

PACKING LIST – PERU AMAZON

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Peru. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

You need to take clothing for both the cool of the higher altitudes in the evenings, the warmth during the day, and the heat of the Amazon. During the day in the highlands, you might need a sweater, but a jacket/ fleece is a must in the evening - it can get cold!

Luggage Restrictions

Your luggage should consist of one medium-sized suitcase or duffel bag and one small carry-on bag/backpack. Your suitcase must weigh no more than 50 pounds. You will also need to bring a small, collapsible overnight bag or backpack to take with you on the train for your overnight at Machu Picchu - no large suitcases are allowed on the train. Your overnight bag can weigh no more than 11 pounds, and the dimensions of this can be no more than 62 inches (combined length, height, and width). **These restrictions are strictly enforced.**

PACKING CHECKLIST

Clothing & Gear

- Broken-in comfortable, light- weight hiking boots
- 1 pair of sneakers or sport sandals for evenings and other walks
- 2-3 short-sleeve shirts
- 2-3 long-sleeve shirts
- 2 pairs of shorts or 2-3 pairs of convertible zip-off pants
- 1-2 pairs of pants. Convertible, light-weight zip-off pairs are convenient
- 1-2 sets of nicer, casual clothes for evening meals
- 5 pairs underwear (synthetics are easier to wash/dry)
- 5-6 pairs of socks
- 2-3 bras/sports bras
- 1 jacket for chilly nights
- 1 fleece
- 1 lightweight waterproof windbreaker
- 1 wool cap
- 1 pair of gloves

- 1 bathing suit
- Lightweight wide-brimmed hat
- Sleepwear

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s) – a universal adapter is best as you'll encounter 220V and 110V)
- Power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.

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- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs
- Optional assorted stuff sacks and bags – consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens
- Insect repellent
- Sunglasses
- Hiking poles (optional) must have rubber tips

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!
- Seasick/airsick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different mode 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.