

4 Day Inca Trail Trek Packing List

Rev. 12/20/18



You will need a passport valid for 6 months after your entry date into Peru.

Gear

- ☐ [Daypack w Hydration System 38-liter size w rain cover](#)
- ☐ Or 2-32 oz wide mouth water bottle
- ☐ Trekking Poles w/ Tip Protectors
- ☐ [Headlamp with spare batteries](#)
- ☐ Sleeping bag 10 to 0°F recommended
- ☐ Rental Sleeping bag \$20 (must bring liner)
- ☐ Rental Trekking Poles \$20
- ☐ Sleeping bag liner if renting sleeping bag (inflatable sleeping pad provided)

Clothing:

- ☐ [Waterproof hiking boots](#)
- ☐ Down Jacket, hooded
- ☐ Mid-layer jacket (down puffy or fleece, hooded)
- ☐ Hooded Rain Jacket & Rain Pants or Poncho
- ☐ Camp shoes (croc's or slip on shoes)
- ☐ Trekking Pants [Convertible Pants \(2 for trek\)](#)
- ☐ 2 Trekking socks
- ☐ T shirts- Quick Dry (no cotton) (2 for trek)
- ☐ Underwear- Quick Dry (no cotton)
- ☐ 2-Sports Bra- quick dry/ no cotton
- ☐ [Hooded Base Layer Top](#) & [Bottom No Cotton](#)
- ☐ Light weight gloves
- ☐ Midweight glove, wind and waterproof
- ☐ Sun hat with wide brim
- ☐ Sunglasses- UV Shielded
- ☐ 1-Buff
- ☐ Warm Hat
- ☐
- ☐

Optional:

- ☐ Hand/Toe Warmers
- ☐ Light weight shower shoes
- ☐ Via Instant Coffee/Decaf Tea or Coffee
- ☐ Book or Kindle, Earbuds for phone
- ☐ Life-proof case for phone or Zip lock

Personal Care:

- ☐ OTC and prescribed personal medications
- ☐ Prescription meds for traveler's diarrhea
- ☐ Altitude Meds- Ask your doctor about Diamox
- ☐ Deodorant (small travel size)
- ☐ Eye drops/ rewetting solution for contact lens wearers
- ☐ Feminine hygiene supplies
- ☐ Shampoo, conditioner (Travel Sizes)
- ☐ Contact solution & storage case (small travel size)
- ☐ Toothpaste, toothbrush, dental floss
- ☐ Spare contacts/reading glasses
- ☐ Small mirror
- ☐ Sun screen SPF 30 or higher
- ☐ Lip balm w min. SPF 30
- ☐ Biodegradable soap (small bar in ziplock)
- ☐ Cough drops/hard candy
- ☐ Hand Sanitizer & wet wipes in Ziplock
- ☐ Nail clipper/nail file (put in 1st aid kit)
- ☐

Miscellaneous Items:

- ☐ [External charging pack for phone/camera](#)
- ☐ [Steri-pen](#) or [water purification drops/tabs](#)
- ☐ Sports Tape & [Blister Kit](#)
- ☐ 1 small garbage bag for dirty laundry
- ☐ 2- Large heavy-duty garbage bags
- ☐ 1 small plastic bag to store dirty shoes
- ☐ Camera w spare batteries
- ☐ Electrolytes, Shot blocks, Gu
- ☐ Toilet Paper & Kleenex-Store in Ziplock
- ☐ Power adapter
- ☐ Ear Plugs
- ☐ Insect Repellent
- ☐ Watch w alarm
- ☐ Small Camp Towel
- ☐ Luggage Locks and Tags
- ☐ Protein bars & snacks you love for higher altitude
- ☐ 2 sandwich size zip locks, 3-gallon size zip locks

Note: Do NOT overpack for trek. You have a weight limit of 11lbs for your porter bag. Bags will be weighed prior to departure.

***No narcotic prescription meds for Inca trail due to altitude complications. Talk to your doctor about alternatives.**

****Currency must be in good condition and may not have rips, worn or stray ink marks. Inca Trail porter tips need to be in Peruvian currency and converted the day prior to the first day of the trek.**