



PERU HIGHLANDS & MACHU PICCHU PACKING LIST

This exciting trip takes you to some wonderfully diverse climates. You will need clothing and equipment for a variety of climate conditions and will want to be prepared for them all! The following list is designed specifically for this trip.

The two key elements we advise you to consider when packing for this trip are comfort and ability to layer for the varied weather conditions. The flight to/from Cusco allows (1) bag that is 50 lbs (22.73 kgs) plus an 8 lbs (3.64 kgs) carry-on bag. The train to and from Machu Picchu allows only an 11 lb (5 kgs) carry-on bag.

CLOTHING	FOOTWEAR	MISCELLANEOUS	TOILETRIES/FIRST AID
<input type="checkbox"/> T-shirts and long sleeve <input type="checkbox"/> Medium light-weight long underwear top <input type="checkbox"/> Rain jacket <input type="checkbox"/> Sunhat <input type="checkbox"/> Loose fitting pants <input type="checkbox"/> Light sweater or thin fleece jacket <input type="checkbox"/> Heavy sweater or thick fleece jacket <input type="checkbox"/> Hiking shorts (Please be aware that wearing shorts in public is typically only acceptable for exercise & sporting events)	<input type="checkbox"/> Medium-weight hiking boots <input type="checkbox"/> Comfortable pair of shoes to change into after the day's hike	<input type="checkbox"/> Sunglasses <input type="checkbox"/> Small flashlight or headlamp (don't forget spare batteries!) <input type="checkbox"/> Binoculars <input type="checkbox"/> Money belt or pouch <input type="checkbox"/> Small day pack <input type="checkbox"/> Snacks <input type="checkbox"/> Refillable one-liter water bottle <input type="checkbox"/> Camera! <input type="checkbox"/> Small lock for securing valuables in your luggage	<input type="checkbox"/> SPF 30+ sunscreen & lip protector <input type="checkbox"/> Personal drug kit (include motion sickness medication if you think this may be an issue) <input type="checkbox"/> Personal toiletries <input type="checkbox"/> Bug repellent

You can leave a bag in the Sacred Valley in locked storage before you go to Machu Picchu and the bag will be waiting for you a few days later when you are back. Please do not leave valuables in stored luggage.

Lima & Cusco are large cities but the other areas that you will be visiting are more rural and remote. Please take this opportunity to travel light and simple, bringing modest clothing and leaving jewelry and other valuables at home. We recommend doing a trial packing of your gear 2 weeks prior to your trip to allow for adequate time to pick up last minute items.