



**IRAN**  
Doostan Tours  
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Daily items	
Light And Expedition Weight Thermal Tops	T-Shirts (2)
Fleece Wind-Stopper Jacket (Optional)	Thin, Lightweight (Inner Socks) (4)
Underwear	Sunglasses With UV Protection
Shorts	Small Padlock To Lock Trek Bag
Lightweight Cotton Long Trousers/Pants	Daypack (35-40 Litres/2500-3000 Cubic Inches)
Light And Expedition Weight Thermal Bottoms	Water Bottles (2)
Sun Hat Or Scarf	Toiletries
Warm Fleece Hat	Small Wash Towel
Waterproof Shell Trousers/Pants (Preferably Breathable Fabric)	Footwear Appropriate To The Trip
Mountaineering	
Neck Gaiter Or Buff	Sun Hat With Visor
Warm Gloves And/Or Mittens	Stocking Cap
Tennis Shoes	Sun Glasses
Rain Gear (Waterproof Jacket And Pants)	Ski Goggles
Ski Jacket (Gore-Tex Shell And Down Liner, See Notes)	Hand Warmers
Wool Socks	Warm Hat
Cotton Socks	Flask
Wool Long Underwear	4 Season Sleeping Mat
Silk Long Underwear	4 Season Sleeping Bag With Compression Sack
Warm Pants, E.G., Polar Fleece (Pile)	70-100L Expedition Duffle (For Use Up To Base Camp)
Shorts (Culturally Less Acceptable For Women)	45L Alpine Pack (Ice Axe Attachment, Ski Carry System)
Cotton Pants	Warm Down Jacket
Wool Sweater	Fleece Or Synthetic Mid Layer (X2)
Polar Fleece (Pile) Jacket	Warm Merino Base Layer Tops (X2)
Long And Short Sleeved Shirts	Crocs/Tent Mules (When In Base Camp Or In The High Camp)
Comfortable Underwear	Heavyweight Gloves Or Mittens With A Waterproof Shell Outer
T-Shirts (Cotton Or Wool)	Down Vest And/Or Jacket (Optional)
Sun Block (Minimum Spf 6 For Face, 12 For Lips)	Fleece Or Wool Trousers/Pants
Scarf	Hiking Boots With Spare Laces
Gaiters	Thick, Warm Wool Hiking Socks (4)
Telescopic Trekking/Ski Poles	Footwear For Campsite; Running Shoes And/Or Sandals
Crampons	Mattress tent