



TREKKING

INCA TRAIL TREKKING:

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano and torrential rain to hot and humid cloud forest. During the day, hopefully it will be generally sunny enough for shorts and T-shirts, though having a fleece and rain gear handy is advisable. It will get cold, especially in the evenings (as low as -5°C whilst camping,) so bring a warm fleece jacket, a good waterproof and some warm clothes, including thermal underwear, gloves, scarf and woolly hat as well as one set of smarter clothes for Cusco. The few, small biting sand-flies at Machu Picchu are easily deterred long sleeved clothes and insect repellent. Good quality Alpaca jumpers are available in Cusco. Good quality sleeping bag, liner, pillow, Therm-a-rest and trekking poles are provided.

- Passport (must match the Inca Trail permit)
- 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
- Warm hat, buff
- Trekking gloves
- Small Towel
- Water bottle / Camel-bak (with filter)
- Head torch & spare batteries
- Sunglasses with an attached string
- Peaked cap
- Suntan lotion Factor 40+ / Lip balm
- Insect repellent
- Telephone / Camera & battery-chargers
- Money belt
- Clean clothes for the Hotel stay
- Personal toiletries & medication
- After trekking trousers
- After trekking T-shirts
- After trek shoes (sandals)

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

We recommend you split your luggage into three parts:

i) TREKKING EQUIPMENT - carried by trekker.

You will need a day-sack of approximately 30 litres capacity to carry your personal belongings whilst trekking.

These items include:

Water, snacks, camera, sun-block, insect repellent, essential clothing, warm-hat, gloves, sun-hat, sun-glasses, jumper, waterproof jacket & waterproof trousers.

This has unrestricted weight and can be as heavy as you can carry.

Obviously, the lighter it is, the more pleasant your trek will be.

ii) NON-ESSENTIAL EQUIPMENT

Any non-trekking equipment, such as heavy suitcases, travelling clothes, Cusco evening wear, books, should be left in a secure deposit in the hotel in Cusco.

iii) OVERNIGHT CAMPING EQUIPMENT.

On the Inca Trail, your overnight camping bags are carried by a team of Porters. The cargo of each porter is limited to 20kg, and the number of porters per group is also limited. As a result, your overnight bag is strictly limited to 5kg maximum per person. The porters' packs are weighed at several stations en-route, so this is strongly enforced. We will provide a soft 40 litre kit bag for your overnight clothes. The 5kg can be achieved by sensible packing of two sets of trekking clothes, a spare T-shirt, one set of evening warm clothes and limited toiletries. This equipment is inaccessible during the day.

More weight can be taken, but it must be carried by the trekker. Your overnight camping gear should contain: Evening warm clothes, Spare trekking clothes, Chargers, Wash-bag, etc

PLEASE NOTE:

- It is essential to bring your passport with you. Your passport must match the details submitted at the time of booking or you will NOT be allowed on the train or on the Inca trail to Machu Picchu. Emergency changes are at the discretion of the authorities. If approved, may cost a \$100 reissue fee.
- Since 2011, the Huayna Picchu peak entrance is no longer included in your Inca Trail permit. If you wish to climb this peak it requires an extra, limited-availability permit. The cost is approximately US\$80 and you should let us know at the time of booking.
- We recommend trekkers take around six hundred soles in local currency for any emergencies and expenses in Machu Picchu.
- We implement a 'porter protection policy' that ensures all porters are well treated, paid, insured, fed and looked after. Most good quality sporting equipment is unavailable in Peru, so if anyone wishes to donate any outdoor clothes, etc they will be gratefully received by any of our staff.

CUSCO, SACRED VALLEY of the INCAS - DAY HIKES:

The weather in Cusco may vary from extremely hot sunshine to freezing rain, so please be prepared for all. Please bring a small backpack for your waterproof jacket. Any spare clothes can travel in the support bus. The sun's rays are very strong in Peru, especially at the altitudes you are travelling. Sunburn can be a serious problem if you do not use high factor sun-block.

Trekking poles are available; please ask your guide at the briefing.

