

## GEAR LIST

### PERU EXPEDITION

#### First layers

- 1-2 Breathable long-sleeve shirts
- 4-5 Moisture-wicking t-shirts
- 6-7 Underwear (merino preferred, non-cotton)

#### Outer layers

- Fleece jacket
- Insulated down jacket (cold evening)
- 3-4 Trekking pants

#### Rain shells

- Waterproof and windproof shell jacket with hood (Gore-Tex or similar)
- Waterproof over pants (Gore-Tex or similar)
- Rain poncho

#### Hats and beanies

- 1 beanie
- Sun hat or cap

#### Sunglasses and sun protection

- High-quality sunglasses

#### Sleeping

- Sleeping bags (-10°C)
- Optional: sleeping bag liner
- Optional: Aeros pillows

#### Other needs

**Temperatures range between 1 et 20°C during activity days**

- Crossbody bag (women)
- Light and comfortable clothes
- Sports clothes for activities
- Comfortable shoes (for activities)
- Headphones
- Book
- South American adapter

#### Gloves and mittens

- Waterproof gloves
- Lightweight glove liners (merino preferred)

#### Footwear and socks

- 6-7 pairs hiking socks (merino wool preferred)
- Waterproof hiking boots or trail runners
- Camp sandals (North Face slippers style)

#### Packing gear

- Daypack (25 L)
- Duffel bag (50-60L) – max 7kg per person, including your sleeping bag
- Rain covers for backpack

#### Hydration and snacks

- 2 water bottles (2x 1L)
- CamelBak (are ideal)
- Purification tablets
- Electrolytes
- Energy snacks

#### Other essentials

- Headlamp
- 1-2 Power banks and charging cables (20Kmah total recommended)
- Phone and/or camera
- Tissue (4-5 small packs)
- Trekking poles
- Dry sacks or plastic bag to protect you gear

Notes personnelles

### **Toiletries and health**

- Quick-dry trekking towel
- Sunscreen 50+
- SPF lip balm
- Toilette paper + resealable plastic bags (carry out used paper)
- Moisturizing lip balm
- Deodorant
- Moisturizing cream
- Wet wipes
- Toothbrush
- Toothpaste
- Hand sanitizer
- Insect repellent
- Earplugs
- Sleeping mask
- Hairbrush
- Hair ties
- (Women) Feminine products
- Dry shampoo

### **First aid and medication**

- Blister care: moleskine
- Ibuprofen
- Acetaminophen
- Broad-spectrum antibiotics (Cipro or Azithromycin)
- Cold and flu meds
- Lozenges
- Anti-diarrhea medication
- Anti-nausea medication
- Allergy medications
- Band-aids
- Personal prescriptions: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **Importants documents**

- Passport (must be valid over 6 months after expedition dates)
- Travel insurance
- Identification card (ex: driver licence)
- Copies of passport and identification card
- Money 300\$USD recommended
- Credit card