

PERU 2019 PACKING LIST



INTRO

Please take the time to look through this packing list. Not because I took the time to write it for you but because it has the potential to make your experience traveling to Peru and hiking the Inca Trail much more enjoyable! Below is information primarily focused on preparing for the Inca Trail because for four days and three nights, we will only have what we bring and what we bring we have to carry, minus 15 pounds of gear per person that will be carried by our porters. Please send me your questions and comments and I will try to respond as quick as possible.

ABOUT OUR PORTERS...

We are paying extra to hire extra porters on the Inca Trail so that they will carry some of your weight. The Porters will carry 15 pounds (6.8 kilos) of each person's gear. Think about what you are going to need to have with you on the 4 day Inca Trail... sleeping bag, pad, clothing, snacks, personal items, etc. Whatever you have that weighs more than 15 pounds you have to carry. So if you have 35 pounds of stuff and you give the porter 15 lbs, you are carrying 20 lbs. If you have 25 pounds of stuff, you just carry 10lbs. Pretty simple, huh? It is important to weigh your gear – especially your sleeping bag, pad, and snacks as those can weigh the most.

TEMPERATURES

The average temperature range for the Inca Trail in May is 36F to 70F (see http://www.incatrailperu.com/inca_trail_weather.html). As you plan your clothing and what kind of a sleeping bag to bring, think about this. You should be planning to bring and wear layers of clothing (see below) and plan to have a sleeping bag that will keep you warm enough.

SLEEPING BAGS

If you tend to sleep very cold, bring a bag that is good to about 15-20 degrees, if you sleep really warm, bring one good to about 32 degrees (it might get colder than normal and you don't want to be cold at night. What kind of bag? Bring as light of a bag as you can and one that will compress fairly small for travel. Here's a comparison:

1. A Coleman Brazos Cold-Weather Sleeping Bag is very inexpensive (about \$40) and it says it is a 20 degree bag but Amazon says it is 17.8 x 10.4 x 10 inches and weighs 4 pounds. It would be hard to restuff this bag to those dimensions and I think it actually weighs a bit more than that.
2. A good Down-Filled 20 degree sleeping bag will weigh half of this weight and compress to about one-third of that size, but if you buy a brand new one at retail price you will pay \$250+.
3. Best option if you don't have a bag or someone you can borrow a bag from? Take a look at sales like the REI Outlet. Here are a few couple deals:
 - The REI Lumen, <http://www.rei.com/product/879591/rei-lumen-sleeping-bag-special-buy> At \$110 this weighs 2.5 lbs and stuffs down to an 8 liter size and is

rated for 25 degrees. It's a synthetic bag filled bag.

- The Kelty Cosmic Down 21 (<http://www.rei.com/product/880602/kelty-cosmic-down-21-sleeping-bag>) At about \$140 this weighs about 2.5 pounds and stuffs down about the same and is rated for 21 degrees but is dri-down filled (down feathers that are treated so they still keep you warm).

What our Guides supply for us

- Tents - Sleeping two people per tent
- Food for during the trek, including 3 breakfasts, 3 lunches, 3 dinners, 3 snacks
- Special Tents for Dining and Bathroom. Yep, we eat together in a tent and there will always be a bathroom available to you – no shovel needed!
- A professional tour-guide.
- Entrance ticket to the citadel of Machu Picchu.
- A bus ticket down from Machu Picchu to the city of Aguas Calientes (where we will spend the night)
- Return train ticket to Cusco.
- Transfer train station / hotel **Service does NOT INCLUDE:**

What you need to bring for the 4 day/3 night Trek:

- **Hiking Backpack or Daypack** - I would recommend about a 35-40Liter pack for this trip. I use the REI Lookout 40L and love it for this kind of trip. A couple of things...
 1. Find one that fits you best... go to REI and try on a bunch of brands like CamelBak, REI, Gregory, Osprey, Dakine, etc.
 2. Look for great hip belt pockets - it is so nice to have your phone, snacks, chapstick readily available in a pocket you can reach without taking off the pack.
 3. Check for secure water bottle pockets that enable you to put a safety clip through the bottle so that it can't fall when taking the pack off or throwing the pack into a baggage area on the train.
 4. Think long term use - what pack will you love for years, not just this trip.
- **Bladder for water in your Daypack** – DO NOT PURCHASE A CHEAP BLADDER as it will leak! Buy a CamelBack, Osprey, or Platypus brand (sold at any store with camping gear). Get at least a 100 oz size. Plan to just carry water in this.
- **Nalgene Water Bottle** – plan to carry at least one good quality large mouth bottle that holds about 32oz. Something like a Nalgene (<http://www.rei.com/product/852355/rei-nalgene-wide-mouth-loop-top-water-bottle-32-fl-oz>). Again, don't buy a real cheap one as they easily crack or leak. Use your bladder for water and use the bottle for any kind of drink you want to mix and carry on the trail. These are much easier to clean than your bladder, and easier to mix a drink in. You can also use this as a heater in your sleeping bag! Yes! Put hot water in it and put it inside your sleeping bag at night. Another reason why you want a good quality bottle that won't leak at all.

