

Personal Packing List

Items You Need to Bring

Altai – A Region with a Variable Climate

It is important to prepare for different weather conditions. In summer, daytime temperatures can reach +25...+30°C (77–86°F), while nights can be as cold as +5°C (41°F). During the off-season, frequent rain, fog, and sudden cold snaps are common. In the mountains, temperatures can change abruptly throughout the day, and the wind amplifies the feeling of cold.

Transport & Storage

- ☒ Small backpack for daily walks and use in the vehicle (15–40L).
- ☐ Sturdy polyethylene bags (160–180L) for extra protection against dirt.
- ☐ Small pouches or garbage bags for packing and protecting belongings.

Clothing for Activities

- ☐ Comfortable clothing for horseback riding and hiking (lightweight, quick-drying pants, long-sleeve shirt or T-shirt, windbreaker).
- ☐ A set of warm clothing: fleece, windproof pants, windproof jacket.
- ☐ Thermal underwear (preferably two sets).

Equipment & Tools

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

Footwear

- ☐ Lightweight spare shoes for use in the vehicle and around the campsite.
- ☐ Waterproof footwear (rubber boots, army boots, or high trekking boots; rubber boots are preferable).
- ☐ Trekking shoes or desert boots.

Clothing for Camping & Sleeping

- ☐ Comfortable clothing for relaxing at the campsite (pants, shirt, shorts, T-shirt).
- ☐ Warm hat (fleece or buff).
- ☐ Warm sweater or hoodie (fleece or wool).
- ☐ Headwear (cap or sun hat).

Hygiene & Health

- ☐ Hygiene essentials: lip balm, sunscreen, wet wipes, biodegradable toilet paper.
- ☐ Towels, shampoo, soap.
- ☐ Personal medications, such as: painkillers, antiseptics, antibiotics, antivirals, gastrointestinal remedies, multivitamins, rehydration salts, band-aids.

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