



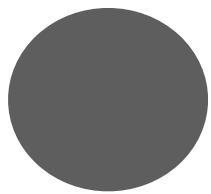
# FAQS

Foto: Zac de Ugar

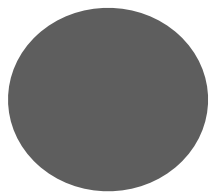


# Basic information

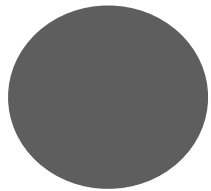
## Trekking & Camping



Packing List



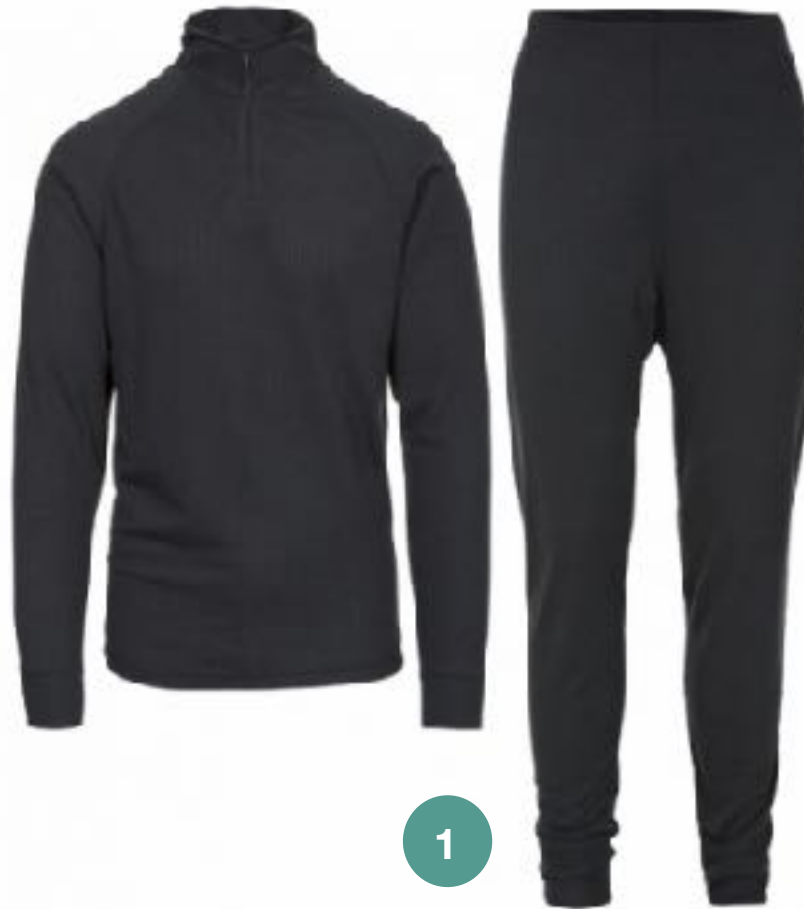
Your Day Pack



We can hire for you



**8 kg  
max**



# Packing List

Find a detailed packing list with some items that you may not see in the following pictures, however they are part of the Essential list.







5



6



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## In your duffel bag

At your briefing we will provide you a duffel Bag where you can pack all you need for the trek, this duffel bag will be accesible at night at campsite, for things that you need during the day you need to have a day back.



# Packing List

## Essentials

1. **Thermal underwear:** Base layer top and bottom thermal/polypropylene underwear.
2. **Fleece jacket:** Something that you can wear when is not too cold at the campsite or any night in the city.
3. **Down Jacket:** Something warm for cold nights.
4. **Rain jacket:** Waterproof jacket/shell with a hood, Goretex if possible. (Plastic ponchos can be purchased in Cusco).
5. **Vest jacket:** Optional
6. **Wooly hat/beanie hat:** A warm hat.
7. **Hat:** Baseball cap/sun hat, ideally UPF 50+ sun rating, mesh side panels or a quick dry material.
8. **Rainpants:** Full-length out-seam zippers let you get pants on and off fast
9. **Hiking pants:** Designed for travel and hiking in variable conditions, lightweight pants zip off into shorts.
10. **Gloves:** Waterproof, breathable and windproof.
11. **Hiking Socks:** High-density knit sole and instep guard against abrasion, shock, lace pressure and blisters. If possible, Merino wool (naturally wicks moisture) & nylon material.
12. **Hiking boots:** Should have a high cut that wraps above the ankles for excellent support. They should be comfortable, well worn-in and waterproofed.
13. **Sandals:** To wear after the hike or at the van.
14. **Trail runners/running shoes:** for a short day hike, cycling or just for a casual evening.
15. **Headlamp:** If possible rechargeable, to avoid batteries waste.
16. **Walking sticks:** Highly recommend bringing one or two poles with you to support your knees during the hikes. (you can hire poles from us). Rubber covers required.
17. **Sleeping bag:** Mummy form, suitable for -9

18. **Swim suit/shorts:** For any swimming opportunities, as hot springs
19. **Shirts/T-shirts:** Fibers that wick moisture and speed drying.
20. **Toiletries:** Shampoo, conditioner, toothbrush, toothpaste, soap, wet wipes, hand sanitizer etc.
21. **Travel Towel.**
22. **Binoculars**
23. **Bandana**
24. **Sunblock & Insect repellent**
25. **Personal First Aid Kit:** Your own medical kit with any special medication that you may need.
26. **Sunglasses**
27. **Adapter plug.**
28. **Camera:** Extra batteries and memory cards (220 V).





How to Choose Daypacks: <https://www.rei.com/learn/expert-advice/>

Your day pack should be between 21 to 35 Liters. Your 8Kl duffel bag will be carried by mules or porters, depending of the trek you are doing. In both cases 8 Kilos includes your sleeping bag.



# Your Day Pack

## Packing List

1. **Original Passport:** Inside a waterproof bag.
2. **Cash:** For tipping or to buy souvenirs you may find along the trek from locals villagers.
3. Rain Gear
4. Headlamp.
5. Binoculars.
6. Bandana.
7. Sunblock & Insect repellent.
8. **Personal First Aid Kit:** Your own medical kit with any special medication that you may need.
9. Sunglasses.
10. Camera.



# We can hire for you

## Sleeping bags & Walking sticks



Marmot - Bag Temperature (C): -18 C

Bag Temperature (F): 0 F

Insulation 650+ Fill Power Duck Down



North Face - Bag Temperature (C): -7 C

Bag Temperature (F): 20 F

Insulation 550 ProDown