THE SOLO FEMALE TRAVELER NETWORK

KYRGYZSTAN PACKING CHECKLIST

Mountain lakes, yurt camps, horses and eagle hunters.

WEATHER	PLUGS	MONEY	DRESS CODE	MUST-HAVE
Warm days, cold nights. Song-Kul sits around 3,000 meters.	European Type C and F. 220V.	Kyrgyz som. Cash outside cities.	Relaxed. A bit more covered in villages.	A warm jacket for nights at the lake.

CLOTHES

- [ ] Breathable t-shirts
- [ ] Lightweight long-sleeve shirts
- [ ] Hiking or travel pants
- [ ] Leggings
- [ ] Dress or skirt with an overshirt
- [ ] Warm fleece
- [ ] Wind-resistant jacket
- [ ] Warm sleepwear
- [ ] Warm socks
- [ ] Scarf or shawl

YURT NIGHTS

- [ ] Headlamp
- [ ] Wet wipes and toilet paper
- [ ] Warm hat and light gloves
- [ ] Swimsuit for Issyk-Kul

SHOES

- [ ] Trail runners or sturdy walking shoes
- [ ] Casual shoes or sandals

DOCUMENTS AND MONEY

- [ ] Passport (6+ months validity)
- [ ] Travel insurance details
- [ ] Debit card plus a backup card
- [ ] Som in small bills

HEALTH AND TOILETRIES

- [ ] High-SPF sunscreen and SPF lip balm
- [ ] Pain relievers and electrolytes
- [ ] Band-aids and blister care
- [ ] Stomach meds
- [ ] Hand sanitizer, wipes, tissues
- [ ] Period products
- [ ] Prescription meds plus extra days
- [ ] Moisturizer for dry air
- [ ] Motion sickness tablets

TECH AND EXTRAS

- [ ] Universal adapter
- [ ] Power bank
- [ ] eSIM or local SIM
- [ ] Offline maps
- [ ] Sunglasses and sun hat

THE THING EVERYONE FORGETS

Warm layers for Song-Kul. People pack for warm Bishkek and freeze at the lake after dark.

MY EXTRAS

Full guide: **thesolofemaletravelernetwork.com/before-your-trip/kyrgyzstan**

Travel with us: **thesolofemaletravelernetwork.com**