

# PACKING LIST – PERU TREKKING

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your lodge-to-lodge trekking adventure in Peru. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as an individual. If you have any questions, please don't hesitate to ask!

### Dress for the Weather

The weather in the mountains can change quickly and you should be prepared for four seasons in one day. You should carry warm clothing and rain gear at all times. Expect temperatures ranging from 14° to 23°F at night and up to 68°F during the day. Clothing layers are your thermostat in the outdoors. Your trekking clothing should be quick-dry and non-cotton layered clothes. Cotton should be saved for the lodges.

### Health Considerations

Make an appointment with a travel clinic. There are no immunization requirements for Peru, however a travel clinic may have recommendations for you based on your age, health, and past vaccination history. You may want to ask your doctor about Diamox, to help with altitude. For more information, go to [www.cdc.gov/travel](http://www.cdc.gov/travel) and navigate to Peru page.

### Altitude Symptoms

At high altitude, it is typical for trekkers to feel some physical effects such as loss of appetite, fatigue, or headache. Symptoms are more severe with acute altitude sickness. Acute altitude sickness can include trouble breathing while resting, severe coughing, confusion, impairment of motor skills, and irrational behavior. **Notify your guide immediately if you believe you are experiencing any of these symptoms. Your guide is a highly-trained professional, and your safety is their top priority.**

### Luggage Restrictions

You must pack in a soft-sided duffel bag, weighing no more than 22lbs, during this trek. Hard-frames or wheeled suitcases are not permitted during the trekking portion of the itinerary.

## PACKING CHECKLIST

### Clothing & Gear

- |   |   |
|---|---|
| <input type="checkbox"/> Soft-sided duffel bag  | <input type="checkbox"/> 1-2 pairs of pants   |
| <input type="checkbox"/> Daypack w/rain cover   | <input type="checkbox"/> 1-2 pairs of shorts  |
| <input type="checkbox"/> Medium-weight, waterproof hiking boots (make sure they are broken in!) | <input type="checkbox"/> 1-2 sets of casual clothes for evenings  |
| <input type="checkbox"/> 3-4 pairs synthetic or silk wicking liner socks                        | <input type="checkbox"/> 1 bathing suit   |
| <input type="checkbox"/> 4-5 pairs wool or synthetic medium cushion hiking socks                | <input type="checkbox"/> 1 medium weight fleece sweater/jacket for cool evenings                              |
| <input type="checkbox"/> 5-7 pairs underwear (quick dry recommended)                            | <input type="checkbox"/> 1 heavy jacket (down or synthetic)   |
| <input type="checkbox"/> 1-2 lightweight long underwear tops and bottoms                        | <input type="checkbox"/> 1 pair gaiters   |
| <input type="checkbox"/> 2-3 short sleeve shirts  | <input type="checkbox"/> Waterproof breathable rain jacket (ie. Gore-Tex)                                     |
| <input type="checkbox"/> 1-2 long sleeve shirts   | <input type="checkbox"/> Waterproof breathable rain pants (ie. Gore-Tex)                                      |
|   | <input type="checkbox"/> Poncho (doubles as back-pack rain cover and keeps you cool while hiking in the rain) |

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- ☐ Wool/fleece hat and gloves
- ☐ Hat for sun protection
- ☐ Comfortable shoes and/or sandals
- ☐ Sleepwear
- ☐ Telescopic trekking poles (should have rubber tips)
- ☐ Sunscreen and lip balm with SPF
- ☐ Mosquito/bug repellent
- ☐ Large refillable water bottle or water bladder system

## AdventureWomen Essentials

- ☐ Travel documents (passport, airline tickets, money)
- ☐ 2-3 spare passport photos (in case of lost passport)
- ☐ Write down/print out travel insurance number
- ☐ Locks for your suitcase/duffel bag
- ☐ Travel alarm clock with spare batteries
- ☐ Headlamp or small flashlight with spare batteries
- ☐ Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- ☐ Digital camera, memory cards, battery charger
- ☐ Power adapters/power bank (a universal adapter is best as you'll encounter places that will take both 220V and 110V)
- ☐ Sunglasses, case, and strap
- ☐ Spare glasses, contact lenses, cleaner, saline, etc.
- ☐ Money belt or neck pouch
- ☐ Hand wipes/hand sanitizer
- ☐ Toothbrush/toothpaste
- ☐ Soap, shampoo, and conditioner
- ☐ Small packet of tissues
- ☐ Tampons and panty liners (avoid plastic applicators)

- ☐ Moldable silicone snore-proof earplugs.
- ☐ Eye masks for sleeping
- ☐ Assortment of stuff sacks and Ziploc bags
- ☐ 1-2 bandanas/Buf
- ☐ Reading material/journal and pens

## Personal First Aid Kit

- ☐ Prescription medicine you usually take (in original containers)
- ☐ Personal epi pen (if you need one, don't forget to pack it!)
- ☐ Bandages, Gauze, Ace bandage, blister prevention
- ☐ Antiseptic wipes/spray
- ☐ Antibiotic ointment
- ☐ Cotton-tipped applicators
- ☐ Oral rehydration tablets/ packets
- ☐ Anti-nausea medication (for motion sickness during car rides)
- ☐ Antidiarrheal medication
- ☐ Mild laxative
- ☐ Antacid
- ☐ Cold remedies
- ☐ Ibuprofen/acetaminophen
- ☐ Eye drops
- ☐ Tweezers, scissors (travel size), safety pins

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*