

# Personal belongings list

to take with you

Mangystau has a sharply continental climate, meaning significant temperature fluctuations are possible. Summers are hot and dry, with frequent strong winds. In the off-season, cold spells and brief rains may occur.

## Transportation and storage

- ☒ Small backpack for daily use, walks, and in the car (15-40 L).
- ☐ Large backpack or duffel bag/suitcase for belongings (40-80 L).
- ☐ Small pouches or garbage bags for packing and protecting items.

## Clothing for activities

- ☐ Sets of lightweight clothing: shorts, T-shirts, long-sleeved shirts.
- ☐ Set of warm clothes: fleece, windproof pants, windbreaker.
- ☐ Thermal underwear (preferably two sets).
- ☐ Trekking socks, swim trunks/swimsuit.

## Equipment and tools

- ☐ Sunglasses.
- ☐ Headlamp.
- ☐ Water bottle or thermos.
- ☐ Personal utensils: plate, spoon, mug.
- ☐ Optional: camera or video camera, spare battery, tripod.

## Footwear

- ☐ Lightweight spare shoes for being in the car and moving around the camp.
- ☐ Trekking shoes or desert boots.
- ☐ Flip-flops or Crocs (optional).

## Clothing for camp and overnight stays

- ☐ Clothing for relaxing at the camp (pants, shirt, shorts, T-shirt).
- ☐ Warm sweater or hoodie (fleece or wool).
- ☐ Warm hat (fleece or buff).
- ☐ Headwear (cap or panama hat).

## Hygiene and health

- ☐ Hygiene essentials: lip balm, sunscreen, wet wipes, biodegradable toilet paper.
- ☐ Towels, shampoo, soap.
- Medications personally needed, such as: analgesics, antiseptics, antibiotics, antivirals,
- ☐ digestive aids, multivitamins, rehydration salts, band-aids.

Before going on a tour, we recommend consulting a doctor, especially if you have chronic illnesses or other health concerns. This will help avoid unpleasant situations and make the trip more comfortable.