



# WILD WOMEN

EXPEDITIONS

## Peru Horseback Riding Tour


### Packing Checklist

**Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

**Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential!

 **Hot tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots, and backpack.

 **Laundry note:** There are no laundry facilities available throughout the trip.

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*), if you know you will never use it - think about how you travel and what works best for you.

## Required Items

- Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack
- Small day backpack (for hikes to archaeological sites)
- Comfortable riding boots or lightweight hiking boots: make sure there's a heel so that you can step into the stirrups
- Waterproof, breathable jacket and pants: Jackets with hoods and armpit zips are best. Weather can change quickly in the mountains and you'll want to be prepared.
- Water bottles or CamelBak hydration system

## Recommended Items

- Sun hat (either a wide brimmed hat or baseball type cap)
- Lightweight warm hat/beanie (for colder nights and mornings around camp)
- Lightweight gloves (wool or polypro)
- Leather gloves for riding (lightweight work or gardening gloves also work well)
- Rain coat and rain pants
- Light down jacket/sweater with stuff sack
- Extra set of comfortable clothes for hiking and sightseeing
- Bathing suit
- Underwear as required
- Fleece or sweater
- Comfortable fitted or stretch pants for riding (breeches, jeans or leggings are popular options)
- Comfortable loose shirt (with pockets) for riding
- T-shirts for riding - merino wool or synthetic recommended
- Pants for around camp
- Extra shirt for around camp
- 3 pair wool or polypro socks
- Lightweight walking shoes or sandals for around camp


- Pajamas
- Riding helmet (Helmets are provided, but you're encouraged to bring your own if you have one.)
- Bandana or neck gaiter (good for extra sun and dust protection)
- Chafing cream or powder (found in bicycle shops)
- Sun block and lip balm with SPF
- Basic personal toiletries
- Small camp/sports towel
- Sunglasses with retainer strap
- Small flashlight or headlamp with spare batteries
- Small flashlight or headlamp, spare batteries
- Insect Repellant
- Ear plugs (recommended for shared rooms)
- Personal first aid kit and blister kit
- Ziploc baggies to waterproof items in day pack or a small dry bag
- Chargers and external batteries for electronic devices plus adapters and converters
  - Voltage converter - Peru uses 220 volt electricity, so visitors will need a converter for 110 volt devices (most personal electronics work with both). Most plugs in Peru are the two-pronged flat type found in the US and Canada, but a three-pronged and a two-pronged circular type are also found. An adapter may be necessary depending on which type your devices use.

## Optional Items

- Sarong or light scarf (light blanket/shoulder cover)
- Leather or synthetic half chaps
- Fanny pack for quick access to items while riding
- Insect sting relief
- Bandana/ Buff
- Small travel pillow
- Pencil and Notebook/Journal (if that's your sort of thing)
- Reading material
- Face masks, hand sanitizer
- Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few

## Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!