

## RECOMMENDED EQUIPMENT LIST

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Here is a basic packing list. These items are essential to ensure adventure travelers' comfort and safety:

- ✓ Day pack
- ✓ Broken-in hiking boots (sneakers are not suitable)
- ✓ Full rain gear and poncho ( rain jacket, rain pants or gaiters, waterproof boots)
- ✓ Gloves
- ✓ Lightweight hiking pants (recommended) and shorts
- ✓ Fast-wicking and quick to dry top and bottom base layers
- ✓ Comfortable shoes/flip-flops
- ✓ Cold-weather jacket
- ✓ Long-sleeve fleece/sweater
- ✓ Woolen hat
- ✓ Baseball cap, sombrero
- ✓ Buff or Bandana
- ✓ Binoculars
- ✓ Headlamp
- ✓ Sunglasses
- ✓ Comfortable hiking socks (at least 4 pairs)
- ✓ Sunscreen
- ✓ Insect repellent
- ✓ Bathing suit
- ✓ Casual mountain wear for evenings
- ✓ Photo/video cameras and chargers
- ✓ Trekking poles
- ✓ Refillable water bottle

### Notes:

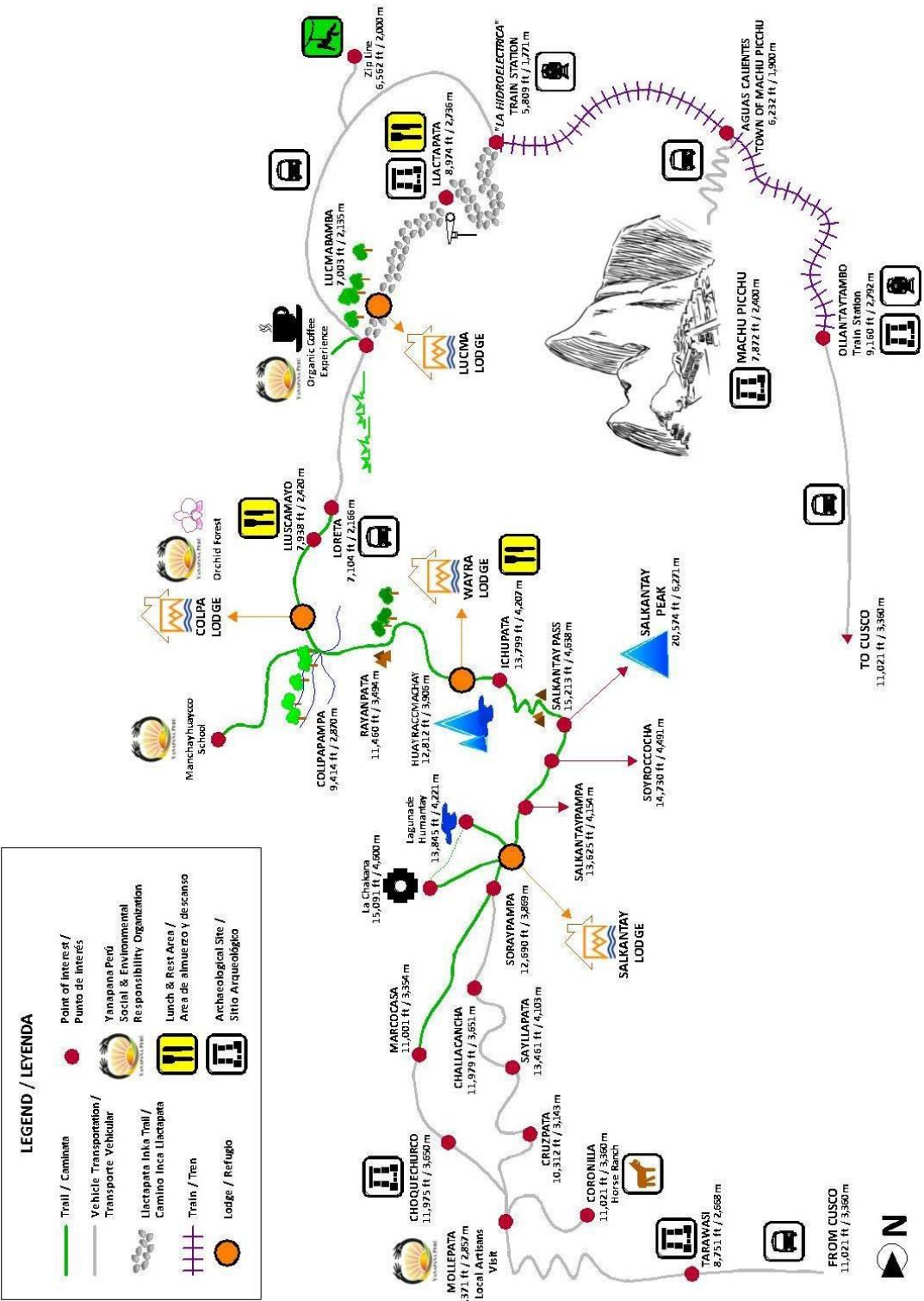
- No hard suitcases or wheeled bags. Soft duffel bags and/or backpacks ("soft" luggage) are recommended.
- We provide limited amount of hair-dryers at each lodge due to limited energy supply and environmental concerns.
- Shampoo, conditioners and bath gel are provided at each lodge.
- Bathrooms are equipped with drying lines. Laundry facilities are available at the lodges.
- Any additional clothing and luggage that you will not need on the trek can be stored at your hotel in Cusco.
- If you do not have an appropriately sized duffel bag we can provide one on loan at the pre-trek briefing (the night before departure from Cusco). Please return it to your trip leader after the trek.
- Though we do not establish a weight limit for luggage or charge for excess baggage we inform guests that luggage is mainly transported by mules and/or porters along the trail. We kindly ask that you consider restricting the weight of your luggage on the trail to 10kg/22lbs.
- Perú Rail/ Inca Rail which operates the train between Aguas Calientes and Ollantaytambo has issued specific luggage weight and size limits, which is why we recommend using the duffel bags provided by MLP. The official weight limit is 5kg per person, but the MLP duffel bags are allowed to carry up to 10kg. If you decide to carry your own duffel bag weighing in excess of the 5kg rule, it will likely be sent by Perú Rail in the luggage car. Luggage cars have different schedules from passenger cars and it is not certain your bag will arrive in Ollantaytambo at the same time as you will. This is the reason why we recommend clients to keep their luggage with them at all times.

