

# PACKING LIST - MONGOLIA

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Mongolia. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

### Dress for the Weather

Mongolia has a relatively cool climate with short, mild summers. The temperature at this time of year can range from 50°- 80°F. You should be prepared for rapid temperature fluctuations. There is also the potential for rain. We recommend dressing in layers.

### Luggage Restrictions

There is a strict luggage allowance for internal flights on this trip. You may bring one small soft-sided suitcase or duffel bag and one carry-on. The total weight of your bags may not exceed 33lbs (22 lbs check-in, 11 lbs carry-on). Please pack accordingly.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- Rain cover for daypack
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- Rubber-soled sandals/flip-flops
- 3-4 pairs hiking socks
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- Bathing suit for hotel jacuzzi
- 1-2 sets of nicer clothes for dinner
- Waterproof rain jacket
- Waterproof rain pants
- Hat for sun protection
- 5-7 pairs underwear
- 2-4 sports bras
- Sleepwear

### AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Reusable water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent

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- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at [www.earplugstore.com](http://www.earplugstore.com)
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buf
- Reading material/journal and pens
- Masks/face coverings

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Motion sickness medication for bumpy car rides
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*