

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 individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Peru has only two seasons: a dry season from April to October, and a wet season from December to March. The weather in the mountains can change quickly and you should be prepared for four seasons in one day. You should carry winter 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.

Health Considerations

Make an appointment with a travel clinic. There are no immunization requirements for travel to Peru, however your local 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, which can help with the altitude. For more health information, go to www.cdc.gov/travel and navigate to the page about Peru.

Altitude Symptoms

At high altitude, it is typical for trekkers to feel some physical effects such as loss of appetite, fatigue, or headache. Symptoms become more severe if you experience acute altitude sickness. Symptoms of acute altitude sickness can include troubled 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. As a highly-trained professional, your guide makes your safety his/her top priority.

Luggage Restrictions

You must bring a soft-sided duffel bag for this trip. No hard-frames or wheeled suitcases are permitted. For the trek, your luggage should weigh no more than 22lbs.

PACKING CHECKLIST

Clothing & Gear

- Soft-sided duffel bag
- Daypack and rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- 5-7 pairs underwear
- 1-2 lightweight long under- wear tops
- 1-2 lightweight long under- wear bottoms
- 2-3 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sets of casual clothes for evenings
- 1 bathing suit
- 1 medium weight fleece sweater/jacket for cool evenings
- 1 heavy jacket (down or syn- thetic)
- 1 pair gaiters
- Waterproof jacket (Gore-Tex recommended)
- Waterproof pants (Gore-Tex recommended)

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- Poncho (doubles as back-pack rain cover and keeps you cool while hiking in the rain)
- Warm hat, 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
- Sunglasses, case, and strap
- Spare glasses, contact lens- es, 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)
- Earplugs: We recommend Mack's Pillow Soft White

- Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens
- Masks/face coverings

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
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

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.

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