#### TRAVELER'S TIP:

*When you fly, always wear or bring in your carry-on bag with all irreplaceable items, such as: cameras, medications, spare eyeglasses, important papers, some warm clothes and your hiking boots.*



# SALKANTAY ROUTE MAP



## **CONTACT INFORMATION & EMERGENCY PHONE NUMBERS**

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We ask for all non-emergency phone calls to be directed FIRST to the Cusco office during business hours.

### **MLP-CUSCO OFFICE (MON-FRI: 8:00 AM - 8:00 PM)**

Phone: +51 (0) 84 24 3636 Ext. 207

### **US & CANADA PHONE NUMBER**

Nadia Le Bon: (510) 5242609

### **TOLL FREE**

US: 1-877-491-5261

Brazil: 0-800-891-5372

Europe: +44 800-520-0302

Australia: 1-800-445-497

### **THE FOLLOWING PHONE NUMBERS ARE FOR EMERGENCIES ONLY:**

If there is an emergency while you are traveling to Cusco (illness, travel delays, or anything that will impede you from joining the trek), please contact one of the following MLP staff members for immediate assistance:

**24hrs Peru Emergency Phone Number: (+51) 979 38 12 63**

**Emergency Email Address: 24-7@mountainlodgesofperu.com**

Each lodge has one telephone at the front desk and free internet access.

