



# WILD WOMEN

EXPEDITIONS

## Peru Explorer

### 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:** Upon arrival in Puerto Maldonado on Day 2, we will be required to repack items for our three-night stay at Inkaterra Hacienda Concepcion. You must bring your own duffel bag or suitably sized back pack, we recommend it to be waterproof. This will help keep the boats and cargo light. *Rest assured:* the rest of our luggage will be stored safely and securely until our return to the lodge's head office in Puerto Maldonado! The Amazon jungle can be extremely hot and humid—light cotton clothing is recommended. Tropical-strength insect repellent is recommended.

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

 **Laundry note:** There is access to laundry at the hotel in Cusco.

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 Duffel bag or suitably sized back pack, we recommend it to be waterproof. (This is for the amazon portion of the expedition.)
- Daypack: A 20L-25L pack should be sufficient for your water bottle, raincoat, fleece sweater, camera/phone and personal items.
- Trail runners/running shoes: Comfortable walking shoes for your daily adventures
- Waterproof, breathable 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.
- Water bottles or CamelBak hydration system (whatever you prefer)

## Recommended Items

- 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.
- Lightweight long sleeved breathable shirts (for the Amazon)
- Waterproof Poncho (This is a great piece of equipment to have in

the Amazon where it is hot and humid)

- Sun hat/baseball cap
- Warm hat: wool/fleece beanie, or similar (mornings might be chilly at higher elevations)
- 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!
- Light sandals or slippers: for evening wear or around accommodations
- Underwear and bras as desired
- Pajamas
- Sunglasses with a retainer strap
- Toiletries
- Quick-dry towel
- Ziploc baggies for waterproofing any items or for wet items
- Sunscreen (SPF 15+), lip balm with sunscreen
- Ear plugs (recommended for shared rooms)
- Small flashlight or headlamp, spare batteries
- Personal first aid kit
- Charger and appropriate converter and adapter to charge your electronic devices

## Optional Items

- Hiking poles
- Pencil and Notebook/Journal (if you're into that 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
- Binoculars for wildlife viewing during the Amazon portion of the trip
- Portable battery/power brick for charging phone and items

## 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!