TREKKING

PACKING LIST

Welcome to Peru!

We're thrilled to welcome you to Peru, a country of extraordinary landscapes, ancient cultures, vibrant traditions, and unforgettable adventures.

This guide includes essential packing advice and practical travel tips to help you prepare for your journey. Peru is a country of contrasts. You may experience warm valleys, high Andean passes, cool mountain mornings, tropical rainforest, and sudden changes in weather. Packing in layers and being prepared for different conditions will make your journey much more comfortable.

Traveling through Peru is also about embracing its diversity, traditions, and warm hospitality along the way.

Get ready for an incredible journey!

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. Down Jacket: Something warm for cold nights.

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

4. Vest jacket: Optional

5. Wooly hat/beanie hat: A warm hat.

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

7. Gloves: Waterproof, breathable and windproof.

8. 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.

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

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

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

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

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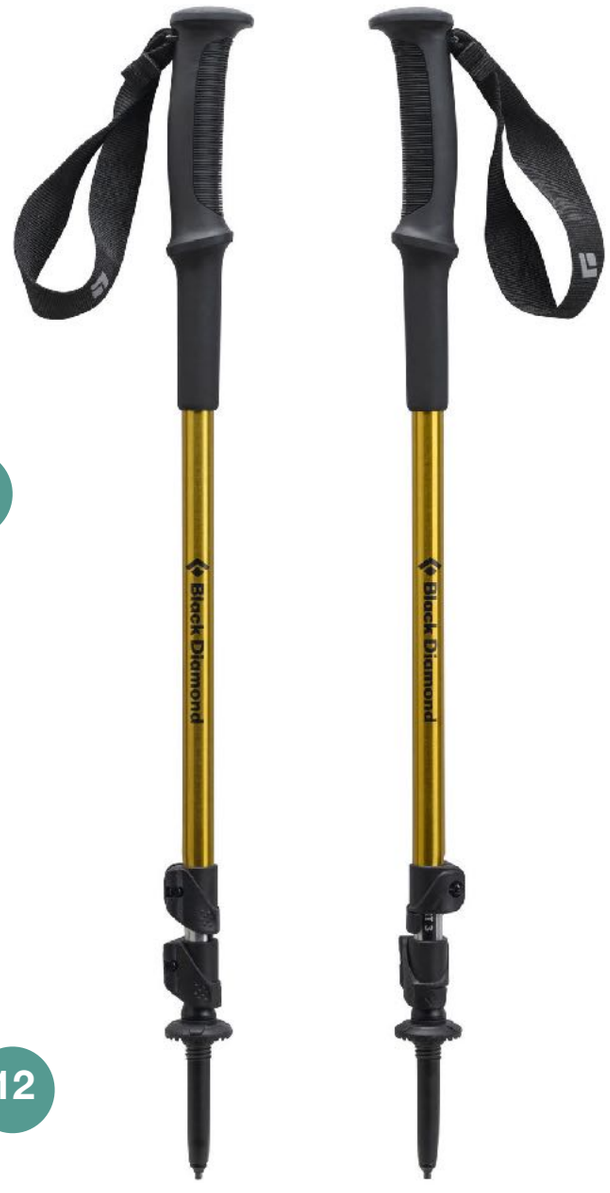

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13. Trail runners/running shoes: for a short day hike, cycling or just for a casual evening.

14. Headlamp: If possible rechargeable, to avoid batteries waste.

15.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.

16. Light long-sleeves shirts. To protect yourself from insects.

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

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

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

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

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

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).

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.

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, weather in the Andes can be unpredictable. A beautiful sunny day can quickly turn into a cold, windy or rainy afternoon, and temperatures often drop considerably after sunset.

The Andean highlands have two main seasons: wet and dry. The wet season generally brings more frequent rain and milder temperatures, while the dry season offers clearer, sunnier days but colder mornings and nights.

During the day, temperatures can be warm enough for a T-shirt, but conditions can change quickly, especially at higher elevations. **Layers are essential.** We recommend always carrying a warm fleece or light insulated jacket, a good waterproof jacket or poncho, and sun protection.

If you need additional outdoor clothing during your trip, Cusco, Arequipa and Puno have plenty of shops selling outdoor gear and warm alpaca clothing.

As Zac says, **“Be prepared for a lovely sunny, windy, rainy day!”**

Tipping

Tipping in Peru is customary but not obligatory. It is a common way to show appreciation for service industry workers, including tour leaders, tour guides, waiters, and drivers.

If you are on a multi-day trek, it is standard to tip guides, drivers, and support staff for their dedicated work. However, tipping is a personal choice—if it’s not customary in your country, you are not obligated to do so.

For restaurant service, a 10% tip is typical. Some places may include a service charge on the bill, so it’s a good idea to check your receipt before adding an extra tip..

Drinking Water & Avoid Plastic

Tap water in Peru is generally not recommended for drinking. To help reduce single-use plastics, we provide each traveler with a reusable water bottle upon arrival in Peru.

Throughout your journey, you will have opportunities to refill your bottle at our water stations, in our vehicles, and at selected hotels. When camping or traveling in remote areas, safe drinking water will also be arranged by our team—please check with your guide about refills and drinking water along the way.

Although you may come across natural water sources in the Andes, we do not recommend drinking directly from rivers, streams, or springs unless you are using a reliable water filtration or purification system. If in doubt, always check with your guide.

Waste management and recycling can be limited, particularly in rural and remote areas, so we encourage you to avoid single-use plastics whenever possible and dispose of waste responsibly.

Small choices make a big difference in helping us protect the places we explore.

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