

PERU KIT LIST

✓ Please use this check-list to help you pack!

Important documents & money

Passport & visa	<i>10-year essential; valid for 6 months after departing Peru. Visa required for UK passport holders. More details to follow</i>
Money	<i>We recommend taking max £200 in small US\$ denominations; Peruvian soles can be obtained on arrival (see below for more information)</i>
Credit Card	<i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i>
Insurance documentation	<i>Advisable to leave a copy with your next of kin too</i>
Air tickets	<i>To be collected at the airport from your tour leader</i>
Immunisations record	<i>Useful as a record/proof of your vaccinations; Tetanus, Polio, Typhoid, Hepatitis A and B are recommended. Yellow Fever (and certificate) required for Rainforest Extension only</i>
Money belt	<i>Safest way to carry cash and valuables</i>

Luggage

Rucksack/expedition kitbag	<i>For your main luggage; see luggage notes (below)</i>
Large strong plastic bags	<i>To keep things dry inside your main bag (especially sleeping-bag)</i>
Small day-sack	<i>At least 25-litre capacity; see luggage notes (below)</i>

Trekking gear

Walking boots	<i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed. Wear on flight; well worn in boots are irreplaceable</i>
Walking socks x5	<i>Enough for a clean pair each day- you will appreciate this small luxury!</i>
Wicking layers / T-shirts x 2	<i>Macmillan's own wicking tops are ideal (see below)</i>
Waterproof windproof jacket Waterproof windproof trousers	<i>Good quality essential; material should be breathable and seam-sealed; arm-pit ventilation zips a good feature.</i>
Hat / cap	<i>For sun protection; wide-brimmed recommended</i>
Sunglasses	<i>Wraparound style useful</i>
Shorts x 2 Trek trousers x 1	<i>Zip-off trekking trousers ideal</i>

General clothing

Extra pair trousers	<i>Spare for trekking / evening</i>
Loose, light long-sleeved shirt	<i>Spare or for evenings; useful for sun protection on hot days</i>
Fleece / thick jumper	<i>For cool evenings and mornings</i>
Underwear & socks	<i>Non-trekking socks for evenings / back at hotel</i>
Thermals	<i>Useful for sleeping in or for extra-chilly times</i>
Warm hat and gloves	<i>Useful in camp; sleep in your hat for extra warmth if needed!</i>
Tracksuit bottoms / thermals	<i>Good for sleeping in and as spares</i>
Trainers / spare footwear	<i>For evenings, to give your feet a break from boots</i>
Travel towel	<i>Optional: lightweight to minimise space</i>
Spare clothes for at the hotel	<i>You might want to bring a nice smart/casual outfit for the celebration night. All can be left in hotel</i>

Camping / general equipment

Sleeping-bag + liner	<i>3-4 season minimum; liner provides extra warmth (silk is best)</i>
Sleeping mat	<i>For extra warmth & comfort; (self-inflating thermarest style recommended)</i>
Head torch with spare batteries	<i>Essential in camp, may be required on longer trekking days; head torch keeps your hands free</i>
Water bottle(s) / platypus	<i>Should be able to carry min 2 litres</i>
Rubber-tipped trekking poles	<i>Optional; useful on steep / uneven ground (use them when training). Simple bamboo poles available locally, and cheap</i>
Water purification tablets	<i>Small pack as back-up only – this is purely a safety measure</i>
Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
1 roll toilet paper + plastic bags	<i>Bags for disposal of loo paper; fragranced nappy bags are best</i>
Ear plugs	<i>Useful if you are a light sleeper or if there are snorers in camp!</i>
Alarm clock	<i>Optional; useful if you have problems waking up (rarely a problem in camp)</i>
Whistle	<i>For safety reasons if you become separated</i>
Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies)	<i>Some snacks will be provided each day but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i>
Wash kit (eg toothbrush, soap)	<i>INCLUDE WET WIPES (essential when water not easily available)</i>
Camera	<i>Bring spare batteries, memory cards etc (little opportunity to recharge)</i>
Book/cards/travel games	<i>Optional: useful for long flights/evenings</i>

Small personal first-aid kit

(include any medication you take regularly or while exercising)

Diarrhoea tablets	<i>eg Imodium</i>
Sun block / sun cream	<i>Minimum SPF 30</i>
SPF lip balm Aftersun / moisturiser	<i>Exposure to the strong sun and wind can make skin very dry</i>
Painkillers	<i>eg ibuprofen, paracetamol</i>
Rehydration sachets	<i>eg dioralyte</i>
Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i>
Insect repellent	<i>Eg Ultrathon, Repel</i>

Macmillan wicking tops

Why not buy Macmillan's own wicking base tops. Made from white 'coolmax' fabric, with the Macmillan logo printed on the front, they are excellent quality and great value for money at £15 each.

For more details, and to order your tops, please email us at hiking@macmillan.org.uk or call us on 020 7840 7887.

Climate

On the whole the days are usually very warm; expect to trek in shorts and t-shirt except perhaps for early starts and to put on a fleece at lunch. However, weather is unpredictable in the mountains and you should be prepared for any sudden changes. You need good quality kit – you will enjoy the trekking more if your equipment keeps you warm and comfortable and allows you to get a good night's sleep!

Early mornings and evenings can be very cold – make sure you have plenty of warm layers in camp. We camp at 3900m for one night and there may be frost on the tents in the morning. A pair of thermals is a good idea if you feel the cold at night, and a warm hat! Loose-fitting garments that trap air around your body are better than tight nightclothes.

The dry atmosphere at altitude impacts on the eyes as well as the skin and throat, so contact lens wearers may wish to bring glasses as a more comfortable option.

Luggage

Your luggage allowance on the plane is 20kg - this must be adhered to. Airlines are getting stricter in terms of charging for excess baggage, so please do try to keep within the limit. Be aware that hand-luggage restrictions may sometimes change due to airport security measures. Remember not to pack any liquids, penknives, scissors, tweezers etc in your hand luggage.

Trekking poles should also not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached.

It is best not to pack any valuables into the side pockets of the bag you check in. As a general rule, avoid travelling with anything valuable or irreplaceable.

While on the Inca Trail, everyone will carry a day-sack with camera, spare clothes, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day: you will not be able to access your main pack until you reach camp. A day-sack with adjustable shoulder-straps and hip belt is essential.

Your main bag will be carried for you while on the Inca Trail by porters. Please be careful when packing your luggage as there is a strict weight limit of 6kg for porters' loads on the Inca Trail. You will be supplied with a number SAS bag before we set off. It will be weighed at the start and during the hike. These bags are not waterproof so wrap items in plastic bags/bin liners as you pack. Stick to the packing list and you won't go over the 6kg! Washing facilities are very limited so you don't need lots of changes of clothing or a big wash bag.

You can leave a spare bag in the secure storage room at the hotel in Cusco, with any clothing and gear not needed on the hike. Flight tickets and any other valuables should be left in the hotel safety deposit box.

Recommended money

\$US100 plus £100 in Soles should cover you for all possible contingencies. Apart from any souvenir shopping you may wish to do, there are the following to consider:

- \$40 for tipping guides and porters
- Drinks at final camp (s.5 for a beer, s.35 for a bottle of wine)
- Meals not included (\$35-\$40)
- If you have to return to Aguas Calientes ahead of the group: \$30 for train, \$6 for bus from Aguas Calientes to Macchu Pichu (plus the same for the accompanying guide), hotel accommodation in Ollyantaytambo
- Remember to allow extra for drinks, souvenirs & other personal expenses.

This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.