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|---------------------------------------|------------------------|
| - Trekking trousers | - Long-sleeved T-shirt |
| - Warm fleece or down jacket | - Raincoat / poncho |
| - Good, well-worn-in walking boots | - Water bottle |
| - Day sack & rain cover | - Sunglasses |
| - Suntan lotion Factor 40+ / Lip balm | - Peak-hat |
| - Camera / Cell-phone | - Local Currency Cash |

HUCHY QOSQO & WAQRAPUCARA DAY HIKES:

These are higher altitude treks where freezing hail to hot sunshine may be experienced. The sun's rays are very strong, we recommend sunglasses and high factor sun-block. Please also pack an extra layer, a hat and gloves for the chilly morning air. Please bring a few soles cash for the local toilets available en-route.

Trekking poles are available; please ask your guide at the briefing.

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|---------------------------------------|--|
| - Trekking trousers | - Long-sleeved T-shirt |
| - Warm fleece or down jacket | - Raincoat / poncho |
| - Good, well-worn-in walking boots | - Water bottle |
| - Day-sack & rain-cover | - Sunglasses (in case of snow blindness) |
| - Woolly hat, buff & gloves | - Camera / Cell-phone |
| - Suntan lotion Factor 40+ / Lip balm | - Peak-hat |
| - Local Currency Cash | |

PALCCAYO DAY HIKE:

This is a higher altitude trek where freezing hail to hot sunshine may be experienced. The sun's rays are very strong, we recommend sunglasses and high factor sun-block.

Please also pack an extra layer, a hat and gloves for the chilly morning air. Please bring a few soles cash for the local toilets available en-route.

Trekking poles are available; please ask your guide at the briefing.

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| - | Trekking trousers | - | Long-sleeved T-shirt |
| - | Warm fleece or down jacket | - | Raincoat / poncho |
| - | Good, well-worn-in walking boots | - | Water bottle |
| - | Day-sack & rain-cover | - | Sunglasses (in case of snow blindness) |
| - | Woolly hat, buff & gloves | - | Camera / Cell-phone |
| - | Suntan lotion Factor 40+ / Lip balm | - | Peak-hat |
| - | Local Currency Cash | | |

ONE-DAY ROYAL INCA TRAIL TREK:

In the cloud forest, the mornings can start chilly, with occasional rain, but it should become hotter throughout the day. Machu Picchu does have some sand-flies, and clients are advised to wear long trousers and long-sleeved shirts to avoid bites.

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| - | Passport (must match the Inca Trail permit) | - | Long-sleeved T-shirt |
| - | Trekking trousers | - | Raincoat / poncho |
| - | Warm fleece or down jacket | - | Insect repellent |
| - | Good, well-worn-in walking boots | - | Sunscreen (factor 35+) |
| - | Day-sack & rain-cover | - | Peaked cap |
| - | Sunglasses | - | Camera |
| - | Water bottle | | |

PLEASE NOTE

- ❖ We ask for your luggage to be split in two parts.

i) Your day-pack with your personal items: Water, snacks, camera, sun-block, insect repellent, sun-hat, sun-glasses, waterproof jacket, passport and small denomination local currency, etc. You will carry this whilst trekking. This is restricted to 5 kg / 20 litres in-line with the Machu Picchu train hand-luggage rules.

ii) Your extra luggage and/or large suitcases. This can be left at your hotel in Ollantaytambo or returned to your Cusco hotel.

- ❖ It is essential to bring your passport with you to Machu Picchu. Your passport must match the details submitted at the time of booking or you will NOT be allowed on the train or on the Inca trail to Machu Picchu. Emergency changes are at the discretion of the authorities. If approved, it may cost a \$100 reissue fee.

TWO-DAY ROYAL INCA TRAIL TREK:

In the cloud forest, the mornings can start chilly, with occasional rain, but it should become hotter throughout the day. Machu Picchu does have some sand-flies, and clients are advised to wear long trousers and long-sleeved shirts to avoid bites.

