



Peru Machu Picchu Packing List

Mandatory Items:

- **1 daypack/backpack:** Minimum gear capacity of 1,800-2,500 cubic in. or 30-45 L. Must have a waist belt and outside pockets to hold (2) 1-liter Nalgene water bottles. Backpack will hold a jacket, hat, gloves, snack, 2 water bottles, gaiters, waterproof jacket and pants, headlamp, passport and money at all times.
- **1 mountain duffle bag with no wheels:** Capacity of 8,000-10,000 cubic in. or 95-160 L. This falls in the range of XL to XXL duffles. This duffle bag will hold your sleeping bag, sleeping pad, mountain clothes, extra pair of boots and other items needed for the mountain. Consider getting a waterproof duffle that will protect from rain and dust.
- **Small roller suitcase or duffle:** Size restriction of no larger than 22H x 9D x 14W, similar to a carryon size. This will hold your street clothes and personal items *not needed on the mountain*. This suitcase will be left at the hotel in a secure location while you are on the mountain.
- **1 sleeping bag:** Recommend temperature rating of 10°F. or -12°C. or lower. This is a personal preference based on your internal body temperature. Preferably down-filled. There are various sizes of sleeping bags such as length and zipper side location. Prices are subject to brand and quality of down. Must accompany a compression sack for packing purposes.
- **1 sleeping pad:** Recommend 2-2.5 in. or 6.3 cm. of thickness. Inflatable pads are best for packing purposes. Consider a Z-Rest pad or a Thermarest pad.
- **1 pair of trekking poles:** Recommend an adjustable shaft. No folding poles.
- **2 (1-Liter) Nalgene water bottles** (Camelpacks NOT RECOMMENDED)

Mandatory Items for Feet:

- 1 pair **waterproof** hiking boots
- 2-3 pairs of lightweight hiking socks, preferable wool
- 2-3 pairs of Medium weight hiking socks, preferable wool

Mandatory Items for Legs:

- 1 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 pair of long hiking pants
- 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:

- 1 windproof/waterproof rain jacket
- 1 medium to heavyweight down jacket
- 1 medium to heavyweight long-sleeve fleece jacket
- 1 - 2 pairs of medium weight 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:

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

Mandatory Items for Hands:

- 1 pair of warm mittens or gloves for summit day
- 1 pair of glove liners or lightweight gloves

Additional Important Items to Bring:

- Sunscreen
- 1 lip balm with sunscreen
- Adapter A or C for Peru
- 1 small personal first aid kit. Include 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 disorders; Tylenol, Aleve, or Ibuprofen for headache and soreness; Benadryl or other antihistamine for allergic reaction; Melatonin for a sleeping aid; and Diamox 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 roll of toilet paper
- 3-5 medium Ziploc (plastic) bags
- 2 large plastic garbage bags if your mountain duffle is not waterproof
- 1 spare pack of batteries for headlamp
- 3 ft. or 1 m. of Duct tape. Wrap around your trekking poles
- 2 small containers of hand sanitizer gels
- 1 pack of disinfectant wipes
- 1 PEE Bottle at least 1.5 L in size

Optional Items to Bring:

- Portable power source for charging cell phone
- 1 buff or scarf
- 1 pair of closed toe shoes or warm boots for camp
- 1 pair medium-weight pants, can be polar fleeced. For the trail or at camp.
- 1 small camping/sleeping pillow
- 1 pack 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:

- 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. or 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 backpack and wear or carry your hiking boots.

Resources:

Check your local outdoor recreational store for all gear and supplies.

Popular resources for researching or purchasing gear and supplies online are:

www.blackdiamondequipment.com

www.sierratradingpost.com

www.rei.com

www.backcountry.com

www.moosejaw.com

www.northface.com

www.mountainhardwear.com

www.marmot.com

<http://www.leki.com>