

Packing List

Rev 9/9/18

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

- ☐ Small backpack to carry water, snacks, jacket
- ☐ Trekking Poles w rubber tips
- ☐ Hydration System or water bottle
- ☐ Sunglasses- UV Shielded
- ☐ Gloves or mittens
- ☐ Sun hat with wide brim
- ☐ Warm Hat
- ☐ [Headlamp](#) (1 Day trekkers)

Clothing:

- ☐ Light hiking shoe, waterproof
- ☐ Hiking socks, no cotton
- ☐ Warm jacket
- ☐ [Convertible Pants](#)
- ☐ T shirts- Quick Dry (no cotton)
- ☐ Underwear- Quick Dry (no cotton)
- ☐ Sports Bra- quick dry/ no cotton
- ☐ 1-Buff

Optional:

- ☐ Book or Kindle, Earbuds for phone
- ☐ Life-proof case for phone or Zip lock
- ☐

Personal Care:

- ☐ OTC and prescribed personal medications
- ☐ Prescription Meds: diarrhea (no narcotic prescription meds for Inca trail due to altitude complications. Talk to your doctor)
- ☐ Altitude Meds- Ask your doctor about Diamox
- ☐ Cold Medicine (non-drowsy)
- ☐ Deodorant (small travel size)
- ☐ Eye drops/ rewetting solution for contact lens wearers
- ☐ Feminine hygiene supplies
- ☐ Nail clipper/nail file (put in 1st aid kit)
- ☐ Shampoo, conditioner (Travel Sizes)
- ☐ Contact solution & storage case (small travel size)
- ☐ Toothpaste, toothbrush, dental floss
- ☐ Spare contacts/spare glasses/reading glasses
- ☐ Sun screen SPF 30 or higher
- ☐ Lip balm w min. SPF 30
- ☐ Hand Sanitizer
- ☐ Wet-wipes
- ☐ Cough drops/hard candy

Miscellaneous Items:

- ☐ First Aid Kit with Neosporin, Blister Kit, band aids, Ibuprofen/ Tylenol, non-narcotic pain relievers
- ☐ [Blister Kit](#)
- ☐ 1 small garbage bag for dirty laundry
- ☐ 1-Large garbage bag for backpack
- ☐ Power converter
- ☐ Camera w spare batteries
- ☐ Electrolytes, Shot blocks, Gu
- ☐ 2-gallon size zip locks
- ☐ Luggage Locks and Tags
- ☐ Ear Plugs (don't forget these!)
- ☐ Insect Repellent
- ☐ Watch w alarm
- ☐ 2-gallon size zip locks
- ☐ Snacks as desired
- ☐ [External charging pack for phone/camera](#)
- ☐ Some small bills & large bills for exchanging money-
- ☐ Cash for tipping