

# What are the outdoor power supplies in Bishkek

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Generated on: 2026-02-07 13:25:56

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Where to buy trekking gear in Bishkek? There is only one gear-renting agency in Bishkek city, but there are plenty of shops selling outdoor gears. Trekking Union of Kyrgyzstan ( TUK ) rents ...

Bishkek uses electrical outlets and power plugs of types C & F (see images). If your country uses the same electrical outlets and power plugs, you don't need a travel adapter.

If you don't want to bring all your trekking and camping gear with you to Kyrgyzstan, this page offers some options on where to rent gear or to buy ...

If you don't want to bring all your trekking and camping gear with you to Kyrgyzstan, this page offers some options on where to rent gear or to buy it in Bishkek, Karakol and Osh.

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