

Packing Checklist

Mongolia Horseback Riding Tour

Try your best to avoid cotton clothing for being active in, looking instead for layers made of lightweight wool or synthetic. Wool is preferred, though more expensive, because it is naturally anti-microbial, meaning you can get away with wearing it for a few days in a row. Merino wool is best because most people find it non-itchy. Wool and synthetics also dry more quickly than cotton if you happen to get caught in a passing rain storm or wash out your clothes in the evening. Please ensure you check the local forecast before your trip and pack accordingly.



FABRIC NOTE: We recommend light-weight, compactable, quick-drying, wicking fabrics. While you can bring some cotton, denim and other non-wicking fabrics on this trip, be aware that they won't be as easy to wash or dry.

Required Items

- Main piece of luggage: You can bring any kind of bag that you like. For the horse trek, you will be provided with a 20L dry bag for all your personal belongings and your main luggage will be securely stored in the camp office
- Small Waist Bag: used for each day to carry your camera/phone, lip balm, sunscreen, wet wipes, tissues, etc. Should be small and low profile for just the essentials.

- 2 comfortable sport bras
- 4-6 pairs of underwear that you can wash and re-wear
- 1-2 pairs of comfortable stretchy pants for riding. English style riding breeches work well. If you wear jeans or other pants, make sure they don't have bulky inner seams, and be sure to bring half chaps to minimize chafing or use the half chaps provided
- 3-4 t-shirts for riding
- Comfortable loose shirt (with pockets) for riding
- 3 pairs of wool or polypro socks
- Sun hat (either a wide brimmed hat or baseball type cap)
- Leather gloves for riding (lightweight work or gardening gloves also work well)
- Comfortable riding boots or lightweight hiking boots. If you already have them, or you're in the market for new boots, we recommend the [Ariat Terrain](#) hybrid hiking//riding boot, preferably waterproof
- Riding helmet - helmets are provided, but you may prefer to bring your own
- Fleece sweater or lightweight jacket (for cooler mornings and evenings)
- Lightweight down or synthetic vest
- Lightweight wind/rain proof tops/bottoms (a MUST have item)**
- Lightweight pants for around camp
- 2-3 extra shirts for around camp
- Lightweight shoes for around camp or rain boots (We had a lot of rain and the grass was wet in the morning either way)
- Bandana or neck gaiter (good for extra sun and dust protection)
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea medication, Polysporin, Imodium, throat lozenges, blister kit if you're prone (2nd Skin, Compeeds or moleskin), elastic bandage or brace if you're prone to sore knees or ankles. Your guides will carry a group first aid kit.

- Insect repellent
- Chafing cream or powder (found in bicycle shops)
- Sun screen and lip balm
- Lightweight quick dry camp towel
- Sunglasses
- Small flashlight or headlamp
- Water bottle
- Toiletries (ideally biodegradable): shampoo, conditioner, toothbrush, toothpaste, hairbrush, soap, facecloth/travel towel, prescription medications (Bring in duplicate and pack separately), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Ziplock baggies to waterproof items in your waist bag.
- Earplugs (recommended for shared rooms)

Optional Items

- Leather or synthetic half chaps (Note: these are also provided)
- Camera with extra batteries and memory card
- If you use your cell phone as a camera, we recommend a small portable solar charger as well as a rechargeable battery pack to ensure you never run out of juice for your device.
- Hydration pack - low profile to be worn under your shirt or jacket, such as this one by [Camelbak](#)
- Wet wipes and tissues for bathroom breaks and to freshen up in camp
- Flip flops for showering
- Electrolytes, such as Nuun rehydration tablets

- Small Pillow (for travelling/using at the family camps-your down vest/fleece could double as a pillow!)
- Pencil and Notebook/Journal
- Reading material
- Energy snacks and drinks: while snacks will be provided, you may like to bring some along too if you have special dietary needs or personal favourites.

Essential Documents

- Passport: stored in a waterproof wallet/ zip lock bag
- Passport copies: please bring a photocopy of your passport
- Money: cash in local currency, credit/debit cards with PIN for cash withdrawals
- Air tickets and itinerary: your international and domestic itinerary and tickets (plus photocopies)
- Tourist visa (if applicable)

Packing Notes

Luggage Logistics

As a general rule, don't bring more than you can carry. This will help ensure smooth and efficient transfers in airports, customs, hotels, and loading vans/trailers/boats.

On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. These bags are easy to move around, can be toted easily, fit in boats, small planes, and van/ bus roof racks. While on tour, your local guide will instruct you on how to prepare for travel between locations.

Most airlines have reduced the weight maximums for each bag to 50 pounds. Be sure to check with your airline for weight restrictions and carry-on allowances. When packing your carry-on try to include what you would need to be comfortable your first few days in case your checked baggage is misrouted by the airline.

We recommend a medium duffle bag or backpack of 50-70 litres (your checked bag) and a medium daypack of 30 litres (your carry-on bag) for this adventure.

Checked luggage on airplanes can get lost or delayed on the way to any destination. Therefore, you should prepare for this possibility by wearing or carrying on the items that are essential to your Wild Women Expeditions Adventure.

Daypack Essentials

With our trips, we supply a 20-liter waterproof bag for clothing and items that you don't need during the day. These are loaded on the pack horses. (We want to keep their loads light.) We also supply saddlebags and cantle bags (behind the saddle) for clothing and items you want access to while riding during the day. These are also about 20 to 25 liters in volume. Combined they provide about as much room as a large backpack, so you'll want to bring only necessary and lightweight items.

We recommend the following items on your daypack:

- Rain coat and rain pants, extra sweater
- Insect repellent
- Sunblock (a small one will last for your whole trip)
- Lip balm with sunblock
- Camera or cell phone
- Binoculars (optional)

- Refillable water bottle
- Sun glasses
- Hand sanitizer
- Personal medication- any medication you might need, for example, an asthma inhaler, heart medication or for a diabetic; insulin, glucose etc.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price.

**Reduce, Reuse,
Recycle, Rewear!**

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