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| - | Passport (must match the Inca Trail permit) | - | Long-sleeved T-shirt |
| - | Trekking trousers | - | Raincoat / poncho |
| - | Warm fleece or down jacket | - | Insect repellent |
| - | Good, well-worn-in walking boots | - | Sunscreen (factor 35+) |
| - | Day-sack & rain-cover | - | Peaked cap |
| - | Sunglasses | - | Telephone / Camera / Chargers |
| - | Water bottle | | |

- Clean clothes for Hotel stay
- Personal toiletries & medication (We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only)
- Book, note paper & pen (optional)

PLEASE NOTE:

- ❖ We ask for your luggage to be split in three parts.

i) Your day-pack with your personal items: Water, snacks, camera, sun-block, insect repellent, sun-hat, sun-glasses, waterproof jacket, passport and small denomination local currency, etc. You will carry this whilst trekking. This is restricted to 5 kg / 20 litres in-line with the Machu Picchu train hand-luggage rules.

ii) Your overnight bag. This has a change of clothes and toiletries. Your guide will hand out a soft zip-up bag at the brief to facilitate this. This is picked up from Ollantaytambo and dropped off by a porter at your Machu Picchu Hotel. This is limited to 5kg / 11lbs per person in-line with Peru rail baggage rules.

iii) Your extra luggage and/or large suitcases. This can be left at your hotel in Ollantaytambo or returned to your Cusco hotel.

- ❖ It is essential to bring your passport with you to Machu Picchu. Your passport must match the details submitted at the time of booking or you will NOT be allowed on the train or on the Inca trail to Machu Picchu. Emergency changes are at the discretion of the authorities. If approved, it may cost a \$100 reissue fee.

CHOQUEQUIRAO TREK

EQUIPMENT LIST:

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine. During the day hopefully it will be generally sunny enough for light-weight trousers and long-sleeved T-shirts though having a fleece and rain gear handy is advisable.

In the Apurimac and Urubamba river canyons, we recommend you wear long-sleeved shirts and trousers to avoid the strong tropical sun and persistent sand-flies. The sun's rays are very strong in Peru especially at the altitudes you are travelling. Sunburn can be a serious problem if you do not use high factor sun-block.

It may get cold (as low as 0°C whilst camping), especially in the evenings so bring a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, scarf and woolly hat as well as one set of smarter clothes for Cusco.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings off the local women en-route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives.

A Therm-a-rest, sleeping bag, liner, pillow and trekking poles, tent, dining tent, table, stools and toilet tent are provided in the camping equipment.

SUGGESTED LIST:

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|---------------------------------------|---|
| - Trekking trousers | - After trekking trousers |
| - Long-sleeved wicking T-shirts | - After trekking T-shirts |
| - Good, well-worn-in walking boots | - After trek shoes (sandals) |
| - A warm fleece or down jacket | - Warm bedclothes/Thermals |
| - Raincoat / rain trousers / poncho | - Socks / underwear |
| - Small Towel | - Day-sack & rain-cover |
| - Warm hat, gloves, buff | - Biking gloves for trek poles (Optional) |
| - Water bottle with filter | - Head torch & spare batteries |
| - Sunglasses with an attached string | - Peaked cap |
| - Suntan lotion Factor 40+ / Lip balm | - Insect repellent |
| - Telephone / Camera / Chargers | - Swim suit |
| - Clean clothes for Hotel stay | - Book, note paper & pen (optional) |
| - Personal toiletries & medication | (We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only) |

Paperwork:

- Passport – valid 6 months
- Credit cards / USD Cash
- Flight tickets
- Insurance details
- Contact numbers

CHOQUEQUIRAO TREK PACKING NOTES:

We recommend you split your luggage into three parts:

i) TREKKING EQUIPMENT - carried by the trekker.

You will need a day-sack of approximately 30 litres capacity to carry your personal belongings whilst trekking.

These items include:

Water, snacks, camera, sun-block, insect repellent, essential clothing, warm-hat, gloves, sun-hat, sun-glasses, jumper, waterproof jacket, waterproof-trousers, passport and small denomination local currency.

This has unrestricted weight and can be as heavy as you can carry.

Obviously the lighter it is, the more pleasant your trek will be.

ii) NON-ESSENTIAL EQUIPMENT

Any non-trekking equipment, such as heavy suitcases, travelling clothes, Cusco evening wear, books should be left in a secure deposit in the hotel in Cusco.

iii) OVERNIGHT CAMPING EQUIPMENT.

