




**QUECHUA
TREKS**
▶ PERÚ ◀



Packing List

Essentials for Every Journey

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.



1. **Fleece jacket:** Something that you can wear when is not too cold at the campsite or any night in the city.

2. **Rain jacket:** Waterproof jacket/shell with a hood, Goretex if possible. (Plastic ponchos can be purchased in Cusco).

3. **Down Jacket:** Something warm for cold nights.





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4. Woolly hat/beanie hat: A warm hat.

5. Hat: Baseball cap/sun hat, ideally UPF 50+ sun rating, mesh side panels or a quick dry material.

6. 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.

7. Rain pants: Full-length out-seam zippers let you get pants on and off fast

8. Hiking pants: Designed for travel and hiking in variable conditions, lightweight pants zip off into shorts.

9. Hiking boots: Should have a high cut that wraps above the ankles for excellent support. They should be comfortable, well worn-in and waterproofed.

10. Sandals: To wear after the hike or at the van.

11. Trail runners/running shoes: for a short day hike, cycling or just for a casual evening.

12. **Headlamp:** If possible rechargeable, to avoid batteries waste.

13. **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.

14. **Light long-sleeves shirts.** To protect yourself from insects.

15. **Travel towel:** You might like to bring a travel towel for swimming.

16. **Long-sleeve shirts:** one or two, some cotton, some quick-dry, and for insect protection.

17. **Swim suit/shorts:** For any swimming opportunities, as hot springs

18. **Shirts/T-shirts:** Fibers that wick moisture and speed drying

19. **Toiletries:** Shampoo, conditioner, toothbrush, toothpaste, soap, wet wipes, hand sanitizer etc

20. **Binoculars**

21. **Bandana**

21. **Sunblock & Insect repellent**

22. **Personal First Aid Kit:** Your own medical kit with any special medication that you may need.

23. **Sunglasses**

24. **Adapter plug.**

25. **Camera:** Extra batteries and memory cards (220 V).

In your duffel bag

If you're hiking the short Inca Trail or embarking on an adventure with us and need a duffel bag for light packing, please let us know.





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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.



FAQS



Security

When you arrive at your hotel you should store your valuables in the safety deposit box at the hotel. This includes your passport, laptop, or important paperwork like airline tickets. We advise you to travel in groups and to only carry the necessary amount of money for what you need for the day. Remember that in most of the restaurants that you are going you can pay with credit card. Be careful of large, tightly packed crowds as there are often pickpockets among them. A good way to keep valuables safe on your person is to carry them in your front pockets instead of your back pockets.

When returning to your hotels late at night please take a taxi if possible, preferably a well-marked, official looking one.

Money

There are many places that will change your money or traveller checks and there is an official exchange rate for all currencies. "Casas de Cambio" (change houses) and banks will all give you the same rate, although it does fluctuate on a daily basis. Remember hotels exchange rate is very low compared to what you can get from the exchange houses.

When your bills are a little bit torn nobody will take them.

You will need money for some meals, tips, souvenirs and personal expenses.

Taking Photos

Peru, especially Cusco, is very colorful and you will find many different shots that you will love to take. When taking pictures in the city ask for permission, your tour guide will help you. Many people are more than happy to pose for a picture, for example the women with llamas, but they will usually ask for a tip. A normal tip would be one or two soles.

Weather

As the locals say, in the Andes it's very difficult to predict the weather; it can be a very sunny day and it can radically change to a freezing night. You will be experiencing all extremes of Peruvian climate.

The altitude produces a very particular climate, 2 much defined season, wet and dry. During the wet season you may be under the rain most of the day, however it's not cold like in the dry season which coincides with our high season (the coldest though).

In the highlands during the day hopefully will be sunny enough to wear t-shirts and shorts, but you must always be prepared for rain or wind always carry with you a warm fleece jacket, a good rain jacket or poncho and some warm clothes. If for some reason you didn't pack any of this with you, you can buy a very high quality alpaca and outdoor clothes in Arequipa, Puno or Cusco.

You may obtain more detailed weather information by visiting:

www.weatherbase.com

Tipping

There has been some confusion about the custom of tipping in Peru so we will clarify. Tipping is completely voluntary; it is customary but not obligatory. For example tips are normally given to tour guides and other people in the service industry like waiters or bartenders. If you are on a trek and you wish to show your appreciation to the porters, cooks, and muleteers for their hard work tipping is an acceptable way to do so. Once again though this is completely voluntary, if tipping is not customary in your country, do not feel obligated to do it here.

Drinking Water & Avoid Plastic

As you may know, tap water here is not safe to drink, and recycling programs are not available. To help reduce plastic waste, we encourage you to bring your own reusable water bottle. We will provide water stations in our vehicle, on the trek, and during all activities so you can easily refill your bottle.

Join us in our mission to avoid plastic and produce less trash.

CLEAN WATER- We all know we can't drink the water in developing countries because it might make us sick from any number of microscopic critters which could cause diarrhea, abdominal cramps or worse.

Most people buy bottled water which has huge environmental impacts as well as being expensive and possibly unhealthy. What to do?



Travel prepared to clean your own water or use water in containers provided by hotels and operators if they have it. WHY?

- To avoid creating a trail of plastic water bottles everywhere you go
- To ensure the safety and supply of your water
- To save money and time

IT'S EASY: There are many bottles you can choose from. We love Liberty Bottles.

Why bother?

Better for the environment

- 24 million gallons of oil are needed to produce a billion plastic bottles.
- Plastic bottles take 700 years to begin composting.
- 90% of the trash in the ocean is from plastic.
- Eighty-six percent of single-use plastic bottles become landfill or litter in the US.
- PET is made from crude oil. PET bottles produce toxic emissions at rates of 100 times that of glass.

Cheaper

- Bottled water can cost as much \$10 per gallon. We are paying 2 to 4 times the cost of gasoline for a product that is virtually free.
- If tap water cost the same as the cheapest bottled, monthly water bills would come to \$9,000.

Health

- Antimony, which is found in PET plastic bottles, in small doses can cause dizziness and depression; in larger doses it can cause nausea, vomiting and death.
- This is increased by storage in heated areas. Where was your bottle of water before you got it?



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