



WOMEN ROCKIN' PAMIRS

professionally guided tours

Equipment list for treks with donkeys

Your equipment

Your belongings will be divided between a backpack which will be carried during the trek and a soft 80-100 liter travel bag equipped with a lock which will be carried by the logistical team on-site before being carried by the donkeys on the trek.

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
- 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 (preferably spectron 4)
- A pair of warm gloves
- A bottle or water pouch to carry 2-3 liters of water per day.

Shoes and technical gear

- Light-weight, well-ventilated shoes which adhere well to the varying terrains
- 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.

Baggage

- A 25-30 liter backpack to carry what you will need for the day
- A soft 80-100 liter travel bag which will be carried during the day by porters or by vehicle.

Miscellaneous

- Extra clothes
- A bathing suit
- 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 small tube of hand sanitizer for washing your hands
- A pocket knife (in your checked luggage)
- 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 your 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.