Your overnight camping gear should contain:

Evening warm clothes, Spare trekking clothes, Sleeping bag, Wash-bag , etc

Your overnight camping gear will be transported to the campsite each night by mule.

The mule's cargo limit is 20kg, and this is split between two trekkers; so the maximum limit is 10 kg per person.

This should be packed in a soft bag so it can be tied easily onto the mules.

We recommend waterproof bags or lining the bags with plastic bin liners.

We can provide one or two soft 40 litre kit bag and bin-liners if required. Please ask your guide at the briefing.

On departure from the last campsite ,your overnight camping gear can be split further.

Any dirty trekking clothes or warm kit can be returned to Cusco with the cooks and camping gear.

Thus, leaving just a small overnight bag and your trekking day-sack to go to Machu Picchu.

The overnight bag will be delivered to you at the Hydroelectric train station after your last day's trekking for you to take to Machu Picchu and Cusco on the train.

Peru Rail only allows one small overnight bag per passenger of no more than 5 kg /20 litres to be carried on the train.

This overnight bag must be in line with these regulations.

SALCANTAY TREK

EQUIPMENT LIST:

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine. During the day, hopefully it will be generally sunny enough for light-weight trousers and long-sleeved T-shirts though having a fleece and rain gear handy is advisable.

It may get cold (as low as 0°C whilst camping), especially in the evening, so bring a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, scarf and woolly hat, as well as one set of smarter clothes for Cusco.

The sun's rays are very strong in Peru especially at the altitudes you are travelling. Sunburn can be a serious problem if you do not use high factor sun-block.

In the cloud forest and at Machu Picchu, we recommend you wear long-sleeved shirts and trousers to avoid the strong tropical sun and persistent sand-flies.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings of the local women en-route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives.

A Therm-a-rest, sleeping bag, liner, pillow and trekking poles, tent, dining tent, table, stools and toilet tent are provided in the camping equipment.

SUGGESTED LIST:

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|---------------------------------------|---|
| - Trekking trousers | - After trekking trousers |
| - Long-sleeved wicking T-shirts | - After trekking T-shirts |
| - Good, well-worn-in walking boots | - After trek shoes (sandals) |
| - A warm fleece or down jacket | - Warm bedclothes/Thermals |
| - Raincoat / rain trousers / poncho | - Socks / underwear |
| - Small Towel | - Day-sack & rain-cover |
| - Warm hat, gloves, buff | - Biking gloves for trek poles (Optional) |
| - Water bottle with filter | - Head torch & spare batteries |
| - Sunglasses with an attached string | - Peaked cap |
| - Suntan lotion Factor 40+ / Lip balm | - Insect repellent |
| - Telephone / Camera / Chargers | - Swim Suit |
| - Clean clothes for Hotel stay | - Book, note paper & pen (optional) |
| - Personal toiletries & medication | (We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only) |

Paperwork:

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|-----------------------------|---------------------|
| - Passport – valid 6 months | |
| - Credit cards / USD Cash | - Insurance details |
| - Flight tickets | - Contact numbers |

SALCANTAY TREK PACKING NOTES:

We recommend you split your luggage into three parts:

i) TREKKING EQUIPMENT - carried by the trekker.

You will need a day-sack of approximately 30 litres capacity to carry your personal belongings whilst trekking.

These items include:

Water, snacks, camera, sun-block, insect repellent, essential clothing, warm-hat, gloves, sun-hat, sun-glasses, jumper, waterproof jacket, waterproof trousers, passport and small denomination local currency.

This has unrestricted weight and can be as heavy as you can carry.

Obviously, the lighter it is, the more pleasant your trek will be.

ii) NON-ESSENTIAL EQUIPMENT

Any non-trekking equipment, such as heavy suitcases, travelling clothes, Cusco evening wear, books, should be left in a secure deposit in the hotel in Cusco.

iii) OVERNIGHT CAMPING EQUIPMENT.

Your overnight camping gear should contain:

Evening warm clothes, Spare trekking clothes, Sleeping bag, Wash-bag, etc

Your overnight camping gear will be transported to the campsite each night by mule.

The mule's cargo limit is 20 kg and this is split between two trekkers; so the maximum limit is 10 kg per person.

