



Packing List - Peru

Planning a trip to Peru during May requires thoughtful packing due to the country's diverse climates and varying altitudes we'll be at. Your itinerary includes destinations such as Lima, Cusco, Machu Picchu, the Sacred Valley, Ollantaytambo, and Maras, each with distinct weather patterns during this time.

They say there are two seasons in Peru - wet and dry - although weather patterns and temperatures fluctuate throughout the country depending on geography of the region. In May, we expect the days to be bright and sunny, with a small chance of rain. Temperatures through the adventure range between 40° (night) and 75° Fahrenheit while we are there. It will be cooler up at altitude, so don't underestimate the need for some layers.

Please pack thoughtfully, and remember we will be moving hotels a few times as we tour around the country and you won't want excess luggage.

***Please also note that we are not allowed to bring luggage on the train from Cusco to Ollantaytambo or to Aguas Calientes (Machu Picchu) and everyone will be required to transfer essential clothes and toiletries into a backpack for that segment of our adventure. Your larger luggage will be stored securely at our hotel back in Cusco while we make our way to Machu Picchu.

Below is a packing list to help you get started for the adventure ahead.

*This list is only a recommendation to help you get started. Packing is very personal and you should ultimately focus on what is imperative to your adventure and comfort.

*We (Hank and Joel) expect to pack a carry-on roller bag, and a backpack for the 10 days.

Documents:

- Passport**
 - You will need your Passport handy throughout this adventure. To enter the country, to board domestic flights, and to be granted access to the Inca Trail, and Machu Picchu. Please plan to keep your passport on your person throughout the adventure or have it nearby at a moment's notice.
- Digital copies of your important documents.** It is always advisable to take photographs of your important documents, passport, credit cards, etc. Group them into a secure photo album on your phone, or have them uploaded to Google Drive or iCloud in case you need them during an emergency.
- Medical documents** or bracelets that you might feel necessary to have handy while away from home.

General Adventure Gear:

- Daypack (25L or less) for around town and on the Inca Trail
- Nalgene Water Bottle or Camel Back
- Hydration Tablets (Liquid IV, Berocca, or Nuun etc.)
- Trekking poles (optional if you like to hike with them)
- Comfortable (broken in) Hiking Shoes
- Rain Jacket
- Sunglasses / Strap
- Sun Hat
- Buff (some people like this for hiking to protect your neck from the sun)
- Wet Ones / Clean Wipes
- Insect Repellent

Clothes:

- Comfortable sneakers for around town and hotels.
- Sturdy hiking shoes if you are planning to hike the Inca Trail day hike, and Huayna Picchu climb. * Most of us will wear the same pair of hikers for the entirety of the trip
- 2 Pairs lightweight travel pants
- ¼ Zip, or Thermal long sleeve top or lightweight fleece
- 4-5 T-Shirts (quick-dry)
- Underwear & Socks (hiking socks for trekking days)
- Travel Belt
- *** Dress in layers, temps vary depending on altitude. The weather should be quite nice but be prepared for adding layers.
- Lightweight Beanie/Hat

Toiletries:

- Altitude Preparedness Medication - Ask your doctor for a script before leaving
 - Diamox - 500mg**
- Prescriptions, Vitamins, Roloids, Aspirins, etc.
- Sunblock
- Chap Stick
- Toothbrush, Toothpaste, Floss
- Contact Lens Solution
- Any preferred soaps, gels, lotions
- Hand Sanatizer
- C-Paps - Distilled water

**Peru is a modern enough country, you can pick up typical toiletries along the way if you forget anything. Don't overpack, this is adventure travel, not luxury travel.

Cash/Credit:

You can exchange US Dollars for Peruvian Soles at the airports, or in Peru at various places. Take a print screen of the exchange rate the day you leave home, or download a currency conversion app to your phone (eg. **XE.com**).

Almost all restaurants and stores in Peru take credit cards but having some local currency handy helps with small items (in the markets etc). We plan to convert \$150 - \$200 cash for the trip, and will convert back any unused Soles to USD before we depart.

- Cash for souvenirs, market items
- Cash for tipping your tour guides (estimate about \$130 USD for tips to guides, porters, and drivers).

*You can tip our guides in USD.

*At restaurants you can tip on the credit card or with local currency.

Electronics / Power

*Do not over do it on the electronics, we like to 'disconnect to reconnect' on these adventures, and we will be moving around a lot.

- Power Converters (Peru uses 220 volt electricity) 2 prong connectors. Please bring a power converter. [Here is the one we use around the globe.](#)
- Camera
 - Batteries
 - Charger
 - Memory Cards
- Phone / Tablet
 - Charger
- Headphones
- Power Bank

Miscellaneous:

- A good book to read on the plane, or while relaxing in the hotels.
- Snacks (if you have any favorites from home), travel times can be long in Peru on the bus/trains.

2 Do's - Before Leaving Home

- Update your smart phone and tablet Apps (Banking, Airline, Currency Converters)
- Inform your banks that you will be traveling to Peru
- Confirm which credit cards don't have foreign transaction fees
- Refill important medications in time so you have enough handy
- Change batteries in your Air Tags or Tile devices (Lost Luggage)
- Investigate Cell Phone service with your provider. Activate/Leave It Off etc.

Share our contact information with friends & loved ones

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My Own Packing Notes

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