

Multi-Day Hikes Packing Checklist

Note: If you booked additional services to your hike, please also print our Peru Packing List.

Luggage		
Luggage w/Wheels or Duffel Bag w/Shoulder Strap	When you go to Machu Picchu, this bag will stay at your hotel in Cusco or the Sacred Valley	
Backpack - Up to 24 L Women / 28 L Men	The smaller, the better. Bring a rain cover or trash bag.	
Passport Pouch	Recommended to be carried under your clothes. YOU CANNOT ENTER THE INCA TRAIL WITHOUT YOUR PASSPORT.	
<p>Note for Combo Hikes (2 Day Inca Trail + Lares/Cachicaata): Bring a plastic garbage bag as a liner to pack in our duffel bag or bring your own duffel bag. Pack everything you need for 3 days/2 nights camping and 2 days/2 nights in a hotel. There is no designated weight limit like the Inca Trail, but there is a limit. Excess luggage will remain at your hotel in Cusco or the Sacred Valley. Mules will carry the duffel bags during the 3 day hike. No hard cases can be used. Bring a small backpack large enough to carry everything you need during the day for the hikes and for 1 overnight in Aguas Calientes. The duffel bag will remain at the hotel in Ollantaytambo. After your trip to Machu Picchu, your driver will stop at the hotel in Ollantaytambo on the way back to your hotel in Cusco. <i>Not applicable for Salkantay or Choquequirao.</i></p>		
Clothing		
Comfortable hiking boots or sturdy walking shoes (water resistant recommended)	Sturdy, grippy sneakers are fine. Extra shoe laces are recommended.	
1 pair shorts or convertible pants for jungle/lower elevations if you must. But not recommended	Zip-off pant legs are best for multi-day hikes. Shorts are not ideal because they expose the skin to insects and plants.	
1 pant, 2 t-shirts, 1 L/S shirt		
1 sweater or fleece pullover		
Swimwear	Optional - hikes may include stops at hot springs. You can also wear your street clothes for these stops.	
2 underwear / 2 pairs socks		
1 set warm sleep/loungewear	Base layers if camping.	
Water resistant lined mid-weight jacket or vest or both	Not windbreaker style.	
Rain jacket with hood or poncho	Poncho can be used to cover your daypack, if needed.	
Hat or cap to protect from sun		
Warm hat	Can be purchased locally.	
Sunglasses	Polarized sunglasses are best.	
Gloves	Optional	

Toiletries		
Small towel or shammy		
Travel-sized toiletries kit including sunscreen & lip balm	Hotels will provide basics.	
First aid kit including pain reliever		
Blister care		
Women - double monthly supplies	Altitude can trigger changes in cycles.	
Toilet paper	1 roll per person. To save space, remove it from the roll and fold it in strips.	
Extras		
Flashlight or headlamp	Bring extra batteries.	
Knife	Small pocket knife	
Rain cover for backpack	You can also use your poncho.	
Trekking poles	Must be packed into checked luggage and must have rubber tips . Available to rent.	
Rubber tips for trekking poles	Can be purchased at the trailhead for \$2-3/set.	
Camera and/or small video camera with protective case		
Water bottle or bladder	Purified water can be purchased cheaply. Alternatively, bring a purifying device.	
Plastic bag to pack clothing	This goes inside the duffel bags we provide.	
Plastic bags for laundry/wet shoes	Small Ziploc bags are handy to have.	
Spanish Dictionary/APP	Optional - all guides speak English.	