

# Packing Checklist

## Peru Horseback Riding Tour

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Below is a gear list of required and optional items to bring on your adventure. Try your best to avoid cotton clothing for being active in, looking instead for clothing made of nylon, polyester, wool, etc. Please ensure you check the local forecast before your trip and pack accordingly.

### Required Items

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- Main piece of luggage: a sports bag with wheels, a soft sided suitcase, a backpack or similar with small padlocks or combination locks
- 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
- Comfortable riding boots or lightweight hiking boots
- 3 pair wool or polypro socks
- Lightweight walking shoes or sandals for around camp
- Pyjamas
- 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)
- Camera with extra batteries and card
- Chafing cream or powder (found in bicycle shops)
- Sun block and lip balm
- Basic Personal toiletries
- Small camp/sports towel
- Sunglasses
- Small flashlight or headlamp
- Insect Repellant
- Alcohol-based sanitizer and face masks

[Preparing For Your Horseback Riding Adventure - Boots and Chaps](#)

[Preparing For Your Horseback Riding Adventure - Protecting Your Lady Bits](#)

## Optional Items

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- Sarong or light scarf (light blanket/shoulder cover)

- Small Pillow (for travelling)
- Pencil and Notebook/Journal
- iPod/mp3 player
- Reading material
- Leather or synthetic half chaps
- Electrolyte powder or tablets
- Fanny pack for quick access to items while riding
- Insect sting relief
- 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.
- Camelback or other wearable water bladder - must be low profile and secure, not a full backpack. Ideally worn under your outer layer of clothing.
- Energy snacks and drinks: while snacks will be provided, you may like to bring some along too if you have special dietary needs or personal favourites.
- Personal first aid kit: for any essential items that you know you'll need (e.g. blister treatment if you are prone to blisters, anti-nausea meds if you get motion sick etc.). Your guides will carry a group first aid kit.

## Essential Documents

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- Passport: stored in a waterproof wallet/ zip lock bag (if applicable)
- Passport copies: please bring a photocopy of your passport (if applicable)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals

- Air tickets and itinerary: your international and domestic itinerary and tickets (plus photocopies)

## Packing Notes

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### Luggage Logistics

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Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your adventure such as an active outfit and your hiking boots. In your day pack (your carry on), you should bring a full change of clothes, toiletries, medications, camera and all paperwork.

#### **Your Saddlebag (provided) Essentials are:**

- Insect repellent
- Sunblock (a small one will last for your whole trip)
- Lip balm with sunblock
- Camera/phone
- Binoculars (optional)
- Refillable water bottle
- Snacks
- Extra t-shirt
- Extra pair of socks
- Blister care
- Sun glasses

- Warm layers
- Rain coat
- Alcohol-based hand sanitizer and face masks
- Personal medication- any medication you might need, for example an asthma inhaler, heart medication or for a diabetic; insulin, glucose etc.
- Additionally, our guides recommend a small, microfiber “hiker’s towel”, which will dry easily but do wonders for keeping sweat from accumulating.

## Resources for Buying Outdoor Gear & Clothing

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- **Mountain Equipment Co-op (Canada) or REI (USA):** Membership is required for both but so worth it! Both companies have great learning resources, so check them out!
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill and Salvation Army** are also great places to find second-hand items like sports shirts and fleece sweaters that are quick-drying, for a fraction of the price! Reduce, Reuse, Recycle!