- **Great Hiking Shoes** – Yep, kind of important, huh?
 1. Get them larger than your normal size shoe for two reasons: First, your feet will swell a bit when hiking and they swell some in higher altitude; second, you should be wearing good quality thick wool or synthetic socks.
 2. Shoes... Waterproof boots? This is a preference issue. Many people who do long hikes prefer not to have waterproof shoes because if they do get wet inside, it takes much much longer for them to dry because the water doesn't come out easily. They also don't breath as well. But in rainy situations, you will need to change socks more often. Greg will hike in Hoka One One Speedgoat 2 trail running shoes (see <https://bit.ly/2Ut6IA4>). This also depends on your need for ankle support. If you have weak ankles or have had ankle issues in the past, then consider getting shoes/boots that go up over your ankles. We will be hiking on rocks.
 3. MOST IMPORTANT OF ALL... GET USED TO THEM BEFORE THE TRIP! Seems pretty basic and common sense but sometimes people plan to use their old shoes then a week before the trip they get nervous and go out and buy new shoes. You must try out your shoes on a long day hike (10 miles) at least once before the trip to make sure that your feet are still comfortable after 10 miles.

- **Great Socks** – Plan to bring at least two pair of socks on the Inca Trail, three if you have them. At least two good, thick, wool or synthetic hiking socks and one medium thick wool or synthetic pair. Nice to have one pair that is a bit thinner in case your feet swell more than you prepared for. Some people like to wear two pair at one time while hiking, that is up to you. What length sock? At least one pair that is full length. If you like short, ankle high that is fine – sometimes dirt or sand can more easily get inside shorter socks.

- **Good quality Poncho or Rain Shell** – We are going after the raining season has ended but always assume that we will get some rain so make sure you test your poncho or shell to make sure it will keep you dry.

- **Warm, lightweight insulating jacket or fleece** – Bring either a warm fleece or a down or similar jacket for keeping warm. It doesn't have to be waterproof or windproof because you can put your rain jacket on over it if it is windy or raining. It just needs to keep you warm.

- **Long sleeve shirt** – Bring a lightweight long sleeve shirt that will keep the sun and bugs off of your arms. I like hiking in something like my REI Sahara Tech shirt (I have a couple of them) because they have great pockets, dry super fast, and are very durable (<http://www.rei.com/product/862927/rei-sahara-tech-long-sleeve-shirt-mens>). You can get by with almost any kind of shirt for this purpose – you don't have to spend a fortune.

- **Good Quality Sleeping Pad** – If getting an inflatable, make sure it is a top brand (Thermarest, REI, etc.). It has to compress small.

- **Trekking Poles with Tip Covers** – Key features to look for are 1) lightweight; 2) Grip, cork or foam rubber; 3) proper length; 4) Collapsible to go into pack. Tip covers need to be secured (Goo or other adhesive). If you have not hiked with these before, you must get out and get used to them.
- **2 Pair of Pants** – both should be lightweight and synthetic. If possible have one of them be zip-offs so you can use them for shorts, swimming (REI Sahara are great).
- **Swimsuit** – Hot Springs at Aguas Calientes (can use zip off shorts)
- **2 Short sleeve shirts** – Bring your Peru shirt and one other synthetic shirt to hike in
- Good quality **Head-Lamp** with new batteries
- **Sunscreen** – small, hanging on your pack for easy, constant application
- **Good trash bag** to put all your items into inside your Duffle Bag
- **Smaller trash bag** for all items in your day-pack (in case of rain)
- **Shade Hat** for sun protection while hiking – consider the back of your neck
- **Knit Hat** for night time warmth
- **Toilet paper** – small roll
- **Toothpaste, toothbrush, floss, brush** – all travel size
- **Hand Sanitizer**
- **Prescription Medications**
- **Diamox** (Altitude medication)
- **Chapstick**
- **Tiny First Aid Case** with just essentials like pain medication, duct tape or moleskin for blisters, some bandaids, immodium AD, etc. (our Guide will carry a larger one)
- **Sunglasses**
- **Reading Glasses** (if you need them)
- **Passport** (in waterproof baggie)
- **Card with emergency information on it** – keep with Passport (allergies, prescriptions, emergency contact's info, etc.)
- **Lightweight warm gloves** (not ski gloves)
- **Extra pair of lightweight shoes** for around camp (not flip-flops as you can damage your feet/toes in them)

EXTRA SNACKS

- Powder Drink Mix
- Favorite Tea bags
- Jerky?
- Power Bars?
- Gum?
- Cinnamon Fire Jolly Ranchers (Greg's favorite)
- Protein Powder

- GU or Power Gel if you like them
- Special mix of GORP

OPITIONAL ITEMS

- **Diamox** (Altitude medication)
- Phone battery charger
- Good case for your phone if using it for photos
- Anti-Cramp Juice
- Vitamins/Supplements
- Microfiber Towel (camp towel)
- Big Camera
- Small Tri-pod
- Selfie-Stick
- Straps for Sunglasses & Reading Glasses
- Water-proof Day Pack Cover
- REI Campsuds soap (works for everything! Laundry, hair, shower, etc.)
- Ear Plugs
- Eye Cover for sleeping (get one from the airplane!)
- Tiny Pillow
- Bandana – great for everything
- Insect repellent (share with someone)
- Stuff Sacks are stronger than plastic bags and help to organize items
- Thermal BAS coffee cup (Greg has one for you!)