

# Packing Checklist

## Inca Trail Trek to Machu Picchu

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Expect a wide and wild range of temperatures and possible precipitation throughout your trek. In high mountain environments, you must be prepared for inclement weather at any time. By packing a system of thin, independent layers of clothing such as a base layer (tee or tank), a mid-layer (light long sleeve), a warmth layer (sweater/jacket), and an outer layer (wind and rainproof shell), you can easily add or remove layers to remain dry and comfortable as conditions change throughout the day. It's best to avoid cotton—choose items made of nylon, polyester or merino wool.

A time-tested packing strategy is to bring two main sets of clothes on the trek:

- Daytime trekking outfit:** This is guaranteed to get dirty! This outfit will remain with you, either on you or in your daypack during the warmer parts of the day for all four days. Most trekkers leave camp in the morning wearing cold weather layers over a t-shirt and shorts. At the first rest stop, after you (and the day) have warmed up, you can easily remove a layer and continue in warm weather clothing. As the temperature cools off later in the day, add layers accordingly. At all times, carry your rain jacket and rain pants in your daypack. This is Girl Scout preparedness at its best!
- Nighttime camp clothes:** On arrival in camp, change from your trail clothes to your clean, dry camp clothes. Each morning, change from your camp clothes into your trekking outfit and pack your camp clothes into your trek duffle bag to stay clean and dry.

## Required Items

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- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase, a backpack or similar with small padlocks or combination locks
- Daypack: Choose one that fits like your favourite pair of jeans! It should be comfortable with supportive shoulder straps and a chest and/or waist-strap. It should be large enough for your water bottle, packed lunch, raincoat, fleece, camera and personal items. Recommended size: 30L (2000 cubic inches). A rain cover that snugly fits your pack is a smart investment too!
- Hiking boots: required for most days of the trip. Sturdy boots with good ankle support and a solid tread are required. They should be comfortable, well worn-in and waterproofed.
- Camp shoes: for casual wear at camp at night and at the hotels. Trail runners are perfect!
- Socks: three or four pairs. Good quality merino wool or similar will keep your feet happy!
- Waterproof, breathable shell/jacket and pants: A jacket with a hood and zippered armpits is ideal. Waterproof, breathable pants will keep you dry when active. Gore-tex, nylon or similar are best!
- Fleece/down jacket/wool sweater: one or two to keep you warm on the chillier days and nights
- Base layer t-shirts or tank tops: two or three, wool or polypropylene
- Mid-layer shirts: two to three light, mid-weight long-sleeve shirts for sun protection
- Base layer bottoms: one or two, wool or polypropylene leggings
- Lightweight pants: one or two pairs, for cooler nights, higher elevations and insect protection. At least one quick-dry pair is recommended.
- Underwear and bras
- Pajamas/nightwear
- Brimmed hat for sun protection
- Warm hat: wool/fleece beanie, or similar (for camping)
- Sunglasses: with a retainer strap (optional)

- Water bottles or hydration pack: you will need to carry 1-2L throughout the day
- Camera: memory cards and batteries/charger (220V capable with plug adapter for Peru)
- Toiletries (ideally biodegradable) such as shampoo, conditioner, toothbrush, toothpaste, soap, chapstick, facecloth/small travel towel, prescription medications (\*bring in duplicate and pack separately), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Sunscreen (SPF 15+), lip balm with SPF
- Ziploc baggies: for waterproofing your day pack contents! Ziplocs in various sizes are perfect.
- Ear plugs (recommended for shared rooms, unexpected snoring)
- Adapter plug & power converter for any electronics. [Learn more here.](#)
- Small flashlight or headlamp with spare batteries
- Electrolyte tablets (recommended brand is Nuun)
- Face masks

## Optional Items

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- Skirt/ Jeans/ Fancier top (to travel in or if you're extending your stay in Peru)
- Bandana/Buff
- Small Pillow (for travelling + camping)
- Binoculars
- Pencil, notebook/journal/sketchbook
- iPod/phone
- Reading material

- Energy snacks: while snacks will be provided, you may wish to pack your favourites especially if you have special dietary needs
- Personal first aid kit: for any essential items that you know you'll need (e.g. blister treatment if you are prone to blisters, anti-nausea meds if you get motion sick etc.). Your guides will carry a group first aid kit.

## Provided Gear

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The following gear is provided, but of course you are welcome to bring your own if you prefer.

- Sleeping bag: mummy-style (10F/-15C)
- Hiking poles - Please note that you can only use rubber-tipped poles on the *Inca Trail*.



*Walking poles are included on this trip, but if you wish to bring your own, be sure to pack extra rubber caps. Poles are NOT allowed at the Machu Picchu site but if you require one for stability, one pole with a rubber tip will be permitted. If you require a single pole for the Machu Picchu visit, you must let us know prior to the trip so this can be arranged.*

- Thermarest sleeping mat
- Tents
- All dining tents, chairs, tables, kitchen supplies, food, portable toilets and more! You will be “glamping” in the Andes!

## Essential Documents

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- Passport, copy of insurance stored in a waterproof wallet/Ziploc bag or dry bag
- Copies of your passport, insurance documents, air tickets (store separate from the originals!)
- Money: cash in local currency (for tips), credit/debit cards (don't forget your PIN number!)
- Air tickets and itinerary

## Packing Notes

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### Luggage Logistics

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Checked luggage can sometimes be lost or delayed. You should prepare for this possibility by wearing the items that are most essential to your trip enjoyment (like hiking boots, a fleece jacket). Be sure to include the following items in your carry-on: all paperwork, medication, camera/phone, rain gear and an extra pair of socks.

Throughout your trek, the porters will carry all of your overnight gear and extra clothing in the provided trek duffel bag. You are allowed to pack 6 kg / 13 lbs **INCLUDING** your sleeping bag and Thermarest (*which totals about 1.5 kg / 3.3 pounds*). You will have a strict 4.5 kg / 10 lbs for your camp clothes, day 7 clothes and overnight toiletries.

Luggage that is not needed on the trek will be stored in a safe place until you return from the Inca Trail to Cusco late on Day 7. Be ready to lock and label your luggage.

Be sure to pack a clean set of clothing to wear on Day 7 (at Machu Picchu) in your trek duffel.

## Resources for Buying Outdoor Gear & Clothing

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- **Mountain Equipment Co-op, SAIL, REI, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill, Salvation Army and online swap sites** are also fab places to find gear! Reduce, Reuse, Recycle, REWEAR!