

WHAT TO PACK FOR YOUR TRIP TO PERU?

DOCUMENTS

- Incas Expert Travel Program (printed)
- Passport (valid for at least 6 months after the end of your trip)
- Visas for all countries as necessary
- Make copies of passport, visas, travel itinerary, credit cards (front and back), travel insurance, and emergency contact information.

FOOTWEAR

Your daily activities may get your shoes dirty or muddy. Streets can be uneven. Light sandals are not good for daily tours and hikes, but they are nice for relaxing at your hotel.

- Sturdy, comfortable walking shoes, closed toe, preferably waterproof
- Tennis shoes, sandals, dressy shoes, and/or flip flops

BAGGAGE

- Suitcase or duffel (check weight restrictions for internal flights)
- Day pack for daily activities and easy access (rain cover is nice)
- Money belt, security pouch, document organizer

FIRST AID

You really only need one first aid kit in your travel group, so coordinate with your travel companions.

- Ibuprofen, Acetaminophen
- Bandages
- Disinfectant, antiseptic cream, antibiotic ointment
- Gauze bandages and tape
- Diarrhea medicine
- Antihistamines
- Antibiotics (talk to doctor)
- Prescription drugs (talk to doctor)
- Diamox for altitude (talk to doctor)

CLOTHING

Dressing in layers is the way to go in Cusco

- Long pants (zip-off pants are very useful)
- Shorts
- Short-sleeved shirts
- Long-sleeved shirts
- Sweater, jacket, windbreaker
- Rain jacket and/ or rain poncho
- Sun hat with brim and chin strap

TOILETRIES

- Hand sanitizer
- Lotion
- Sunscreen
- Lip balm with sunscreen
- Small towel and washcloth
- Insect repellent
- Sewing kit
- Cosmetics
- Resealable plastic bags to prevent leaks

ELECTRONICS

Recommended: Store electronics in sealed water-proof bags.

- Camera, lenses, memory disks
- Batteries
- Cell phone
- Electricity converter/adaptor

OTHER

- Sunglasses
- Binoculars
- Notebook, pencil and pen
- Energy bars, hard candy, and snacks
- Cash, credit cards
- Guide books, maps, language books
- Reusable water bottles and/or Camelbak