

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on this Trek Machu Picchu challenge. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Rucksack/Duffle bag 70-90L (main luggage)
- Day sack 30-40L (water/sun cream etc)

## SLEEPING

- 3-4 season sleeping bag
- Warm nightwear

*A Thermarest will be provided in country*

## FOOTWEAR

- Walking boots with ankle protection
- Hiking socks at least 4 pairs, of which one thermal
- Training/comfy shoe for evenings

## CLOTHING

- Waterproof and breathable jacket GORTEX recommended
- Waterproof over trousers
- Synthetic/feather down jacket for the mornings/evenings
- Lightweight fleece top
- Wicking t-shirts
- Trekking trousers (not jeans)
- Underwear light and loose
- Sun hat/Wool hat
- Insulated gloves/mittens
- Casual clothes for around camp
- Buff / Scarf
- Thermal layers
- Hiking shorts\*
- Knee supports\*
- Smarter clothes for celebratory meal\*
- Swimwear (if required)\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- Plastic liner / bags for keeping clothes and docs dry
- Sleeping bag liner\*
- Walking poles\*

## SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication
- Malaria tablets under advice from your GP (if required)\*

## TOILETRIES

- Personal toiletries inc. baby wipes, lip salve with SPF
- Antibacterial hand gel
- Travel towel
- Tissue/toilet paper
- Nappy bags
- Insect repellent containing DEET
- After sun/moisturiser
- Sun protection (min factor 30)
- Contact lenses (plus spare glasses)\*
- Ear plugs\*
- Deep heat\*
- Dry shampoo\*

## DOCUMENTS

- Passport
- Flight tickets
- Photocopy of passport
- Cash
- Debit / Credit card
- Travel insurance
- Visa (if required)\*

## OTHER

- Alarm clock/watch
- Camera\*
- Portable power bank\*
- Gaffa tape for emergency repairs\*
- Adapters

**KEY** \* Indicates Optional

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

# MAKING THE MOST OF YOUR KIT

## PACKING

For this Challenge you will need the following:

- 1) A bag to leave at the hotel in Cusco or with the ground handler with any items that you don't want to take with you on the trek. Most likely this will be your main bag that you'll check in on the flight. The luggage allowance on the flight is 23Kg.
- 2) All your kit for the 4 days trekking will go inside a duffle bag provided in Peru, including your sleeping bag if this fits inside too, but can also be attached to the duffle bag if not. The weight allowance for this is 10Kg.

Your day sack for your personal items whilst trekking. i.e. water, sun cream, sun glasses hat, waterproofs, toilet paper, antibacterial hand gel, passport etc. This bag size should be roughly 30-40L in size.

## ADDITIONAL PACKING INFORMATION

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces and rings. Your flight tickets can be left in a safe at the hotel in Cusco or with the ground handler and collected on your departure. You must take your passport with you during the trek. It should be kept in a plastic bag to protect it from damp or water damage.

## CLOTHES

Temperatures can fluctuate enormously from day-night between the campsites and the high mountain passes. Wearing light layers are key, as well as a synthetic or down jacket for the cool mornings and evenings. Make sure that you wear in and test your kit before arrival, particularly your hiking boots.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For the Trek to Machu Picchu, this should be between -5° C and 10°. If you particularly feel the cold, then upgrade your sleeping bag to the next level e.g. 4 Season to 4+ Season.

Sleeping mat / Thermarest will be provided.

## HYDRATION

At high altitude and during exercise your fluid intake needs to dramatically increase, hydration is vital, not least to help prevent Altitude Sickness. Always have your water bottle with you and ensure you refill with the water provided before setting off each day.

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is good for prevention of blisters. Put this over any "hotspots" where your boots are rubbing. Sun screen is essential. Whilst it may feel cold in the mountains the sun's UVA and UVB rays are stronger at altitude.

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