

# Explore the Inca Trail, Kit List



The items listed below are purely recommendations but please pay careful attention to the 'essential' items. The list has been designed by the local Ground Handler however please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a 10% discount on equipment from Field & Trek, one of the UK's leading retailers of specialist outdoor clothing & equipment (call 01268 494444, or visit [www.fieldandtrek.com](http://www.fieldandtrek.com)) or from Nomad Travel Stores (call 020 8889 7014, or visit [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk)) with the vouchers enclosed. Nomad Travel Stores will also put together a first aid kit specifically for your expeditions. If you would prefer to hire kit, please contact Trek Hire (01732 865858 or visit [www.trekhire.com](http://www.trekhire.com)).

Try to use your equipment before you go - particularly your rucksack, boots and sleeping bag - this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important. Well broken-in walking boots should be worn. Trainers are too flimsy for wilderness treks. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites. Desert or Gortex boots are satisfactory.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don't need it, don't bring it. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water - you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry).

Your main bag should not weigh more than 15kg and you may be charged for excess luggage on internal flights or when entering National Parks also the porters have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 55x35x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else. If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don't pack things you will need again before or during the flight - such as medicine - and make sure you have an adequate supply. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey. Don't pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your trekking boots and trekking gear, and take as much as possible in your hand luggage. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the expedition while we relocate any missing baggage.

ITEM	ESSENTIAL	OPTIONAL
<b>Baggage And Sleeping</b>		
Large rucksack or soft holdall (Approx 70 Litres) for your kit	Yes	
Day rucksack (approx 30-35 litres, For Sun Cream, Camera, Water Bottles Etc)	Yes	
Sleeping Bag (Four Season Bag and a Liner) - you are also able to hire this in Peru for £20, please let Charity Challenge know in advance.	Yes	
<b>Clothing</b>		
Windproof Jacket	Yes	
Long-Sleeved Shirt		Yes
T-Shirts	Yes	
Sweatshirt		Yes
Fleece	Yes	
Thermals (For Cold Nights)	Yes	
Trousers (Such As Lightweight Cargo Trousers, Avoid Jeans)	Yes	
Shorts		Yes
Swimwear (There may be the chance to go to some thermal pools)		Yes
Underwear (Light And Loose), Plenty Of Socks - Hiking and Light	Yes	
Lightweight Waterproofs (Jacket And Trousers)	Yes	
Walking Boots (Sturdy Well Worn In Hiking Boots)	Yes	
Trainers For Evenings		Yes
Wide-brimmed hat for protection from the sun	Yes	
Gloves (Thermal Lined)	Yes	
Woolly Hat/Balaclava	Yes	

<b>Hygiene</b>		
Toothbrush & Toothpaste, Soap (Anti Bacterial Or Bio-Degradable), Shampoo/Conditioner (Bio-Degradable), Lip Salve With Sun Protection, Antiseptic Wipes / dry wash	Yes	
Razor & Cream, Sanitary Products, Shower Gel, Travel Towel, Deodorant, Toilet Paper/Tissues, Hairbrush/Comb, Nailbrush, Vaseline		Yes
<b>Health</b>		
Vitamins (Not essential but recommended)		Yes
After Sun/Moisturiser		Yes
Sun Protection (Factor 30 Minimum)	Yes	
Insect repellent	Yes	
<b>Documents</b>		
Passport (and 3 photocopies for emergency)	Yes	
Flight Tickets (to be issued at the airport)	Yes	
Cash You should be alert to the possibility of being passed counterfeit US dollars or local currency. In April 2005 counterfeit US\$100 notes penetrated the local Peruvian banking system.	Yes	
Travellers Cheques (and photocopy for emergency)		Yes
Credit Card		Yes
Travel Insurance (and photocopy for emergency)	Yes	
Vaccination Certificates (and photocopy for emergency)	Yes	
<b>Other</b>		
Camera & Camera Film (bring plenty of film)		Yes
Binoculars		Yes
Sunglasses (Good Quality With High 100% UV Protection)	Yes	
High Energy Snacks (some will be provided, you only need to take more if you wish)		Yes
Contact Lenses (Bring Spare Lenses, And Glasses In Case Of Dust)		Yes
Gaffa Tape (For Emergency Repairs)		Yes
Padlock - Always lock your bags when you leave them	Yes	
Cord Or String		Yes
Bathplug	No	
Sewing Kit		Yes
Note Book And Pen(s)		Yes
Alarm Clock, Watch		Yes
Adjustable Walking Pole with <u>rubber tip</u> (highly recommended) or you can buy a wooden pole in a Peruvian market along the way. Walking poles with metal tips are not allowed on the Inca trail as they do damage to the trail.	Yes	
Torch (With Spare Batteries And Bulb) Head Torch Recommended	Yes	
Water Bottle/Platypus (Two 1 litre Vessels Minimum)	Yes	
Ear Plugs		Yes
Re-Sealable Plastic Bags (For Dirty Washing & Protect Kit From Damp)	Yes	
Whistle		Yes
Spare Boot Laces		Yes
<b>Small First Aid Kit</b>		
Pain Killers/Paracetamol (Asprin Also Aids Altitude Acclimatisation)	Yes	
Adhesive Dressing (Plasters) and Compeed Blister Pads/Second Skins	Yes	
Knee Support - in case you have a weak knee as there are many steps		Yes
Antiseptic Spray	Yes	
Rehydration Sachets (such as Dioralyte) x 12	Yes	
Diarrhoea Tablets (Immodium Or Pepto Bismol)	Yes	
Any Medication You Normally Use	Yes	
Diamox (altitude medication)		Yes