

## Peru Trek 2013: Lares Valley Trek to Machu Picchu

### GEAR LIST

Note: This equipment is not just “suggested”, it is a comprehensive list that we have designed with your safety and comfort in mind! Please follow it closely and if you have any questions, feel free to contact Tricia Donaldson, Director of Operations, [tricia@trekkingforkids.org](mailto:tricia@trekkingforkids.org).

#### GEAR

- **Duffel Bag** – this will be provided by our trekking company to carry all of your personal trekking gear on the pack animals - 15lbs per person allowed. You DO NOT need to bring your own.
- **Small Day-Pack** – 1500-2500 cu in. It must have a functional waist belt, meaning that the waist belt supports the weight of the pack. You will be carrying water, snacks, camera, jacket, etc.
- **Rain Cover for small day-pack** – (optional) in case we get caught in the rain, this will help your gear stay dry. You can also line your pack with a plastic trash bag or put things in Ziplocs.
- **Sleeping Bag** – rated to 5° to 20° F. You can rent a warm sleeping bag from our trekking company in Peru for a fee.
- **Trekking Poles** – one or two. Useful for going up and down steep trails on the trek. Adjustable is best so that you can strap them on your pack when not in use. Please note: (metal tips are not allowed on trail; points must be rubber or covered with duct tape). You can rent a trekking pole in Peru from our trekking company or buy a walking stick locally.
- **Water Bottles/Hydration Bag** – 2-3 one-liter, leak-proof, wide-mouth **or** 1 if you bring a hydration bag.
- **Water Purification Tablets, Steripen, or Water filter**
  - *About Water:* Boiled water will be provided each day, but it is still highly recommended to bring some method of personal water treatment. If you use tablets, bring a few Crystal Light/Powerade packs; they go a long way to cover up the bad taste of the water purification tablets. Recommended: Micropur or Potable Aqua.
- **Head Lamp** and extra batteries.
- **Sunglasses**
- **Towel** – small size backpacker’s quick drying towel or washcloth.
- **Pocket Knife** (optional)
- **Sleeping Pad** – Thermarest type self inflating pad works best. You can rent from our trekking company in Peru for \$5 a day.

#### FOOTWEAR

- **Trekking Boots** – (*worn-in*, ankle high, supportive, lightweight, waterproof).
- **Camp/Lightweight Trail Shoes** – running shoes or other lightweight shoe you can wear around camp.
- **Hiking Socks** – synthetic wool blend socks are recommended, such as Smartwools as they prevent blisters and dry quickly – 3 pairs.
- **Thin Sock Liners** – (optional) synthetic liners to wear under hiking socks to keep your feet dry and to prevent blisters – 2-3 pairs. Some people like them others don’t. We recommend you get a pair and try them out during your training hikes and decide what works best for you.

## CLOTHING

(Temperatures while trekking: Daytime highs: 60-70°F - Nighttime lows: 30°F)

- **Hiking Shorts or Capris** (synthetic, *not* cotton) – 1 pair
- **Lightweight Trekking Pants** (synthetic, *not* cotton) – 1-2 pairs
- **Short-Sleeve Shirts** (synthetic, *not* cotton) – 2 (we will give you one TFK synthetic shirt)
- **Lightweight or midweight Long Underwear Top & Bottom** – zip t-neck design is great for wearing on top of hiking shirt. Light colors are better because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers. Can also be used as pajamas.
- **Briefs** – synthetic or cotton – 3-4 pairs
- **Rain jacket** – light weight or a poncho (Rain is unlikely in July, but you should always be prepared. You can also purchase a cheap/light plastic one in Cusco).
- **Fleece or Synthetic Jacket** – Polartec 100 or 200 is good or for a synthetic fill, Primaloft or Polargard.
- **Warm Outer Layer** – down jacket, shell, or insulated jacket (it will be very cold in the evenings and mornings so you will need a warm outer layer or you can use a combination of several layers such as thermal top, fleece and windproof shell)
- **Sun Hat**
- **Swimsuit** – there is a hot spring in Aguas Calientes and on our trek
- **Stocking Hat**
- **Lightweight gloves**

## MEDICAL & PERSONAL

- **Sunscreen/lip-screen** – SPF-30 or higher. Bring small containers of sunscreen.
- **Toiletry Kit** – toothbrush, toothpaste, anti-bacterial hand sanitizer (Purell), comb/brush, deodorant, shave kit, feminine hygiene products, nail clippers, tissues. **Bring travel size of everything to keep your kit small and light for trekking.**
- **First-Aid Kit** – ibuprofen/aspirin, assorted band-aids, moleskin, Neosporin-type salve, small gauze pad, roll of adhesive tape, tweezers, safety pins. Include any prescription travel meds that might be prescribed by your doctor (anti-diarrheal i.e. Cipro, antibiotics, sleep aids).
- **Insect Repellent**
- **Ziploc bags and/or stuff sacks**– always useful to keep things organized and dry in your duffel bag and daypack. Bring several sizes.
- **Garbage bags** – 2-3. You can also wrap your sleeping bag and clothes in garbage bags to keep dry in your duffel bag.
- **Snacks** – energy bars, trail mix, raisins, cookies, or other high energy snacks (we will be fed well along the way so don't go overboard. Remember you have a 15 lb. total weight limit.
- **Carabineer** – to hang water bottle, camera, or hat, to your day-pack.
- **Baby wipes** – do not need 3000. 1-2 packets of 20 will be enough.
- **Ear plugs** – very useful while sleeping.
- **Clothes for orphanage and city time** – 2 or 3 changes.
- **Passport Belt/Pouch**
- **Journal/Pen**
- **Book/games** – entertainment during evenings on trek
- **Digital Camera, Memory Cards, Extra Batteries** – you will not be able to charge batteries while trekking.
- **Luggage Locks** – To store valuables in your room and to lock the bag you store at the hotel when we trek.
- **Duct tape** – small roll, can be rolled around a pen or trekking pole (great for small repairs and blisters)