



## Paperwork & Money

- Passport
- Peruvian sol in small nominations

## Clothing

- Moisture wicking long sleeve (2)
- Moisture wicking tee-shirt (2)
- Lightweight trekking pants (2)
- Lightweight trekking shorts (1)
- Midweight long underwear pants
- Midweight long underwear top
- Midweight fleece/wool sweater
- Lightweight rain-jacket
- Down jacket
- Underwear (4-6)
- Fleece/wool hat & gloves

## Footwear

- Well-worn waterproof hiking boots
- Smart wool hiking socks (5-7)
- Sock liners

## Daypack

- Sunscreen & Sunglasses
- SPF lip balm
- Hat with wide brim
- Layers
- Insect repellent
- Water bottle/s (2L)
- Water purifying Ttblets (16-20)
- Toilet paper & hand sanitizer

## Gear

- Daypack (36L-50L)
- Lock for pack
- Sleeping bag (-10 degree)
- Headtorch
- Portable charger for electronics
- Trekking poles (optional, rubber tips required)

## First Aid & Prescriptions

- Personal First Aid Kit
- Diamox (for altitude sickness)
- Cipro (travelers diarrhea)

## Toiletries

- Body/face Wipes
- Dry shampoo/conditioner
- Soap
- Deodorant
- Diaper rash cream
- Toothbrush/toothpaste
- Feminine products

*\*Eco friendly alternatives: shampoo/conditioner/soap bars, biodegradable wipes, menstrual cup (females)*

## Optional

- Extra snacks
- Ear plugs
- Sleeping bag liner
- Inflatable pillow
- Swimsuit
- Flip flops
- Small microfiber towel
- Dry bags and plastic bags
- Stuff sacks for dirty clothes/shoes
- Go-girl (females)

## Wet Season

- Pack raincover
- Lightweight dry sack
- Waterproof cases
- Raincoat with synthetic insulation
- Gaiters
- Rain hat