



Mongolia Explorer

Packing Checklist

🧰 **Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

👕 **Fabric Note:** We recommend that you choose multi-purpose, UV protective, quick-dry clothing. Covering up from the sun is essential. You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

👕 **Laundry note:** There are no laundry facilities available throughout the trip and limited services in Ulaanbataar. You may be able to do small amounts of hand laundry in your hotels or in the standard Ger Camps, but not the family Gers due to the lack of running water.

✈️ **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane and pack your raincoat, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

☀️ **Hot tip:** ***Always check the weather*** in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*) if you know you will never use it. Think about how you travel and what works best for you.

Required Items

- ☐ Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack
- ☐ Daypack: A 15L-20L pack should be sufficient for your personal items. Choose a pack with a chest strap and easy-access zippered pockets and properly sized rain cover that tightly cinches.
- ☐ Trail runners/running shoes
- ☐ Waterproof, breathable jacket: Jackets with hoods and armpit zips are best.
- ☐ Fleece/down jacket or wool sweater: one (It can get colder in the evenings and you want to have a warmer layer for chillier evenings.)
- ☐ Refillable water bottle

Recommended Items

- ☐ Light sandals or slippers: for evening wear or around accommodations
- ☐ Socks
- ☐ Shirts/T-shirts: two or three, some cotton, some quick-dry
- ☐ Long-sleeve shirts: one to three, some cotton, some quick-dry
- ☐ Lightweight pants: one or two pairs, at least one quick-dry pair is recommended.
- ☐ Underwear and bras as desired
- ☐ Pajamas
- ☐ Swimming suit
- ☐ Sun hat/baseball cap
- ☐ Warm hat (for colder nights)
- ☐ Gloves or mittens (for colder nights)
- ☐ Sunglasses
- ☐ Toiletries
- ☐ Quick-dry towel
- ☐ Sunscreen (SPF 15+), lip balm with sunscreen
- ☐ Ear plugs (recommended for shared rooms)

- ☐ Small flashlight or headlamp, spare batteries or charging cable
- ☐ Personal first aid kit
- ☐ Toilet Paper (a small stash in a ziploc bag) Please note TP is provided at all accommodations.
- ☐ Bug spray

Optional Items

- ☐ Portable battery/power brick for charging phone and items while hiking
- ☐ Extra travel and 'town' clothes
- ☐ Bandana/ Buff
- ☐ Retainer strap for sunglasses
- ☐ Small travel pillow
- ☐ Lightweight sleeping bag liner (cotton or silk)
- ☐ Binoculars
- ☐ Ziploc baggies to waterproof items in day pack or a small dry bag
- ☐ Pencil and Notebook/Journal
- ☐ Reading material
- ☐ Face masks, hand sanitizer
- ☐ Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- ☐ Envelopes for guide(s) and ecocamp staff tips (see Travel Details Tipping section for guidance and instructions on tipping)

Essential Documents

- ☐ Passport (with photocopies or stored on phone, 6 months required on passport to travel)
- ☐ Travel insurance (with photocopies or stored on phone)
- ☐ Airline tickets (with photocopies or stored on phone)
- ☐ Local currency, ATM and credit cards
- ☐ Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access or printed, your preference)
- ☐ Any entry visas or vaccination certificates as required

Resources for Buying Outdoor Gear & Clothing

➔ Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere

- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!