

PACKING LIST KYRGYZSTAN:

YOUR CHECKLIST TO TICK OFF



DOCUMENTS

- COVID certificate
- Valid passport (check the validity and renew it if necessary)
- Copy of passport (save digitally or keep separately from original)
- Visa (not required with German or European passport)
- Insurance certificate for health insurance abroad (online)
- Vaccination card (check if you need to refresh vaccinations)
- Flight ticket (printout or e-ticket)
- Travel credit card
- Cash
- List of emergency contacts and allergies, if any
- _____
- _____



TOILET BAG

- Toothbrush
- Toothpaste
- Dental floss
- Deodorant
- Hairbrush
- Sunscreen
- Razor
- Shower gel/soap
- Shampoo/conditioner (is alternatively available at the hotel)
- Nail care
- (Microfiber) Towel (if it rains during the day)
- Face lotion
- Tweezers
- Lip protection
- Toiletries
- Optional:** Make-Up
- _____
- _____



ELECTRONICS

- Mobile phone with charger (from EU no adapter necessary)
- Headphones
- Powerbank or solar charger
- Flashlight
- Optional:** Camera with charger
- Optional:** Laptop/Tablet/E-Reader/Kindle with charger
- Optional:** Multiple power socket
- _____



TRAVEL PHARMACY

- Hand disinfectant or wipes
- Painkillers (e.g. ibuprofen, aspirin)
- Diarrhea medication (e.g. Imodium Akut, charcoal tablets)
- Wound cream (e.g. Bepanthen)
- Band-aid & blister plaster
- If necessary, tablets against travel sickness
- _____



PERSONAL COMFORT

- Backpack (pay attention to hand luggage dimensions: 55x40x20cm for the plane)
- Sunglasses
- Earplugs/Ohropax
- Books/Magazines
- Cappie/Headgear
- Sleeping mask
- Travel pillow (for flight and longer trips)
- _____

CLOTHES & SHOES (SPRING MARCH-MAY)

- Underwear
- Warm and normal socks
- Pyjamas/Sleepwear
- Swimwear & towel (for sauna)
- T-shirts (should cover the shoulders)
- Thick sweaters (for the mountains)
- Jeans or long pants
- Shorts (more for May)
- Warm jacket (for the mountains)
- Rain jacket
- Sandals/FlipFlops (for the sauna)
- Hiking boots
- Sneakers
- _____

CLOTHES & SHOES (SUMMER JUN-AUG)

- Underwear
- Socks
- Pyjamas/Sleepwear
- Swimwear & towel
- T-shirts (should cover the shoulders)
- Thick sweaters (for the mountains)
- Jeans or long, light pants
- Several pairs of shorts
- Rain jacket
- Hiking boots
- Sneakers
- Sandals/FlipFlops
- _____

ENVIRONMENTALLY CONSCIOUS TRAVEL

- Reusable silicone tubes filled with your shampoo, conditioner, shower gel
- Reusable bottle (preferably stainless steel for hot and cold)
- Optional:** Reusable cup (preferably stainless steel for hot and cold)
- Optional:** Stainless steel outdoor cutlery (knife, spoon, fork, chopsticks, straw)
- _____



CLOTHES & SHOES (AUTUMN SEP-NOV)

- Underwear
- Thermal underwear (rather November)
- Warm socks
- Pyjamas/Sleepwear
- Swimwear (for the sauna)
- T-shirts
- Warmer sweaters (for the mountains)
- Jeans or long pants
- Thick jacket/coat
- Rain jacket
- Sandals/FlipFlops (for the sauna)
- Waterproof hiking boots
- Sneakers/boots
- Scarf, gloves & hat (for the mountains))
- _____

CLOTHES & SHOES (WINTER DEC-FEB)

- Underwear
- Thermal underwear (for longer hikes)
- Warm socks
- Pyjamas/Sleepwear
- Swimwear (for the sauna)
- T-shirts
- Warm sweaters (for the mountains)
- Warm hoodies
- Jeans or long pants
- Wind- and water-repellent pants
- Thick winter jacket
- Padded rain jacket
- Waterproof hiking boots
- Sneakers/boots
- Sandals/FlipFlops (for sauna)
- Very warm scarf, gloves & hat
- _____