

PACKING LIST – UZBEKISTAN & KYRGYZSTAN

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Uzbekistan and Kyrgyzstan. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Packing Considerations

We recommend that you limit your total baggage to one checked bag and one carry-on bag. Most international airlines allow up to two checked bags, with each one weighing 50 lbs depending on the class of the ticket, and a carry-on. However, many domestic airlines in Uzbekistan and Kyrgyzstan as well as inter-European and Asian carriers, strictly enforce a 44 lbs total weight limit.

Vehicle space is somewhat limited on your adventure, and while there will be room for everyone's belongings, limiting each person to one checked bag and one smaller bag will make the trip smoother and easier at all points during the program. Past travelers have used all styles of bag, from duffles and backpacks for those traveling very lightly, to more standard large wheeled suitcases. However lighter luggage is preferred as porters are not always available.

Please plan to have your baggage clearly marked and easily identifiable.

Please note that the internal flight on this program, Khiva-Tashkent, has tighter weight limits, 20 kg or about 44 lbs. Overage fees are generally relatively low, but keeping your total baggage (if possible) under 40 lbs will make check in easier and smooth out the process of boarding that flight. The carry-on limit for these flights is 5 kg or 11 lbs.

We advise you bring a small overnight bag on the trip (in most cases your carry-on will suffice). This will be useful on the days that you travel via train, as the Afrosiab high-speed trains in Uzbekistan do not have adequate storage space for large luggage. Your large luggage bag will be picked up the night before you depart for the train. You'll board the train the next morning with a small carry on only and your large luggage bag will be at the hotel in the next city by the time the group arrives.

Weather

Weather in this region is unpredictable year round, and this tour covers a large geographical area. You could see temperatures from a low of 40° in Chom-Kenin to a high of 90° in Tashket. Furthermore, personal perception plays a large role in your comfort in varying conditions. Some people are comfortable in a heavy sweater and windbreaker at 35°F, and others need a down parka. Thus, your personal preferences should be your guide in packing for this trip.

The best recommendation we can make for this trip is to pack comfortable clothes that can easily be layered. All touring excursions are considered casual and formal attire will not be required at any point during your trip. Plan to bring comfortable, versatile clothes, ideally ones that can be worn multiple times without showing too much wear. Darker colors are

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better suited for multiple wearings. This will help you stay comfortable between laundry access.

In addition to the casual clothing that will serve for the majority of the tour, you may want to have one slightly dressier outfit along. Nothing too fancy, but a light sweater or sport jacket over a cotton-poly shirt or blouse can make any casual ensemble of pants or skirt into “evening wear” that will be appropriate for the Farewell Dinner.

When packing shoes, select comfortable walking shoes with moderate tread on the sole. Try to avoid bringing newly purchased shoes which can start hurting your feet while touring.

Note about conservative clothing – many people ask whether conservative clothing is required. It is not legally mandated, and there is no problem whatsoever with t-shirts, sleeveless shirts, open shoes like sandals, or pants. We recommend against highly revealing clothing.

Important Notice Regarding Prescription Drugs

Please be advised that Uzbekistan has recently stepped up their border/customs inspection and enforcement activities for arriving and departing travelers concerning pharmaceutical drugs. While baggage search has always been possible, as of late there are reports of much greater frequency for baggage search at border crossings than has been the case based on our experience in the past. If you need to carry prescription medications with you of any kind, you are reminded to carry an amount suitable for personal use only, in original labeled packing and with a copy of the prescription. Package labelling or prescription paperwork should clearly indicate your name, the drug name, dosage, and doctor’s name.

Please note that some prescription drugs, including certain pain relievers such as Tramadol and Hydrocodone, which are somewhat common in the U.S., may be prohibited from entry into Uzbekistan, even for personal use with a foreign prescription. Please be sure to bring alternative medication with you as these drugs (among others - call for details) are sometimes not allowed into the country.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- 6 pairs socks
- Underwear and bras
- 6 cotton t-shirts
- 4 poly-blend button down shirts or blouses
- 4 pairs of khaki slacks/pants or skirts
- 2 long sleeve t-shirts
- 1 sweater/fleece jacket
- 1 waterproof windbreaker
- 1 or 2 pairs of sturdy, comfortable, broken-in walking shoes
- 1 hat
- 1 bathing suit (there are pools and saunas at some of the hotels en route)
- Sleep wear (personal preference)
- Face masks and hand sanitizer
- Head scarf (may be needed to enter mosques)
- Slip on shoes/sandals for use in bath and toilet facilities

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AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money, vaccination card)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Locks for your luggage
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Binoculars (Optional. 8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens
- Masks/face coverings

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen - if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.