This should be packed in a soft bag so it can be tied easily on to the mules.

We recommend waterproof bags or lining the bags with plastic bin liners.

We can provide one or two soft 40 litre kit bag and bin-liners if required. Please ask your guide at the brief.

On departure from the last campsite, your overnight camping gear can be split further.

Any dirty trekking clothes or warm kit can be returned to Cusco with the cooks and camping gear.

Thus leaving just a small overnight bag and your trekking day-sack to go to Machu Picchu.

The overnight bag will be delivered to you at the Hydroelectric train station after your last day's trekking for you to take to Machu Picchu and Cusco on the train.

Peru Rail only allows one small overnight bag per passenger of no more than 5 kg /20 litres to be carried on the train.

This overnight bag must be in line with these regulations.

AUSANGATE - BIG MOUNTAIN TREK-

EQUIPMENT LIST:

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine. During the day, hopefully it will be generally sunny enough for light-weight trousers and long-sleeved T-shirts though having a fleece and rain gear handy is advisable.

It may get cold (as low as -10°C whilst camping), especially in the evening, so bring a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, scarf and woolly hat, as well as one set of smarter clothes for Cusco.

The sun's rays are very strong in Peru, especially at the altitudes you are travelling. Sunburn can be a serious problem if you do not use high factor sun-block.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings off the local women en-route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives. Any small gifts of stationary, fruit or clothes are greatly appreciated by the children you encounter in the remote homesteads en-route.

A Therm-a-rest, two sleeping bags, a liner, a pillow and trekking poles, a tent, a dining tent, table stools and a toilet tent are provided in the camping equipment.

SUGGESTED LIST:

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|---------------------------------------|---|
| - Trekking trousers | - After trekking trousers |
| - Long-sleeved wicking T-shirts | - After trekking T-shirts |
| - Good, well-worn-in walking boots | - After trek shoes (sandals) |
| - A warm fleece or down jacket | - Warm bedclothes/Thermals |
| - Raincoat / rain trousers / poncho | - Socks / underwear |
| - Small Towel | - Day-sack & rain-cover |
| - Warm hat, gloves, buff | - Biking gloves for trek poles (Optional) |
| - Water bottle with filter | - Head torch & spare batteries |
| - Sunglasses with an attached string | - Peaked cap |
| - Suntan lotion Factor 40+ / Lip balm | - Insect repellent |
| - Telephone / Camera / Chargers | - Swim suit |
| - Clean clothes for Hotel stay | - Book, note paper & pen (optional) |
| - Personal toiletries & medication | (We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only) |

Paperwork:

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|-----------------------------|---------------------|
| - Passport – valid 6 months | |
| - Credit cards / USD Cash | - Insurance details |
| - Flight tickets | - Contact numbers |

AUSANGATE TREK PACKING NOTES:

We recommend you split your luggage into three parts:

i) TREKKING EQUIPMENT - carried by the trekker.

You will need a day-sack of approximately 30 litres capacity to carry your personal belongings whilst trekking.

These items include:

Water, snacks, camera, sun-block, essential clothing, warm-hat, gloves, sun-hat, sun-glasses, Down jacket, waterproof jacket, waterproof-trousers, passport and small denomination local currency.

This has unrestricted weight and can be as heavy as you can carry.

Obviously, the lighter it is, the more pleasant your trek will be.

ii) NON-ESSENTIAL EQUIPMENT

Any non-trekking equipment, such as heavy suitcases, travelling clothes, Cusco evening wear, books, should be left in a secure deposit in the hotel in Cusco.

iii) OVER-NIGHT CAMPING EQUIPMENT.

Your overnight camping gear should contain:

Evening warm clothes, Spare trekking clothes, 2x Sleeping bag, Wash-bag, etc

Your over-night camping gear will be transported to the campsite each night by mule.

The mule's cargo limit is 20kg and this is split between two trekkers; so the maximum limit is 10kg per person. This should be packed in a soft bag so it can be tied easily onto the mules. We recommend waterproof bags or lining the bags with plastic bin liners. We can provide one or two soft 40 litre kit bag and bin-liners if required. Please ask your guide at the briefing.

