

Suggested Packing List

CENTRAL ASIA

May and October

You will be travelling through a number of different climates from low desert valleys to high mountain passes; you need to consider your packing carefully. May falls during spring and October during autumn, so these are ideal times to visit the region. In the mountains, temperatures are lower and snow falls from mid-October so you are likely to need some warm and waterproof/windproof clothing for these sections of your tour. In the low plains of northwest China, Kyrgyzstan and Uzbekistan, the climate is dry and extremely continental – a long way from the sea. This means that temperatures can be high during the day while dropping dramatically at night. We suggest that prior to your departure you check the current weather forecast. If you have internet access, go to <http://worldweather.wmo.int> and click on the country and the relevant city you will be visiting.

Generally, dark coloured, drip-dry clothes are recommended. Loose fitting, lightweight cotton materials are the most comfortable for humid and warm conditions, layers of warmer clothes for cold conditions and a warm water/windproof jacket for possible freezing conditions. The dress code throughout the tour is casual however, it is important that all passengers dress somewhat conservatively. Smart casual clothes are highly recommended for evening banquets and shows.

Refer to your Final Documentation or Fact Sheet about how to dress appropriately for this culture, laundry facilities available and advice about choosing your luggage.

Domestic flights: Please ensure that when packing for domestics flights within China that any liquids, aerosols and gels/lotions that **you require use of during the journey**, are packed in your hand luggage as per the following regulations; *each container of liquids, aerosols or gels in your carry-on baggage must be 100 millilitres or less. All the containers must be sealed in a transparent, one-litre plastic bag. You are only allowed one bag. Any resealable bag of one-litre capacity or less is allowed. Prescription medicines may still be carried through the screening point. Proof of need may be required.*

Please note: These are averages only!	May		October	
	Temp °C min/max	Humidity	Temp °C min/max	Humidity
KASHGAR	14/27	MED	6/22	MED
NARYN (Eastern Kyrgyzstan)	8/18	LOW	3/11	LOW
BISHKEK	11/22	LOW	5/16	LOW
TASHKENT	13/26	MED	5/18	MED

Here is an example of a packing list for this itinerary:

- ☐ **Main luggage** and a “daypack”
- ☐ **luggage padlocks**
- ☐ **money belt** to carry passport, cash, travellers’ cheques, credit cards, airline tickets, etc
- ☐ **trousers** (or skirts for women)
- ☐ **Shirts or long-sleeved tops** loose fitting and cotton material is the most practical (essential for both men and women for visiting mosques).
- ☐ **walking shoes and socks** – it is important to have sturdy and comfortable shoes for sightseeing every day
- ☐ **sun protection** – hat, sunscreen, sunglasses and lip balm
- ☐ **personal medical kit** – refer to Your Travel Guide China & Tibet and/or Central Asia fact sheet
- ☐ **antibacterial wipes** – wipes such as ‘Wet Ones Anti-bacterial’ to clean hands before eating
- ☐ **a warm water/windproof jacket**
- ☐ **light jumpers or thermals** are great for layering, **gloves and scarf**
- ☐ **a shawl or sarong** - to wear in conservative areas if you prefer
- ☐ **torch, conversion plug and spare batteries** – batteries available to buy locally tend to be unreliable
- ☐ **camera and spare film** – film available to buy locally tends to be bad quality or sun damaged
- ☐ **spare glasses** – it is difficult to get any prescription lenses repaired or replaced locally
- ☐ **Snacks** – tea/coffee bags, milk powder or sachets, instant soups or noodles, drinking chocolate, muesli, energy or snack bars, vegemite or anything else you can’t live without!
- ☐ **toilet paper** - not all sightseeing areas and public toilets will provide this
- ☐ **‘sleep sheet’ or sleeping bag** – at remote accommodations linen is provided but not always clean so bringing a ‘sleep sheet’ insert is a great idea. If you already have a compact and lightweight sleeping bag, you could also bring that.
- ☐ **Small towel** – just in case remote accommodations don’t have them