



## WILD WOMEN EXPEDITIONS

# Inca Trail Trek to Machu Picchu

## 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! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

**Luggage logistics Note:** For the Inca Trail Trek, you will be provided with a bag, sleeping bag, Thermarest mattress, and hiking poles. You will need to have your bag packed for the morning of Day 3 and the start of the Inca Trail Trek! The porters will carry your packed bag and you will hike with your day bag, so make sure to pack all essential items in it, (camera, water, rain gear and a warm sweater or fleece.) Your main luggage will be left at the hotel on Day 2, and you will meet your luggage in the van in Ollantaytambo. Your luggage will be stored in a secured area while you are out trekking on the Inca Trail.

**✈️ 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. hiking 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.

**👢 Hot tip:** Before your trip, become well-acquainted with your gear—especially your hiking boots 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!

 **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
- Daypack: Choose a 20L-30L 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, CamelBak, snacks, 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: Make sure you've given them a solid pre-trip workout in varying terrain and elements! Sturdy boots with good ankle support and a solid tread are required. Logging several miles in them will help ensure a blister-free trip.
- Camp shoes: for casual wear at camp at night and at the hotels. Trail runners are perfect!
- Waterproof, breathable jacket and pants: Jackets with hoods and armpit zips are best. There is a high possibility of rain while on the trail,, so your rain gear **MUST BE** truly waterproof not just a shell.
- Water bottles and CamelBak hydration system (you will need to carry 2L at a time.) You can also fill one with electrolyte powder for hydration if you wish.

## Recommended Items

- 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: Upon arrival at 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.
- Light sandals or slippers: for evening wear or around accommodations
- Socks: three or four pairs. Good quality merino wool or similar will keep your feet happy!
- Fleece/down jacket or wool sweater: one or two
- 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)
- Lightweight gloves or mitts: they will be appreciated on cold mornings if you're using hiking poles!
- Toiletries
- Ziploc baggies: for waterproofing your day pack contents! Ziplocs in various sizes are perfect.
- Quick-dry towel
- Small amount of toilet paper in a Ziploc
- Small plastic bag (for garbage created on the trail, including toilet paper)
- Sunscreen (SPF 15+), lip balm with sunscreen
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp, spare batteries
- Personal first aid kit and blister kit
- Charging cables, external battery, and converters and adapters for Peru for all of your electronic devices
- Hiking poles with rubber tips for the Inca Trail and Machu Picchu (are provided but you are welcome to bring your own)

**Note:** You cannot pack hiking poles in your carry-on luggage, they must be checked in. Carrying hiking poles with you is highly recommended for safety reasons, in the event of a mild strain or injury while hiking. If you need them to walk around Machu Picchu, please let us know well in advance.

## Optional Items

- Bandana/ Buff
- Small travel pillow
- Pencil and Notebook/Journal
- 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. (It's great to have several extra snacks for the trail)

## 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!