



INCA TRAIL

Packing List

Month/Dates:



PERSONAL ITEMS

- ORIGINAL PASSPORT
- CREDIT CARD AND/OR CASH
- CELLPHONE
- STUDENT / ISIC CARD. IN CASE YOU BOOK YOUR INCA TRAIL AS A STUDENT



CLOTHING

- MOISTURE- WICKING UNDERWEAR
- MOISTURE- WICKING T- SHIRTS
- QUICK- DRYING PANTS/SHORTS
- LONG- SLEEVE SHIRTS (FOR SUN AND BUGS)
- SUN HAT *
- LIGHTWEIGHT FLEECE OR JACKET
- BANDANA OR BUFF



BACKPACKING GEAR

- BACKPACK - 22 L
- SLEEPING BAG - AVAILABLE FOR RENT
- SLEEPING PAD - AVAILABLE FOR RENT
- HEADLAMP OR FLASHLIGHT * (WITH EXTRA BATTERIES)

TREKKING POLES



FOOTWEAR

- BOOTS OR SHOES SUITED TO TERRAIN
- SOCKS (SYNTHETIC OR WOOL)
- XTRA CLOTHES * (BEYOND THE MINIMUM EXPECTATION)
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- SANDALS (FOR FORDING STREAMS AND/OR CAMP SHOES)



NAVIGATION

COMPASS *

ALTIMETER WATCH GPS *

GPS *



HEALTH & HYGIENE

HAND SANITIZER

TOOTHBRUSH AND TOOTHPASTE

SANITATION TROWEL

TOILET PAPER/WIPES AND SEALABLE BAG
(TO PACK IT OUT)

MENSTRUAL PRODUCTS

PRESCRIPTION MEDICATIONS

SUN PROTECTION:

SUNGLASSES * (+ RETAINER LEASH)

SUNSCREEN *

SPF- RATED LIP BALM *

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INSECT REPELLENT *

ADDITIONAL BLISTER TREATMENT SUPPLIES



FOOD & WATER

WATER BOTTLES AND/OR RESERVOIR *

WATER FILTER/PURIFIER OR CHEMICAL
TREATMENT *

ENERGY FOOD AND DRINKS (BARS, GELS,
CHEWS, TRAIL MIX, DRINK MIX)



SAFETY

KNIFE OR MULTI- TOOL *

REPAIR KIT * FOR MATTRESS.

DUCT TAPE STRIPS

IBUPROFEN / OR ANY PAIN KILLER



BACKPACKING EXTRAS

- COMPACT BINOCULARS

- CARDS OR GAMES

- DAYPACK (FOR DAY TRIPS AWAY FROM CAMP)

- CAMERA

- GO- PRO

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FOOD & WATER

- WATER BOTTLES AND/OR RESERVOIR *

- WATER FILTER/PURIFIER OR CHEMICAL TREATMENT *

- ENERGY FOOD AND DRINKS (BARS. GELS. CHEWS. TRAIL MIX. DRINK MIX)

- LIGHTWEIGHT FLEECE OR JACKET

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NOTES: