

Kyrgyzstan 2025 – Mikael Strandberg's Complete Expedition & Film Gear List

1. Personal Documents & Essentials

- Passports, visas, trek permits, insurance print-outs
 - Bank-cards & emergency cash
 - Route maps + laminated mini-maps for the girls
 - iPhone 15 Pro × 3 (GPS & FiLMiC Pro installed)
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2. Clothing System (per person unless noted)

Layer	Item
Base	2× merino long-sleeve tops • 2× merino leggings • 2× sports underwear sets • 7× merino socks
Mid / Warm	Grid-fleece hoodie • Synthetic puffy jacket • Light down jacket
Shell	Gore-Tex jacket & trousers • Rain over-pants
Extras	Trekking trousers × 2 • Camp shorts/leggings • Beanie • Wide-brim sun-hat • 2× Buff • Glacier sunglasses • Ski-goggles
Hands / Feet	Liner gloves • Soft-shell gloves • Waterproof over-mitts • Mid-height GTX boots • Gaiters • Camp sandals

3. Sleep & Shelter

- **Hilleberg Keron 4** tent (split into inner/fly/poles between the three packs)
 - Down sleeping bags: −5 °C (Eva & Dana) | −10 °C (Mikael)
 - Silk liners × 3 • Insulated pads (R-5) × 3
 - DCF tarp / emergency storm shelter
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4. Cooking & Hydration

- MSR **XGK** multi-fuel stove + pump
- 1.8 L & 1.5 L titanium pots + lids
- Titanium mugs / sporks × 3
- Fuel bottles 1.8 L + 1.5 L (white gas)

- Sawyer squeeze filters × 2 + chlorine-tabs backup
- Nalgene 1 L bottles × 4 • HydraPak bladders 3 L × 2
- Lightweight kettle (optional tea luxury)

5. Navigation, Comms & Power

- Garmin **inReach Mini 2** (tracking & SOS)
- Iridium 9555 sat-phone + USB-C charger (≈ 300 € airtime / 6 weeks)
- Local Kyrgyz SIM + 20 GB data (shared hotspot)
- Power-banks PD 20 000 mAh × 3 (Samsung + Cellularline + Elinchrom)
- 24 W fold-out USB-C solar panel
- Head-torches (re-chargeable) × 3 + spare core battery
- USB-C multi-port cables & splitter

6. Core Film & Photo Kit

Device	Qty	Notes
Sony FX30 + 24-70 mm f/4	1	A-cam
Sony PXW-Z90V camcorder	1	Run-&-gun / long-zoom
Insta360 X3 360° cam	1	Immersive POV
DJI Pocket 2	1	Girls' self-interviews
DJI Mini 3 Pro drone	1	3 batteries • ND filters
Rode Wireless GO II kit	1 RX + 2 TX	Lavalier & on-board audio
Shotgun mic + shock-mount	—	For FX30
Mounts	invisible selfie stick • backpack shoulder clip • mini tripod (Ulanzi MT-16) • clamp/Jaws mount	

Media & Back-up

- CFexpress Type A 160 GB × 2
- SDXC UHS-II V90 128-256 GB × 4
- micro-SD V30 256 GB × 3
- LaCie **Rugged SSD Pro** 2 TB × 2 (A & B)
- USB-C multi-card reader • memory-card organiser case

Batteries & Charging

- NP-FZ100 × 3 + dual USB-C charger (FX30)
 - NP-FV70A × 2 + USB-C charger (Z90V)
 - Insta360 batteries × 3 + dual charger
 - USB-C PD cables × 3 + splitter
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7. Horse & Cargo

- Pack-horse panniers 60 L • rope • brush • farrier repair kit
 - Reflective collar / hi-vis bands
 - Starter feed: 4 kg oats (top-up en-route)
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8. Medical & Field Repair

- Family med-kit incl. altitude meds (acetazolamide), antibiotics, Epipen
 - Blister & foot-care set
 - Multitool • field sewing kit • Tenacious Tape • cable-ties
 - Spare stove jets, o-rings, silicone grease
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9. Miscellaneous

- Expedition logbook & pens
- Pack towel • toiletries • trowel & paper
- Zip-locks & trash bags (Leave No Trace)
- Silica-gel sachets for electronics
- Micro-card games / story dice for tent days

10. Provisions

- Dry food load: freeze-dried + pasta/rice/oats ≈ **31 kg** total (horse-carried)
 - Daily snack bags (nuts, dried fruit, chocolate) pre-packed for 45 trail days
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Carry-Weight Snapshot

Person / Animal	Pack Weight*
Mikael	≈ 15 kg
Eva	≈ 10 ½ kg
Dana	≈ 9 ½ kg
Horse panniers	≈ 34 kg

*Weights include water & fuel at start of a typical trekking day.