WAQRAPUCARA TREK & CAMP:

This is a higher altitude trek where freezing hail to hot sunshine may be experienced. The sun's rays are very strong, we recommend sunglasses and high factor sun-block. Please also pack an extra layer of thermals, hat and gloves for the chilly evenings and morning air.

Your overnight camping gear will be transported to the campsite one night by mules (or porters). The cargo of each porter/mule is limited to 20kg, limiting you to 7kg for your overnight bag.

We will then provide a soft 40-litre kit bag for your overnight clothes. The 7kg can be achieved by sensible packing of a spare set of trekking clothes, a spare T-shirt, one set of evening warm clothes and limited toiletries.

A Therm-a-rest, sleeping bag, liner, pillow and trekking poles, tent, dining tent, table, stools and toilet tent are provided in the camping equipment.

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| - Trekking trousers | - Long-sleeved T-shirt |
| - Warm fleece or down jacket | - Raincoat / poncho |
| - Good, well-worn-in walking boots | - After-trekking Shoes |
| - After trekking Clothes (Warm) | - Bed clothes / thermals |
| - Suntan lotion factor 40+ | - Insect repellent |
| - Sunglasses | - Peaked cap |
| - Water bottle | - Camera & charger |
| - Woolly hat, buff & gloves | - Personal toiletries & medication |
| - Flashlight | - Spare Socks /underwear |

LARES TREK and CAMP:

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine. During the day, hopefully it will be generally sunny enough for light-weight trousers and long-sleeved T-shirts though having a fleece and rain gear handy is advisable.

It may get cold (as low as -5°C whilst camping), especially in the evening, so bring a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, scarf and woolly hat as well as one set of smarter clothes for Cusco.

The sun's rays are very strong in Peru especially at the altitudes you are travelling. Sunburn can be a serious problem if you do not use high factor sun-block.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings off the local women en-route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives.

A Therm-a-rest, sleeping bag, liner, pillow and trekking poles, tent, dining tent, table, stools and toilet tent are provided in the camping equipment.

SUGGESTED LIST:

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|---------------------------------------|---|
| - Trekking trousers | - After trekking trousers |
| - Long-sleeved wicking T-shirts | - After trekking T-shirts |
| - Good, well-worn-in walking boots | - After trek shoes (sandals) |
| - A warm fleece or down jacket | - Warm bedclothes/Thermals |
| - Raincoat / rain trousers / poncho | - Socks / underwear |
| - Small Towel | - Day-sack & rain-cover |
| - Warm hat, gloves, buff | - Biking gloves for trek poles (Optional) |
| - Water bottle with filter | - Head torch & spare batteries |
| - Sunglasses with an attached string | - Peaked cap |
| - Suntan lotion Factor 40+ / Lip balm | - Insect repellent |
| - Telephone / Camera / Chargers | - Swimming Costume |
| - Personal toiletries & medication | (We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only) |

Paperwork:

- Passport – valid 6 months
- Credit cards / USD Cash
- Flight tickets
- Insurance details
- Contact numbers

LARES TREK PACKING NOTES:

We recommend you split your luggage into three parts:

i) TREKKING EQUIPMENT - carried by the trekker.

You will need a day-sack of approximately 30 litres capacity to carry your personal belongings whilst trekking.

These items include:

Water, snacks, camera, sun-block, insect repellent, essential clothing, warm-hat, gloves, sun-hat, sun-glasses, jumper, waterproof jacket, waterproof-trousers, passport and small denomination local currency.

This has unrestricted weight and can be as heavy as you can carry.

Obviously the lighter it is, the more pleasant your trek will be.

ii) NON-ESSENTIAL EQUIPMENT

Any non-trekking equipment, such as heavy suitcases, travelling clothes, Cusco evening wear, books should be left in a secure deposit in the hotel in Cusco.

iii) OVERNIGHT CAMPING EQUIPMENT.

Your overnight camping gear should contain:

Evening warm clothes, Spare trekking clothes, Sleeping bag, Wash-bag, etc

Your overnight camping gear will be transported to the campsite each night in the support vehicle. The Lares trek has a weight restriction of 12kg in the support vehicle. Technically, this is unlimited, but the less you bring, the more space there will be in the vehicle and your tent.

