



PAKISTAN: DISCOVER THE HUNZA VALL PACKING LIST

Here is the full gear kit requirements for our [Discover the Hunza Valley!](#)



Packs and Baggage

- Duffel bag**
70 - 95 liter duffel bag
Recommendation : [North Face Base Camp Duffel L](#)
- Day Pack**
25 - 25 liters backpack
Recommendation : [Osprey Talon 36](#)
(or something just a tad smaller)

Boots and Footwear

- Trekking Boots**
Quality, waterproof hiking boots
Recommendation : [Lowa Renegade GTX](#)
- Sandals / Tevas / Keens**
A pair of comfy sandals for bus travel and for after hikes
Recommendations : [Keen Targhee 3 Sandals](#)

Essential Personal

- Sleeping Bag**
A warm sleeping bag -10 C / 14 F comfort rating
Recommendation : [REI Magma 15](#)
- Sleeping Pad**
Provides insulation and comfort while camping
Recommendation : [Theram-a-Rest NeoAir XTherm](#)

Specialty Equipment

- Trekking Poles**
Trekking poles provide balance and stability
Recommendation : [Black Diamond Alpine FLZ](#)
- Gaiters - (Optional)**
For the snowy/muddy sections of trail gaiters helps to keep the snow and rocks out of your boots
Recommendation : [Black Diamond GTX Front Point](#)

- Headlamp**
Get a rechargeable one if possible
Recommendation : [Petzl Actik](#)
- Grayl Filter Bottle**
The Grayl Geopress is the ultimate water filter bottle
Recommendation : [Grayl Geopress](#)
- Large Water Bottle or Water Pouch - (Optional)**
You can refill from your Grayl Geopress. Should be 1 liter
Recommendation : [Nalgene Wide Mouth](#)
- Microspikes**
Make sure they have proper "teeth", not just the coil version
Recommendation : [Kahtoola Micro Spikes](#)

Other Personal Gear

- Dry Bags**
Be 100% sure that your most important items are dry
Recommendation : [Sea to Summit Lightweight Dry Bag](#)
- Camera / Extra Battery**
To capture the beauty of Kyrgyzstan
Recommendation : [GoPro 9](#)
- Power Bank and Chargers/Phone Cable**
- Personal First Aid Kit**
Hand sanitizer, lip balm with spf, tampons, strong quality sun cream (50 spf+), antibiotic cream, paracetamol, throat lozenges, electrolyte tabs, moleskin for blisters, antibiotics for stomach/general, earplugs, and Diamox for altitude sickness (optional)
Recommendation : [Adventure Medical Kits Ultralight](#)
- Polarized Sunglasses**
Crucial for protecting your eyes from the harsh sun
Recommendation : [Camp Eyewear Trail Polarized](#)

Toiletries

- Toothbrush and Toothpaste**
- Bodywash / Shampoo**
- Wetwipes**
- Deodorant**
- Fast Drying Microfiber Travel Towel**
Whatever else makes you feel clean and comfortable

Clothing Layer Systems

- Travel Clothes**
Casual clothing for air travel and our time in cities
- Down Jacket**
A warm Down Jacket is 100% crucial
Recommendation : [Patagonia Down Sweater Hoodie](#)
- Hard Shell/Rain Jacket**
To lock in your warmth and keep yourself dry
Recommendation : [Arc'teryx Beta AR](#)
- Fleece**
The perfect middle layer
Recommendation : [Patagonia Better Sweater](#)
- Base Layer Top**
Wear your base layer top to help prevent sunburn
Recommendation : [Merino Icebreaker 200 Oasis](#)
- Base Layer Bottoms - (Optional)**
For cold sleeper, base layer bottoms will be good for you
Recommendation : [Smartwool Merino 250](#)
- Sun Hat and Warm Hat/Beanie**
The skin on your face will thank you.
Also bring a warm hat/beanie for the cold temperatures
Recommendation : [Durable Trucker Hat](#)

- Trekking Shirts (2-3)**
Go with something synthetic - Avoid cotton at all costs
Bring on shirt to sleep in
Recommendation : [REI Lightweight Base Layer Shirt](#)
- Trekking Pants (1-2 pairs)**
An acceptable pair of trekking pants - Nothing fancy
Recommendation : [Kuhl Renegade Rock Pant](#)
- Trekking Socks (6-7 pairs)**
Quality pairs of trekking socks can be expensive, but worth the investment. Merino is best
Recommendation : [Darn Tough Hiker Boot](#)
- Underwear / Bras (4-6 pairs)**
Recommendation : [Icebreaker Underwear](#)
- Buff and Bandana**
So many practical applications from serving as a dust mask for keeping the sun off of your neck
Recommendation : [Buff Lightweight Merino](#)
- Gloves**
For keeping your hands warm while trekking
Gloves need not need be super heavy
Recommendation : [Northface Apex](#)

Non-Essential Optional Gear

- Satellite Messenger Device**
Stay connected to people back home
Recommendation : [Garmin In-Reach Mini](#)
- A Good Book / Kindle and Podcasts (Downloaded)**
These are almost essential items! Bring what you need to stay entertained at camp
- Combination Lock**
Easily lock your portered bag
Recommendation : [Pacsafe Lock](#)

Please note that EBT DOES NOT rent any personal gear or equipment