

What to bring

Camping equipment

- Sleeping bag (essential), and liner
- Pillow (OK we admit it, we're soft!)

Riding / camping clothes

- Boots / walking shoes (more...)
- Comfortable trousers (zip-off travelling pants are not recommended, but jodhpurs are OK - even for guys)
- Shirts / T-shirts
- Spare shoes / sandals
- Thermal tops and leggings
- Jersey / polar fleece / down jacket
- Raincoat (DO NOT bring a horse-scaring poncho-style plastic coat)
- Light waterproof over-trousers
- Socks
- Comfy underwear (G-strings not recommended)
- Swim wear
- Sun hat (with a string if you expect to be galloping!)
- Beanie / warm hat
- Gloves (warm ones mainly, but also for riding if you have soft hands...)
- Towel
- Toiletries

Personal first aid kit

We suggest you have your own kit containing at least the items listed below. Talk to a travel doctor about including more serious medication such as antibiotics. Mongolia is actually a very healthy country because of the climate and low population density, so no problems with malaria or other tropical nasties. The plague did I hear you ask? Well yes, it does occur but is nothing to worry about (unless you are a marmot poacher).

- Diarrhoea - Imodium or Lomotil
- Rehydration salts - if suffering from above
- Constipation - mild laxatives. Remember you'll be on a low-fibre diet!
- Headache or other mild aches and pains - paracetamol or disprin
- Coughs and colds - nasal decongestant, throat lozenges
- Skin care - sun block, lip balm
- Wound care - antiseptic ointment
- Selection of bandages
- Insect repellent and after-bite cream

Other useful items

- Head torch

- Camera
- Sunglasses
- Water bottle
- Dry bags (or plastic bags) for keeping gear dry
- Pocket knife
- Photo album (to show the locals your family, horse etc.)
- Spare boot laces
- Sewing kit
- Book