

Pre-trip Checklist

Print or save this before you leave. Check each item off.

Before you go

- ☐ Valid passport (6+ months validity)
- ☐ Travel insurance (medical evacuation coverage essential)
- ☐ Warm layers (even in summer, nights are cold)
- ☐ Sunscreen & sunglasses (UV is intense at altitude)
- ☐ First-aid kit & personal medications
- ☐ Water purification tablets
- ☐ Offline maps downloaded
- ☐ Cash in MNT (Mongolian Tugrik) — ATMs only in cities
- ☐ Portable battery / solar charger
- ☐ Headlamp / flashlight
- ☐ Sleeping bag (for camping trips)
- ☐ Insect repellent (summer)
- ☐ eSIM or local SIM card (Mobicom/Unitel)

Visa

- Citizens of 60+ countries can enter Mongolia visa-free for up to 30 days, including Japan, South Korea, USA, EU countries, and many others.

Know before you go

- Extreme temperatures: Winter can reach -40°C, summer Gobi can exceed 40°C
- No cell service: Most countryside areas have zero coverage
- Remote hospitals: Nearest hospital can be 6-10 hours away by car
- Wild animals: Wolves, bears, and venomous snakes in some areas
- Flash floods: Sudden rain in the Gobi can cause dangerous flooding
- Altitude: Some areas exceed 3,000m — watch for altitude sickness

Emergency numbers

Police	102
Ambulance	103
Fire Department	101
Emergency Rescue	105