



MULTI ACTIVITY

3D Multi Activity: Palcoyo Rainbow Mountain, Watersports at Pomacanchis & Waqrapukara Hike:

This multi-activity trio is done at high altitudes, where freezing hail to hot sunshine may be experienced. The sun's rays are very strong, so we recommend sunglasses and high-factor sunblock during the day. However, also make sure to pack an extra layer, a hat and gloves for chilly nights and early morning temperatures. Please also bring a few soles of cash to use the local toilets en route. For watersports activities, wetsuits, splash jackets, and wetsuit boots are provided, as well as Pelican cases for cameras and snacks whilst on the lake. Depending on the weather, you will be asked to change into shorts, a t-shirt and sandals or, if required, gear previously mentioned, with the exception of Buoyancy Aid, which is always mandatory. Your spare dry clothes will then remain in the vehicle, where we recommend a warm jacket for after the water sports too. For hikes, trekking poles are available, but please ask at the briefing.

- Day sack & rain cover
- Trekking trousers
- Long-sleeved T-shirts
- Good, well-worn-in walking boots
- A warm fleece or down jacket
- Thermal underwear / Warm bedclothes
- Raincoat / rain trousers / poncho
- Socks / underwear
- Trekking gloves
- Small Towel
- Water bottle / Camel-bak (with filter)
- Head torch & spare batteries
- Sunglasses with an attached string (to prevent snow blindness)
- Peaked cap
- Suntan lotion Factor 40+ / Lip balm
- Telephone / Camera & battery-chargers
- Swim suit
- Shorts
- Local Currency Cash
- Personal toiletries & medication
- After trekking trousers
- After trekking T-shirts
- After trek shoes (sandals)
- Woolly hat, buff & gloves
- Sandals/ Crocs
- Long-sleeved T-shirt / Rash vest

(We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only)