



# Tibet Wind Horse Adventure

## Rafting Expedition in Tibet

### *Trip Gear List*

We provide tents (either robust A-frames or lightweight domes) and all group cooking & camping gear. We will bring a Tibetan Big Top as a group dining tent/kitchen. We will be cooking on propane. We can also provide foamies but much prefer you to bring your own. If everyone brings their own thermarest and are comfy on these it takes up way less space in the truck. Thermarest chairs are a god send if you have one?

Wind Horse provides large drybags for your personal gear. You may want to bring your own personal dry bag for cameras and day gear. Pelicases are also great for cameras on and of the river.

On the river, Wind Horse provides a full wetsuit, fleece, wetsuit booties, life jacket and helmet. You can wear swim wear underneath. Off the river you need a full change of warm gear and a good rain jacket. There will be snow on the passes but the sun can be HOT so prepare to cover up and avoid getting burnt. Most Tibetans are pretty conservative so it is also polite to wear long pants at all times. If you wear shorts in the villages or in Lhasa you will definitely get more strange looks than normal! Remember that lots of outdoor clothing is available in Lhasa at very cheap prices. There is really no need to bring fleece or down/synthetic clothing as it is very easy to purchase in Lhasa.

Below is a rough list adapted from various trips I have done in the past. I'm sure you have your own ideas and preferences, but I found this gave me some guidance in working out what I could do without. We have limited space in the vehicles, not to mention the excess baggage fees so don't bring too much excess junk!

- Passport and Money. US\$ cash always works, Other currencies can only be changed at large banks. Traveller's cheques are often not accepted in Tibet. ATMs are available in Lhasa only. I tend to bring cash stashed in a money belt and then use ATMs in Lhasa when required. Credit cards can occasionally be used for big purchases only. You will need to bring your passport on the road with you.
- Insurance documents (including international contact numbers) We will photocopy everybody's details onto one document in Lhasa.
- Camera and films/batteries. Tibet is 220V so make sure you bring adapters for chargers if required. (A surge protector is a good idea) Ensure you have enough battery power and storage for digital cameras, power is getting easier to find on the road. We will be able to recharge on occasion in guesthouses/restaurants.
- Sunglasses with attaching string
- Two water bottles that can take boiling water. 2 litres capacity is recommend.
- Sleeping bag (four season) with liner.
- Thermarest

- Towel
- Small torch /spare batteries (head torches are best)
- Woollen hat/gloves/socks. Thermal underwear. (Wool is best)
- Lightweight shirts T shirts (some non cotton) Swimming Costume
- Lightweight long trousers or skirt (sarong)
- Waterproof Jacket (umbrellas are great!)
- Thick fleece jacket or down/synthetic puffer jacket
- Sun hat / peaked cap, sunscreen and moisturizer, lip balm, spare sun glasses
- Walking boots

**First Aid: We provide a comprehensive expedition first aid kit but prefer everyone to be independent with basic first aid items.**

**Personal first aid kit to include:**

- Pain killers, Plasters (Band-Aids), strapping tape, Anti-biotic cream, General antibiotics (ask your GP), Throat lozenges, Re-hydration salts & other personal medication...

**And if you are confident you will have the space or think you might need.....**

- CD/MP3/ipod player, plenty of music
- Books to read, chess/backgammon and/or cards, Soccer ball?
- Note pad plus pens, Pocket knife and multitool
- Yoga mat