sun block

Lip balm

Sun glasses

Duffle bag for extra clothing (will go on yak cart during day)

Personal toiletries (can go in duffle bag for the day)

Camera – extra batteries / SD cards

Re-fillable water bottle (if you have a personal favorite you prefer to carry- we recommend stainless steel and not plastic)

## **Extras - only if you want to carry them, these are not essential**

GPS

Compass

Binoculars

## Important Note:

- The items above are a list of suggested equipment to bring as the basics for a trek in the Gorkhi-Terelj National Park. Experienced trekkers will have their own well broken in equipment that they are comfortable with and perhaps a few other items not found on this list.

- It is very important to make sure your footwear (hiking boots or shoes) are well broken in before using them on this trip. Never begin a long trekking trip with new untested footwear.

A good set of wind/rain proof jacket (with hood) and wind/rain pants are essential. ***These items can save your life if it gets cold and there is rain or snow.*** If you have to, test them out in the shower to make sure they really are rain proof and have no leak spots. Seam seal any leak spots

- The day pack you use should be tested and adjusted on a good day hike with the items you think you will be carrying along each day (ie: water bottles, lunch, sandals, extra socks, small first aid kit, binoculars ,camera, extra gloves or hat, wind proofs, etc.)
- It's important to keep the items you pack to a minimum and only take what you really need for the day. It's easy to fill your pack with 50 kgs of "lightweight" gear that you don't really need to carry around.
- The small/medium duffle bag for the extra clothing and items you will use or need in camp, will be packed on the yak carts for the day and accessible in camp.
- Small net see through pouches are good for organizing your equipment and packing them in your bags