

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on your Trek Machu Picchu. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

## RUCKSACKS AND BAGS

- Rucksack/Duffle bag 70-90L (main luggage)
- Day sack 30-40L water/sun cream etc
- Additional bag for days 4-6 of trekking see packing notes.
- Waterproof liner\*

## SLEEPING

- 3-4 season sleeping bag.
- Sleeping mat/Thermarest\*
- Sleeping bag liner\*

## FOOTWEAR

- Walking boots with ankle protection
- Hiking socks at least 4 pairs, of which one thermal
- Training/comfy shoe for evenings
- Spare laces\*

## CLOTHING

- Waterproof and breathable jacket GORTEX recommended
- Waterproof overtrousers
- Windproof softshell jacket
- Lightweight fleece top
- Wicking t-shirt
- Trekking trousers (not jeans)
- Underwear light and loose
- Balaclava/hat
- Insulated gloves/mittens
- Casual clothes for around camp
- Hiking shorts\*
- Smart clothes for the

- celebratory meal\*
- Swimwear dependant on hotel\*

## GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3l
- Sunglasses
- High energy snacks (tracker bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Walking poles\*
- Camera\*
- Contact lenses (plus spare glasses)\*
- Gaffa tape for emergency repairs\*
- Alarm clock/watch\*
- Ear plugs\*

## SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication
- Deep heat\*
- Knee supporters\*

## TOILETRIES

- Toothbrush, toothpaste, soap, babywipes, lip salve
- Shampoo/conditioner
- Travel towel
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Malaria tablets under advice from your GP\*
- Aftersun/moisturiser
- Sun protection (min factor 30)
- Dextrose tablets for extra energy\*
- Dry shampoo\*
- Dry wash\*

## DOCUMENTS

- Passport
- Visa(if required)\*
- Tickets (given to you at the airport)
- Photocopy of passport
- Debit card
- Travel insurance

**KEY** \* Indicates Optional

# MAKING THE MOST OF YOUR KIT

## PACKING

Check out Outdoorhire's useful tips on how to pack your kit bag [here](#).

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

The packing information for Peru is different for other challenges, so listen carefully! When you set off on your trek, you will leave your main bag at the hotel in Cusco, which will have any extra toiletries or casual clothes that you don't need. This bag will be transported to meet you in Aguas Calientes, after the camping section of your challenge.

During the trek and camping, you will be given a holdall that will carry your sleeping bag and any trekking gear that you need for the 4 trekking days. These holdalls may not be waterproof and so you may want to put your trek/camp clothing and sleeping bags etc in an additional bag or waterproof bag so as to keep them extra safe. This will be transported by mule during the challenge, and you will carry a daypack for your daily needs such as sun cream, waterproofs, camera etc. Remember that the mules on your Trek to Machu Picchu are only able to carry duffel bags or soft kitbags up to 15kg, so don't overpack!

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces and rings. Your flight tickets can be left in a safe in the hotel in Cusco or with the ground handler and collected on your departure. You must take your passport with you during the trek. It should be kept in a plastic bag to protect it from damp or water damage.

## CLOTHES

Temperatures can fluctuate enormously from day-night between the campsites and the high mountain passes. Lots of light layers are key, as well as a synthetic or down jacket for the evenings. Make sure that you wear and test your kit before arrival, particularly your hiking boots.

## SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For the Trek to Machu Picchu, this should be between 10° and -20° C. If you particularly feel the cold then upgrade your sleeping bag to the next level eg. from 4 Season to 4+ Season. Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

## HYDRATION

At high altitude and during exercise your fluid needs increase dramatically and hydration is vital, not least to help prevent Altitude Sickness. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor. See Outdoorhire's top tips for hydration [here](#).

## HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the mountain. Don't forget to take an SPF stick for your lips as well.

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at [Outdoorhire](#). They can hire really good quality outdoor equipment. Often hiring a high quality piece of equipment is better than purchasing a cheap version.

