



## PERU GEAR LIST

We recommend that you prepare your **gear list** at least one month prior to the trek and let us know if you are unsure about anything on the list. (see below)

- 65+Litre backpack or suitcase on wheels, to carry your checked in luggage on flights.  
\*Personal Porters will carry your trek gear in a duffle bag – max weight 12kgs.
- 30-35 litre daypack for water, snacks, jacket, head torch, self-care items etc
- Long pants for walking – light weight & quick drying
- Shorts for walking – quick drying
- T-shirts or polo shirts x 3
- Long sleeve shirts x 2
- Rain jacket (light weight) \*Ponchos can be hired at the start of the Inca Trail
- Waterproof trekking boots – well worn in
- Sandshoes & Sandals
- Warm clothes, including fleece jacket & thermals
- Sleeping bag – rated to at least -5C (can be hired for \$28 USD)
- Camera & spare batteries (batteries consume more quickly under cold conditions)
- Small binoculars for animal & bird watching (optional)
- Hat & sunglasses & sunscreen for sun protection
- Beanie & gloves for protection against cold
- After-sun cream or hydrating cream for face and body
- Insect repellent –recommend tropical strength 80% DEET
- Toilet paper & personal toiletries
- First aid essentials & medications
- Snacks - energy bars, chocolate, dried fruit & nuts etc.
- Head torch & spare batteries
- Small towel & hand sanitizer
- Spare socks & jocks x 4
- Bathers (for swim in hot springs)
- Cash 300.00 soles or US\$ 100 extra emergency money.
- Original passport & travel insurance policy + photocopy of each.
- Hydration system & spare water bottle
- Water sterilizing tablets.

**Notes:**

1. A self-inflating mattress is included in the package.
  2. Ponchos can be purchased at the start of the trail for \$5
  3. Bamboo poles can be hired at the start of the trail for \$10
- \* If you bring your own trek pole it must have rubber protectors on the end so as not to damage the Inca Trail

*You will be issued with a Free Spirit Adventures Club Card,  
Entitling you to discounts at our affiliated outdoor stores.*

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