

Packing List for Mongolia

Essential items | optional items

Clothing	Notes
<input type="checkbox"/> Athletic shirt(s)	Quick dry is ideal
<input type="checkbox"/> Fleece jacket	Wicks sweat and rain, cuts wind, and comfy!
<input type="checkbox"/> Rain jacket or poncho	The weather can change rapidly in the mountains
<input type="checkbox"/> Bottom base layer	Leggings, tights, or long underwear work well
<input type="checkbox"/> Hiking pants	Wind cutting or rain resistant is ideal
<input type="checkbox"/> Hiking socks	Good socks can limit the possibility of blisters
<input type="checkbox"/> Hiking shoes	Preferably waterproof; for horseback rides & light hiking
<input type="checkbox"/> Sandals	For showering, resting at camp, etc.
<input type="checkbox"/> Sun hat	Keeps the bright sun off your face
<input type="checkbox"/> Thin buff or scarf	Protects your face from the bright sun and wind chafing
<input type="checkbox"/> Warm hat	The head is a high heat loss area
<input type="checkbox"/> Thin gloves	Bulky snow gloves are not ideal for hiking
<input type="checkbox"/> Underwear	Enough to keep you happy
<input type="checkbox"/> Down jacket	For warmth at camp and in unexpected cold conditions
<input type="checkbox"/> Fleece pants	Serves as a mid base layer and great camp/sleeping pants
<input type="checkbox"/> Clothes for going out	For dinner and night life in Ulaanbaatar

Travel Essentials	Notes
<input type="checkbox"/> Passport	With space for a visa on arrival
<input type="checkbox"/> Travel insurance policy	Keep a printed copy with you
<input type="checkbox"/> Luggage lock	To keep your items safe while in storage
<input type="checkbox"/> Ziplock/plastic bags	To keep things dry/dirty clothes separate
<input type="checkbox"/> Ear plugs	In case your roommate snores
<input type="checkbox"/> Travel clothes line	To dry off wet clothing

Touring Accessories	Notes
<input type="checkbox"/> Daypack	Enough to carry your essentials and snacks
<input type="checkbox"/> Water bottle	1+ liter capacity
<input type="checkbox"/> Portable cup/mug	A great way to take a drink of tea/milk from locals
<input type="checkbox"/> Sunscreen	The sun is intense!
<input type="checkbox"/> SPF chapstick	Your lips will thank you
<input type="checkbox"/> Sunglasses	Also doubles as eye protection while volunteering

First Aid	Notes
<input type="checkbox"/> Ibuprofen/Aspirin	General painkillers
<input type="checkbox"/> Azithromycin	Antibiotics (diarrhoea, UTI, etc)
<input type="checkbox"/> Motion sickness remedies	For the camper van and horseback rides!
<input type="checkbox"/> Electrolytes	For recovery from dehydration, diarrhoea, etc.
<input type="checkbox"/> Paracetamol/Actifed	For fevers and colds
<input type="checkbox"/> Antihistamines	For any allergies
<input type="checkbox"/> Band-aids	For small cuts and scrapes
<input type="checkbox"/> Stretch bandage	To stabilize a sprained joint

Fun	Notes
<input type="checkbox"/> Snacks	An easy way to make friends
<input type="checkbox"/> Musical instruments	Great for down time at the lodge
<input type="checkbox"/> Portable hobbies	Great for down time at the lodge
<input type="checkbox"/> Playing cards	Great for down time at the lodge
<input type="checkbox"/> Prayer flags	To put up at memorials or windy places, can buy in Nepal

Electronics	Notes
<input type="checkbox"/> Universal outlet adaptor	Not all places have USA compatible sockets
<input type="checkbox"/> Battery power bank	There may be limited charging opportunities on the tour
<input type="checkbox"/> Flashlight/headlamp	There may be limited lighting in the countryside
<input type="checkbox"/> Solar panel	Lots of sun means easy charging for your electronics!
<input type="checkbox"/> Spare batteries	Bring used batteries home to dispose of properly
<input type="checkbox"/> Portable speakers	Great for volunteer days and times at camp

Toiletries	Notes
<input type="checkbox"/> Toothbrush and paste	To reduce health risks, use bottled water to brush your teeth
<input type="checkbox"/> Shampoo and soap	Use travel sized containers
<input type="checkbox"/> Face/body moisturizer	Dry conditions cause cracked skin
<input type="checkbox"/> Washcloths/bandanas	Avoid wet wipes to reduce waste
<input type="checkbox"/> Travel towel	For drying off after a shower
<input type="checkbox"/> Feminine hygiene	Feminine products may not be available in the countryside
<input type="checkbox"/> Hand sanitizer	Outhouses don't have sinks or soap
<input type="checkbox"/> Bug repellent	Just in case