

Southern Latitudes Peru

Hike the Inca Trail With Us

Peru/Machu Picchu Equipment List

Required Equipment:

- RAIN GEAR, PONCHO AND RAIN PANTS (always expect rain in the mountains).
- BACK PACK (small day pack to carry during the hike with your personal items).
- DUFFLE BAG (regular size for the porters to carry your belongings one per person).
- SLEEPING BAG (good to minus ten degrees Celsius).
- INFLATABLE MATTRESS THERMAREST TYPE (other wise you can use the foam mats provided here).
- FLASH LIGHT (head lamp type).
- WATER BOTTLES (big to go inside back pack "one liter" and small to have handy "half liter").
- INSECT REPELLENT (best if it is spray-on type that can be sprayed on over your sun block).
- SUN BLOCK FACTOR 30 OR MORE
- MONEY BELT FOR VALUABLES AND ZIPLOCK PLASTIC BAGS (very important to put passport and money in Ziploc bags)
- LIGHT WEIGHT BINOCULARS (optional, to observe the mountains and some birds).
- WALKING STICK

RECOMMENDED CLOTHING:

- HIKING BOOTS (we recommend boots that are GORE-TEX® waterproof, high tops with ankle support).
- CAMP SHOES (running type or sandals).
- ONE COMPLETE CHANGE OF CLOTHING FOR THE CAMP (long sleeve t-shirt made of warm material, warm pants, long underwear, socks, wool hat, gloves, warm jacket).
- PANTS FOR HIKING (light weight zip-off pants, easily converting to shorts, that repel water or are made of a quick drying material)
- SOCKS (hiking socks at least three or four pairs)
- FOUR T-SHIRTS, (long and short sleeves made of a quick drying material - at least 4).
- SHORTS FOR HIKING (with pockets)
- TOWEL and SWIM WEAR (Camping towel or regular small/face towel type. During the hike we will get warm water to wash with every afternoon and morning. The swim wear is for the hot springs at Machu Picchu - for this we can take the hotel towels.)
- -SUN HAT AND SCARF
- -SUN GLASSES.
- -LIPSTICK, CHAP STICK or LIP GLOSS.

PERSONAL FIRST AID KIT:

We will have one but you need to bring your personal requirements.

- PAIN KILLERS AND ANTI-INFLAMMATORY PAIN MEDICATIONS SUCH AS IBUPROFEN (Advil) or other.
- PEPTO BISMOL (pills not liquid is recommended)
- IMODIUM.
- ASK YOUR DOCTOR FOR "CIPRO"(ciprofloxacin) - it is an antibiotic for traveler's diarrhea.

When organizing your equipment, please keep in mind that you are traveling internationally, therefore, baggage weight is of concern, and can be expensive if over-packed. Also keep in mind that weather conditions may vary from +30 degrees Celsius to well below freezing, with probable high winds and potential snowfall. Windy days will bring temperatures even lower. Outer clothing layers should be capable of venting, and you should be able to get in and out of it easily. Inner layers should be able to dry easily and retain warmth when wet (no cotton).

There are a variety of technical outdoor fabrics and clothing systems on the marketplace today. Visit your local outdoor retailer for product information and recommendation or contact us for more information.