






Peru Horseback Riding Tour

Packing Checklist

 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as merino wool or synthetic fabrics. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

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

 **Luggage Note:** Checked luggage can get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. riding 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.

 **Weather Note:** Expect the weather to be changeable and the nights to be chilly in the mountains. Make sure you have clothing that you can layer and at least one warm fleece or jacket.

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
- ☐ 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.
- ☐ Reusable water bottle

Recommended Items

- ☐ Sun hat
- ☐ Lightweight warm hat/beanie
- ☐ Lightweight gloves for evenings and mornings
- ☐ Gloves for riding (lightweight work or gardening gloves also work well)
- ☐ Light down jacket or vest
- ☐ Fleece or sweater
- ☐ Extra set of clothes for hiking and sightseeing
- ☐ Extra set of comfy clothes for evenings in accommodations
- ☐ Lightweight walking shoes or sandals
- ☐ Comfortable fitted or stretch pants for riding (breeches, jeans or leggings are popular options)
- ☐ Long sleeved shirt for riding (button up, with pockets)
- ☐ T-shirts for riding - merino wool or synthetic recommended
- ☐ 3 pair wool or polypro socks
- ☐ Underwear as required
- ☐ Bathing suit
- ☐ 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 screen and lip balm with SPF
- ☐ Basic personal toiletries
- ☐ Small camp/sports towel
- ☐ Sunglasses
- ☐ Small flashlight or headlamp with spare batteries or rechargeable
- ☐ Insect Repellant
- ☐ Electrolyte tablets or hydration mix for water
- ☐ Ear plugs (recommended for shared rooms)
- ☐ Personal first aid kit and blister kit
- ☐ Ziploc bags to waterproof items in day pack or a small dry bag
- ☐ Portable battery/power bank for charging phone and devices on the go
- ☐ Charging cables and/or extra 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
- ☐ Pencil and Notebook/Journal (if that's your sort of thing)
- ☐ Reading material
- ☐ Energy snacks and drinks: snacks will be provided but if you have unique dietary needs or favourites, best to pack a few
- ☐ Hand sanitizer
- ☐ Wet wipes (biodegradable)

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

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!