

Packing Checklist

Peru Explorer

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!



Hot tip: Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!

Required Items

- Main piece of luggage: a sports bag with wheels, a soft-sided suitcase, a backpack or 40-50L backpack with small combination locks
- Small daypack (10-20L). This will be for carrying water, your packed lunch, camera and rain gear. Backpacks with a waist and chest strap are recommended for long days in the hills to alleviate weight from your shoulders

- An extra packable duffel bag or backpack (carry-on sized) that will fit all your necessary items for three nights in the Amazon. You will repack your bags on Day 2, prior to departing on your flight from Cusco, which allows for carry-on sized luggage only
 - Hiking boots or hiking shoes—these will be required for most days of the trip. They should be comfortable, well-loved and worn-in and waterproofed!
 - Socks: We suggest you bring a pair for each day of the trip. In the Amazon, high, thin socks (ie. a compression sock for runners/hikers that will stay up and not sag as you walk) are advised to prevent chafe from the rubber boots that you will be wearing on your hikes. The boots will be provided. You will also want a few pairs of merino wool socks like Darn Tough or Smartwool to keep your feet warm and dry. They dry quickly if you need to wash a few pairs too!
 - Waterproof jacket and pants—these are lifesavers! We suggest a waterproof, breathable, shell jacket with a hood and armpit zip vents. Look for waterproof, breathable pants like Gore-tex, or brands that are made out of nylon
 - Fleece/down jacket/wool sweater: one or two for chillier mornings 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 as desired
 - Pajamas/nightwear as desired
 - Brimmed hat for sun protection
 - Warm hat: wool/fleece beanie, or similar (for camping), toques for the Canadians!
 - Sunglasses: with a retainer strap if you have one
- Water bottles or hydration pack: you need to be able 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, facecloth/small travel towel (if desired), 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
- Ziplock baggies for water proofing your day pack contents in a budget-friendly way (various sizes are ideal)
- Ear plugs (recommended for shared rooms and camping)—you might find yourself snoring after these active days!
- Adapter plug & power converter for any electronics. [Learn more here](#)
- Small flashlight or small headlamp with spare batteries (headlamps allow you to be hands-free and are recommended over a handheld flashlight)
- Electrolyte tablets for rehydrating—a recommended brand is Nuun
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking—pack it separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin)
- Alcohol-based hand sanitizer

Optional Items

- Hiking poles
- Dress or Skirt (if that's your style) or your favourite pair of jeans and a casual-fancy top (to travel in, for casual-fancy dinners or extend your stay in Peru)
- Bandana/Buff
- Small Pillow (for travelling + camping)
- Binoculars for the bird nerds
- Pencil and notebook/journal, sketchbook (if you know how to draw!)

- Books/magazines
- Energy snacks and drinks: Snacks will be provided but you may wish to bring an emergency “hangry stash” if you have special dietary needs or personal favourites
- RAT Antigen test kits for self-monitoring Covid-19 and and face masks

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots and fleece!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading

vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50lbs (22kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend soft-sided luggage or a medium duffel bag or backpack of 30-50L(your checked bag) and a medium daypack of 20L(your carry-on bag) for most adventures.



Please note: On Day 2 of this trip, upon arrival in Puerto Maldonado, you will have to repack our gear, choosing only the items that are necessary for the next three nights at the Tambopata ecolodge (this will help keep the boats and cargo light). You must bring an extra backpack or duffel bag for this Amazonian leg of the trip. Rest assured—the rest of your luggage will be stored safely and securely until your return!

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price. **Reduce, Reuse, Recycle, Rewear!**