



PERU TREK PACKING LIST

Passport

You **MUST** take your passport and a photocopy is not sufficient. (Keep it in a plastic bag in case of rain)

Sleeping bag

You will need a good warm sleeping bag for the Inca Trail trek. Sleeping bags can be hired for US20-25, please let your Tour Leader know at the Inca trail Briefing.

A four season (or -10) bag is recommended for the winter months. At other times you will probably be fine in a 3 season (or -4/-5) bag although this depends on how much you feel the cold and is given as a guideline only.

Silk sleeping bag liner

Especially recommended if you plan to hire a sleeping bag but can also give your own bag added warmth.

Day Pack

A day bag that has easy access to water bottles (external side pockets) or a day pack with a built in hydration bladder. This bag only needs to be large enough to hold the few things you need during the day (hat, water, camera, snacks, rain jacket etc).

Waterproof, well worn-in walking boots

Good quality, comfortable footwear is essential. Whatever you wear on your feet the most important thing is comfort. It is vital to ensure your boots are well worn in and lightweight. Ankle support and waterproofing is recommended but if you already have something comfortable with good grip on rocks then don't go rushing out to buy new boots – you are better off with your well-worn in pair!

Plastic bags

to keep your belongings and clothes dry (wrap everything in plastic bags).

Toilet paper

Most important! Also small plastic bags or zip lock bags for rubbish which can then be thrown in the main rubbish bag provided by the porters. Please don't dispose of your toilet paper on the ground!

Wet wipes and or Face wipes

These are an essential and will come in handy after a long day of trekking and no showers.

Small towel and basic personal toiletries

There is an opportunity for a shower at the campsite on the third night so bring travel size shampoo and shower gel if you would like to use it, plus wet wipes for the rest of the trek.

Water bottle

bring one large (1.5 litre) or two or three small water bottles that can be refilled on the trail with boiled water, which will be supplied daily.



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Walking clothing in layers

(e.g. zip off trousers, fleece, T-shirts). It's a personal choice as to how many items you bring however please remember there's a 5kg limit. We recommend the following;

- 2 Pairs of long Walking Trousers (Zip off are a very hand choice but not a necessity)
- 2 T-shirts
- 1 Pair of shorts
- Rain Jacket or Poncho (Poncho can be purchased locally for a \$2-3)
- 5 Pairs of Thick socks

Warm clothing for night time

Fleece, long pants, woollen hat, gloves

Thermal underwear

Thermal wear is highly recommended, being light, warm and will keep you warm at night.

Sunscreen, sunglasses and sunhat

Personal medication and basic first aid kit

Band-Aids, Imodium, Panadol, rehydration sachets

Camera and spare batteries, memory cards or film

Please note: there are no electrical outlets on the Inca Trail so make sure you fully charge and or have spare batteries!

Snacks

Chocolates, chips, biscuits, energy bars. Snacks are provided during the trek but you may like to bring one or two extras just in case. If you have a dietary requirement then be recommend bringing some suitable snacks from home. We will accommodate you for Breakfast, lunch and dinner however for snacks it's recommended to bring some just to be safe.

Head torch or Standard Torch (flash-light)

(Very Important) and spare batteries.

Tropical strength insect repellent

Antiseptic hand gel

Swimwear for Aguas Calientes hot pools

Towels can be hired there for 3 soles.

Flip-flops / thongs / jandals

If you wish to have a shower on the third night and to wear around camp after a long day of trekking.

Ear Plugs

In case your tent 'roomie' is a snorer

