

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on a Mongolia horse ride. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Day sack 30-40L
- Rucksack/Duffle bag 70-90L

## SLEEPING

- 4 season sleeping bag
- Sleeping mat/Thermarest\*
- Sleeping bag liner\*

## FOOTWEAR

- Boots (sturdy, smooth soles and comfortable for hiking and riding)
- Hiking socks at least 4 pairs, of which one thermal
- Training/comfy shoe for evenings
- Spare laces\*

## CLOTHING

- Water and wind proof jacket and trousers
- Long sleeved shirts
- Down jacket
- Lightweight fleece top
- Trousers (riding, cargo)
- Underwear light and loose
- Bandana/buff for the dust
- Balaclava/hat
- Gloves (thermal lined)
- Casual clothes for around camp
- Hiking shorts\*
- Smart clothes for the Celebratory meal\*
- Swimwear dependant on hotel\*

## GENERAL HORSE RIDE EQUIPMENT

- Riding helmet - **COMPULSORY**
- LED Head torch plus spare batteries
- Back support belt\*
- Gaiters\*
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Padded ride shorts\*
- Camera\*
- Contact lenses (plus spare glasses)\*
- Gaffa tape for emergency repairs\*
- Cord or string\*
- Alarm clock/watch\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Antihistaminic tablets
- Your own medication
- Deep heat
- Knee supporters\*

## TOILETRIES

- Toothbrush, toothpaste, soap, baby wipes, lip salve
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Malaria tablets under advice from your GP
- Aftersun/moisturiser
- Sun protection (min factor 30)
- Dextrose tablets for extra energy\*
- Dry shampoo\*
- Dry wash\*

## DOCUMENTS

- Passport
- Visa
- Tickets (given to you at the airport)
- Photocopy of passport
- Cash in US dollars
- Debit card
- Travel insurance

**KEY** \* Indicates Optional

# MAKING THE MOST OF YOUR KIT

## PACKING

Check out Outdoorhire's useful tips on how to pack your kit bag [here](#).

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

## CLOTHES

Temperatures can fluctuate enormously from day-night. Lots of light layers are key, as well as a synthetic or down jacket for the night. In the evenings after a long, sweaty day in your boots it's a good idea to give your feet a bit of TLC. Get your boots and socks off, wash and apply talcum powder and then slip into a pair of sport sandals so your feet can air. Sport sandals are also supportive and secure enough to be perfect for wading rivers when you want to keep your boots dry. In humid conditions it's a good idea to keep two sets of light clothing, one for day and a second, dry set for evenings in camp. Keep the dry set in a roll top dry bag to ensure it stays dry.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For Mongolia this should be between 10° and -20° C. If you particularly feel the cold then upgrade your sleeping bag to the next level eg. from 4 Season to 4+ Season. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures

## HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a wide mouth bottle with a drinking tube adaptor (click here for an example). This set up is easy to fill on the mountain and if the tube freezes it can be removed and you can still drink straight from the bottle.

See Outdoorhire's top tips for hydration [here](#)..

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

## CAMPING

The camping area will be dark when the sun goes down, make sure that you have a good quality LED head torch so you can find your gear and your way to the loo at night. Keep your kit organised and dry by compartmentalising it in small [dry bags](#) within your pack.

