



# PERU: MACHU PICCHU

## Packing List

### Mandatory Items

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**1 daypack/backpack:** Minimum gear capacity of 1,800-2,500 cubic in. (30-45 L). Must have a waist belt and outside pockets to hold (2) 1-liter Nalgene water bottles. Your backpack will hold a jacket, hat, gloves, daily snacks, 2 water bottles, gaiters, waterproof jacket and pants, headlamp, medications, passport and money at all times.

**Trail duffle:** This duffle will hold your extra hiking clothes, toiletries, wipes, extra snacks and any other items needed during the hike that are not part of your daypack. Your duffle bag will be transported ahead of the group and will be available at each campsite. *\*A trail duffle will be provided.*

**Roller suitcase or duffle:** This will hold your street clothes and personal items not needed during the hike. This suitcase will be left at the hotel in a secure location while you are on the trail.

**1 sleeping bag:** Recommend temperature rating of 10°F (-12°C) or lower. This is a personal preference based on your internal body temperature. Preferably down-filled. Sleeping bags vary in length and zipper side location. Prices are subject to brand and quality of the down. You must use a compression sack for packing purposes. *\*A sleeping bag will be provided if you do not want to bring your own.*

**1 sleeping pad:** Recommend 2-2.5 in. (6.3 cm.) of thickness. Inflatable pads are best for packing purposes. *\*A sleeping pad will be provided if you do not want to bring your own.*

**1 pair of trekking poles:** Adjustable shaft recommended. No folding poles.

**2 (1-Liter) Nalgene water bottles** (Hydration bladders are NOT RECOMMENDED)

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### Mandatory Items for Feet:

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- 1 pair waterproof hiking boots or trail shoes
- 2 - 3 pairs of lightweight hiking socks, preferably wool
- 1 pair of medium to heavy weight hiking socks, preferably wool

### Mandatory Items for Legs:

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- 1 pair of windproof/waterproof rain pants. Make sure they will fit over your hiking boots or have a full length zipper on the side of each leg for easy on and off and ventilation.
- 1 - 2 pairs of long hiking pants
- 1 - 2 pairs of hiking shorts
- 1 pair of thermal underwear (polypropylene, polyester or silk)
- 1 pair of gaiters for inclement weather

### Mandatory Items for Torso:

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- 1 windproof/waterproof rain jacket
- 1 medium to heavyweight down jacket
- 1 medium to heavyweight long sleeve fleece jacket
- 1 - 2 pairs of mediumweight long sleeve shirts (polypropylene, polyester or silk)
- 2 long sleeve non-cotton t-shirts
- 2 short sleeve non-cotton t-shirts

### Mandatory Items for Head:

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- 1 warm beanie cap
- 1 wide-brimmed hat, visor or baseball hat
- 1 headlamp with batteries
- 1 pair of sunglasses, side protection recommended

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### Mandatory Items for Hands:

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- 1 pair of warm mittens or gloves
- 1 pair of glove liners or lightweight gloves

### Additional Important Items to Bring:

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- \$350 USD per person in tips for hotel staff, drivers, porters, cooks and guides. Bills need to be in small denominations with no tears or marks and circulation of 2012 or later.
- Sunscreen
- 1 lip balm with sunscreen
- 1 small personal first aid kit. Include blister prevention kits/treatments, as well as personal medications to assist with digestive problems, headaches, soreness or other personal health issues that may be of concern. High altitude conditions can cause headaches and fatigue. Consider bringing antibiotics for intestinal and respiratory infections; acetaminophen or ibuprofen for headache and soreness; Benadryl or other antihistamines for allergic reaction; Melatonin for a sleeping aid; and Diamox or Dexamethasone for altitude sickness. K2AT cannot provide these medications; it is your responsibility to bring your own. Refer to the K2AT General Information document for additional information.
- Electrolytes (2-3 servings per day)
- Gu or other energy gels
- Daily snacks (two servings per day is sufficient)
- 3 compression sacks to organize and compact your mountain clothes
- 1 pack of baby wipes for personal hygiene
- 1 pack of tissues or 1 travel-size roll of toilet paper
- 3-5 medium Ziploc (plastic) bags
- 1 spare set of batteries for your headlamp
- 3 ft (1 m) of Duct tape. Wrap around your trekking poles.
- 2 small containers of hand sanitizer gel or 2 small packs of sanitizing wipes
- 1 pee bottle at least 1.5 L in size

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### Optional Items to Bring:

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- Portable power source for charging cell phone
- 1 buff or scarf
- 1 pair of closed-toe shoes or warm boots for camp
- 1 pair mediumweight pants, for the trail or at camp. Can be polar fleeced.
- 1 small camping/sleeping pillow. *\*A small camping pillow will be provided if you do not want to bring your own.*
- 2 packs of hand/foot warmers
- 1 set of earplugs for sleeping
- 1 container of insect repellent
- Journal and pen/pencil
- Paperback book
- Camera
- Music
- 1 pocketknife or multi tool
- Bathing suit for hotel

### Important:

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- International clients need to check the visa requirements for the country stated on their passport
- Label all luggage with name and address
- Lock all luggage with TSA approved locks
- Check with your international airline for specific baggage restrictions and if there is a charge for checked baggage. Most international airlines accept 2 checked bags with a 50lb (22.5kg) weight restriction. Baggage fees vary by airline.
- Label the 2 Nalgene water bottles with your name
- Use your backpack as your carryon bag for your flight. Keep all medications inside the backpack and wear or carry your hiking boots.

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### Resources:

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[www.blackdiamondequipment.com](http://www.blackdiamondequipment.com)

[www.sierratradingpost.com](http://www.sierratradingpost.com)

[www.rei.com](http://www.rei.com)

[www.backcountry.com](http://www.backcountry.com)

[www.moosejaw.com](http://www.moosejaw.com)

[www.northface.com](http://www.northface.com)

[www.mountainhardwear.com](http://www.mountainhardwear.com)

[www.marmot.com](http://www.marmot.com)

[www.leki.com](http://www.leki.com)

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### We look forward to traveling with you!

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