We will then provide a soft 40-litre kit bag for your overnight clothes.

LARES & TWO DAY ROYAL INCA TRAIL TREK:

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine. During the day, hopefully it will be generally sunny enough for light-weight trousers and long-sleeved T-shirts though having a fleece and rain gear handy is advisable.

It may get cold (as low as -5°C whilst camping,) especially in the evening, so bring a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, scarf and woolly hat as well as one set of smarter clothes for Cusco.

The sun's rays are very strong in Peru especially at the altitudes you are travelling. Sunburn can be a serious problem if you do not use high factor sun-block.

We recommend bringing about two hundred soles for the purchase of the high-quality weavings of the local women en-route. They are proud people who do not wish for charity, but this fair-trade and direct cash significantly improves the ladies' and their children's lives.

A Therm-a-rest, sleeping bag, liner, pillow and trekking poles, tent, dining tent, table, stools and toilet tent are provided in the camping equipment.

LARES TREK

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|--|---|
| - Trekking trousers | - After trekking trousers |
| - Long-sleeved wicking T-shirts | - After trekking T-shirts |
| - Good, well-worn-in walking boots | - After trek shoes (sandals) |
| - A warm fleece or down jacket | - Warm bedclothes/Thermals |
| - Raincoat / rain trousers / poncho | - Socks / underwear |
| - Small Towel | - Day-sack & rain-cover |
| - Warm hat, gloves, buff | - Biking gloves for trek poles (Optional) |
| - Water bottle with filter | - Head torch & spare batteries |
| - Sunglasses with an attached string | - Peaked cap |
| - Suntan lotion Factor 40+ / Lip balm | - Insect repellent |
| - Telephone / Camera / Chargers | - Swimming Costume |
| - Clean clothes for Ollantaytambo Hotel stay | |

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

TWO-DAY ROYAL INCA TRAIL TREK:

In the cloud forest, the mornings can start chilly, with occasional rain, but it should become hotter throughout the day. Machu Picchu does have some sand-flies, and clients are advised to wear long trousers and long-sleeved shirts to avoid bites.

- | | |
|---|--|
| - Passport (must match the Inca Trail permit) | - Long-sleeved T-shirt |
| - Trekking trousers | - Raincoat / poncho |
| - Warm fleece or down jacket | - Insect repellent |
| - Good, well-worn-in walking boots | - Sunscreen (factor 35+) |
| - Day-sack & rain-cover | - Peaked cap |
| - Sunglasses | - Telephone / Camera / Chargers |
| - Water bottle | |
| - Clean clothes for Machu Picchu Hotel stay | - Personal toiletries & medication (We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only) |

LADES & 2D ROYAL INCA TRAIL TREK PACKING NOTES:

We recommend you split your luggage into three parts:

i) TREKKING EQUIPMENT - carried by the trekker.

You will need a day-sack of approximately 30 litres capacity to carry your personal belongings whilst trekking.

These items include:

Water, snacks, camera, sun-block, insect repellent, essential clothing, warm-hat, gloves, sun-hat, sun-glasses, jumper, waterproof jacket, waterproof-trousers, passport and small denomination local currency.

This has unrestricted weight and can be as heavy as you can carry.

Obviously, the lighter it is, the more pleasant your trek will be.

ii) NON-ESSENTIAL EQUIPMENT

Any non-trekking equipment, such as heavy suitcases, travelling clothes, Cusco evening wear, books, should be left in a secure deposit in the hotel in Cusco.

iii) OVERNIGHT CAMPING EQUIPMENT.

Your overnight camping gear should contain:

Evening warm clothes, Spare trekking clothes, Sleeping bag, Wash-bag, etc

Your overnight camping gear will be transported to the campsite each night in the support vehicle. The Lares trek has a weight restriction of 12kg in the support vehicle. Technically, this is unlimited, but the less you bring, the more space there will be in the vehicle and your tent.

We will then provide a soft 40-litre kit bag for your overnight clothes.

In Ollantaytambo, after the Lares Trek, your baggage will be reduced further to a 5kg overnight bag for the Machu Picchu Hotel. The camping gear and dirty clothes will return to Cusco to await your arrival there.