



**WOMEN  
ROCKIN'  
PAMIRS**

professionally guided tours

## **Equipment list for adventure treks (without pack animals or porters)**

You will be traveling independently, without porters or pack animals, and you will carry your own backpacking pack. Use a **50-60 liter backpack** which is comfortable and adjustable and has a hipbelt.

In addition to your personal belongings, the collective equipment will be distributed among and carried by group members: gas stove, pots, food for several days, etc. When you pack your bag, make sure to leave some space for additional items.

### **Your equipment**

#### **Basic equipment**

- Breathable under-garments (long-sleeved shirt and long underwear)
- A fleece jacket
- A warm jacket (such as a down jacket or parka)
- A raincoat
- One or two pairs of lightweight pants
- A quick-drying pair of shorts for river-crossings
- A winter hat
- A baseball cap or sun hat
- A light-weight scarf or neck-warmer to protect your face from the sun
- Sunglasses (spectron 4 preferred)
- A pair of warm gloves
- A bottle or water pouch to carry 2-3 liters of water per day.

#### **Shoes and technical**

- Sandals which can be firmly attached (no flip-flops) and dry quickly for river-crossings
- Lug-soled, waterproof hiking boots
- A headlamp and extra batteries
- Walking sticks

## **Bedding**

- An inflatable sleeping pad
- A floor mat, such as a yoga mat, for sitting on the ground during the trek and to put beneath your mattress at night (to protect it from any pebbles and to increase insulation)
- A sleeping bag with comfort level – 5 °C/– 10 °C.

## **Divers**

- A pair of extra shoelaces
- A toiletries bag and a light quick-drying travel towel
- Toilet paper
- A small bottle or bar of natural soap for hygiene use during the trek (bring only organic/biodegradable products)
- A pocket knife (in your checked luggage)
- A stainless steel bowl and silverware
- Sturdy ziplock bags and garbage bags for protecting your belongings
- A needle and thread
- Granola bars or other energy-rich snacks for the trek. Snacks are provided but you may bring an extra personal reserve of snacks.
- A money belt or similar anti-theft pouch, to be kept on your person at all times, containing your identification, money, and proof of insurance and assistance.

## **Your personal medical kit, to be prepared with your doctor:**

*Before leaving home, you must consult your doctor in order to verify that you are capable of moving through high altitudes and, if not, prescribe you with a preventative and/or curative treatment.*

- An analgesic
- An anti-inflammatory (pills and gel)
- A large-spectrum antibiotic
- An antiparasitic
- An antispasmodic, an anti-diarrheal, an intestinal antibiotic and an anti-vomiting medication
- A survival/emergency blanket
- Aspirin as prevention and treatment for mild-stage altitude sickness.
- Disinfectant, band-aids (various sizes as well as blister protection), sterile compresses, medical tape, steri-strips, tulle gras, a compression bandage.
- An antiseptic
- A phlebotonic
- Sunscreen and after-sun lotion
- Saline solution
- Water purification tablets
- Complementary supplies: tweezers, scissors, 2-3 safety pins, a tick remover, a pair of gloves, a light sleep aid and/or earplugs, any personal medications.

Your guide will also be equipped with a full first aid kit.

Your guide can advise you on how to be as lightweight as possible while maintaining the minimum comfort necessary for this type of trip.