



Peru Gear List

Our suggestions in parenthesis. Use as a guide for alternative brands.

- **Day Pack**
(*Mountain Hardwear Sortie*) 1,500-3,000 c.i. Remember that horses are carrying most of the weight. 3 Liter Water bladder included (*Camelback*). Consider an extra bladder in case one breaks.
- **Sleeping Bag**
(*Down- Mountain Hardwear Cloud Rest*)
(*Synthetic- Mountain Hardwear Switch*)
You will have to choose between Down or Synthetic. There are pros and cons with both. Rated at least 20 degrees F. It will get cold overnight, especially at our high camp of 14,000ft.
- **Duffel Bags**
(*Mountain Hardwear Large Expedition Duffel*)
Large expedition size duffel. Made from either sturdy vinyl or canvass. This is the bag that will be carried on the trek with all of your gear that is not on your back. It must be sturdy. *Also have 1 other less sturdy duffel to leave street clothes at hotel while on trek.
- **Sleeping Pads**
Inflatable/Closed cell combo
(*Inflatable-Therm-a-Rest Prolite*)
(*Closed Cell- Z-Lite*)
We recommend both an inflatable and foam pad combination.
- **Boots**
lightweight hikers or cross trainers (*La Sportiva Zodiak*)
sturdier hiking boots (*La Sportiva Thunder GTX*) *Optional...may wear just cross trainers if your feet typically stay warm. If your feet typically get cold or you have weak ankles, bring boots as well.
- **Warm Hat**
(*Mountain Hardwear Dome Perignon*)
- **Sunglasses**
(*Costa Del Mar Frigate*) A second spare pair strongly recommended.
- **Trekking Poles**
Optional, but recommended.
- **Glove and Liner Combo**
1 pair of liners (*Mountain Hardwear Powerstretch*)
1 pair of windstoppers (*Mountain Hardwear Gravity*)
- **Weatherproof Pants**
(*Mountain Hardwear Typhoon*)
- **Weatherproof Jacket**
(*Mountain Hardwear Typhoon*)
- **Pile Jacket**
(*Mountain Hardwear Windstopper Tech Jacket*)

- **Insulated Jacket**
(**Mountain Hardware Subzero**)
- **Cotton/Linen long sleeved shirt**
- **Lightweight Trekking Pant**
2 pairs (**Mountain Hardware Convertable Pack Pant**)
Convertible pant/short are the best.
- **Capelin/Polypro top/bottom**
2 sets each light and medium
- **Socks**
(2)Light, (2)Medium and (1)Heavy sets (**Smartwool**)
- **Hygiene/toiletry kit**
Only the basics
- **Pee bottle or female spout**
Optional...especially if you have no experience using one.
- **First Aid Items**
Only the basics. Tylenol, Motrin, Cipro, Moleskin...etc. We provide the main medical kit with critical meds.
- **Headlamp**
- Snack foods to supplement standard meals. Make sure to bring items you really enjoy, not just lame energy bars.
- Spare batteries
- Hat/visor
- Ear plugs
- Insect repellent with Deet
- Sunscreen 30 – 45 SPF
- Plastic Bags (garbage bags)
1 to 2...many uses. Big enough to hold critical items in your mountain duffel to add rain protection. Also a few small sandwich bags.
- Hand sanitizer (pocket size is best)
- Baby wipes for mountain bath
- Bandana
- Music player
- Knife or multitool (if you think you might use it)
- Duct tape (put a few wraps around trekking pole for access)
- Journal
- Items you might want to give to donate to the Chilipaua school kids...shoes, shirts, socks, sunglasses, school materials.
- Tip money. This is optional of course... but if you feel the service was exceptional from the Peruvian staff, the usual guideline is approximately \$75 for the trek.

Don't forget to:

- ◇ Label your gear (including trekking poles)
- ◇ Make copies of your passport (2)