

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 your Trek Machu Picchu. 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.

*Liner and 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
- *You can always purchase a Poncho in Cusco.
- Waterproof over trousers
 - Synthetic/feather down jacket for the evenings
 - Lightweight fleece top
 - Wicking t-shirt
 - Trekking trousers (not jeans)
 - Underwear light and loose
 - Sun hat/Wool hat
 - Insulated gloves/mittens

- Casual clothes for around camp
- Thermal layers

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- Plastic bags for keeping clothes and docs dry

SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication

TOILETRIES

- Toothbrush, toothpaste, soap, babywipes, lip salve SPF
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Aftersun/moisturiser
- Sun protection (min factor 30)

DOCUMENTS

- Passport
- Tickets (given to you at the airport)
- Photocopy of passport
- Debit card
- Travel insurance

OPTIONAL

- Alarm clock/watch
- Camera
- Contact lenses (plus spare glasses)
- Deep heat
- Dry shampoo
- Dry wash
- Ear plugs
- Gaffa tape for emergency repairs
- Hiking shorts
- Knee supporters
- Malaria tablets under advice from your GP
- Smarter clothes for celebratory meal
- Swimwear for hot springs
- Visa(if required)
- Walking poles

PACKING

MAKING THE MOST OF YOUR KIT

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, including your sleeping bag, will go inside a duffel bag provided in Peru which will go on the mule. The weight allowance for this is 10Kg.
- 3) Your day sack for your personal items whilst trekking. i.e. water, sun cream, sun glasses hat, waterproofs, 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 in 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. Lots of light layers are key, as well as a synthetic or down jacket for the evenings. Make sure that you wear 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 10° and -5° C. If you particularly feel the cold then upgrade your sleeping bag to the next level e.g. 4 Season to 4+ Season.

Sleeping mats will be provided.

HYDRATION

At high altitude and during exercise your fluid needs increase dramatically and hydration is vital, not least to help prevent Altitude Sickness. There are various ways to get the right fluids into your body, with many people using water bladders or bottles.

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 the sun is often stronger up in the mountains.

*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. Often hiring a high quality piece of equipment is better than purchasing a cheap version.*

