

# Packing Checklist

## Gorkhi Terelj National Park Ride

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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 lightweight, 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

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- Main piece of luggage: a sports bag, soft-sided suitcase, backpack or similar. These are easier to pack in cars, or on horses' or yaks' backs than luggage with wheels or hard edges. Don't bring new suitcases or your favourite designer bags. Mongolia is a dusty country and your luggage may sometimes be handled roughly.
- 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.
- 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.
- Leather or synthetic half chaps
- 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 or sandals for around camp
- 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)
- Sleeping bag sheet or liner you will place inside the provided sleeping bags

## Optional Items

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- 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
- Binoculars (double check if these are permitted through airport security)
- 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

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- 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

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### Luggage Logistics

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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

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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 cante 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:

- 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

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- **Mountain Equipment Co-op (Canada) or REI (USA):** Membership is required for both but so worth it! Both companies have great learning resources, so check them out!
- **Atmosphere/ Sport Check**
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill and Salvation Army** are also great places to find second-hand items like sports shirts and fleece sweaters that are quick-drying, for a fraction of the price! Reduce, Reuse, Recycle!