

Packing List • Peru Trek

Recommended Personal Clothing and Equipment:

The following clothing list works well for most people on trekking trips. If you are an exceptionally cold person, you may want to add a few additional warm layers to ensure you are comfortable. Please ask if you have any questions about any of the required items.

- Solid hiking shoes / boots. The shoes should provide good ankle support as the trails are often very rocky. They should be “broken in” before the trip to prevent you from getting blisters. “Broken in” means that you have worn them for enough time that the shoe has conformed to your foot shape.
- 2-4 pairs of warm wool or synthetic socks
- 2 pairs of thin liner socks – These are socks that you wear under your thicker socks to help prevent blistering
- Pair of comfortable camp shoes (running shoes/sneakers, lightweight sandals, cros)
- 2 T-shirts - synthetic recommended
- 1-2 pairs of thermal polypro (or equivalent) mid-weight long underwear tops and bottoms
- 1 mid-weight fleece top and bottom
- 1 down or synthetic jacket with hood
- Gore-Tex or equivalent outer shell jacket and pants
- 1 pair trekking pants (nylon, quick-dry, can be type that converts into shorts)
- 1 cap for sun (with visor or bucket style for more coverage)
- 1-2 sports bras/tanks (for women)
- 2 water bottles or equivalent accessory (2 liter carrying capacity)
- All toiletries
- Small personal bottle of hand sanitizer
- Headlamp– LED style is light and efficient (bring at least 2 spare sets of batteries)
- 1 pair of sunglasses
- Sunscreen (> SPF 45)
- Stick of chapstick (> SPF 45)
- Comfortable lightweight day pack
- Sleeping bag rated for temperatures between a 0-15 F (provided by College Outdoors for LC students)
- Expedition backpack or large duffle bag to load on donkey
- 2-3 large sturdy garbage bags (for waterproofing sleeping bags and duffels)
- In town clothing

Optional Items:

- Fleece pants
- Hiking shorts
- Fleece gloves
- Air sleeping mattress (foam mat provided)
- 5-10 ziplock bags
- Trekking poles
- Camera