

Your first ski day in Kyrgyzstan: rental, clothing and lessons

Checklist to print or save on your phone

- ☐ Confirm the lesson, meeting point and nursery-area ticket.
- ☐ Pack base layers, insulation and protective outerwear.
- ☐ Bring gloves, goggles, spare socks and dry clothes.
- ☐ Fit boots and a helmet; have the rental shop adjust equipment.
- ☐ Bring water, a snack, your phone and a power bank.
- ☐ Save the resort rescue number and rental return deadline.

My notes

Date and resort: _____

Accommodation / transfer: _____

Instructor / rental: _____

Budget / deposit: _____

Check before departure

Check weather, open slopes, access roads and services. Respect closures. Book a lesson for your first ski day. Save the resort rescue number; emergency assistance in Kyrgyzstan: 112.

[Chunkurchak: resort rules](#)

[Karakol: services and contacts](#)

[Kyrgyz Ministry of Emergency Situations: emergency number 112](#)