



Dream Mountains Foundation-Machu Picchu Gear List-2016

Notes and Tips

Some items can be adjusted based on your personal preference, your body's ability to regulate your temperature, and your budget.

When selecting clothes, think about whether or not they are versatile and functional.

Choose multiple, light layers, over 1 heavy layer.

Bring a garbage bag to line the duffel bag. This will keep gear dry.

Consider using 1-2 small compression bags.

Consider placing your clothes in large Ziploc bags. They provide compression, are see-through and waterproof.

In addition to the items on this list, pack a suitcase with your city clothes for Cuzco/Lima that you can store at the Cuzco hotel while you are trekking.

Daytime Clothes for Trekking-This is what you will wear everyday

1 pair of socks (or a sock and a liner sock)-Merino wool or Wick-away synthetic. No Cotton.

Light weight hiking boots

1 buff

1 pair of light to medium weight water repellent trekking pants

1 bra for daytime wear only, as needed

1 light to medium weight long sleeved top-Merino wool or Wick-away synthetic. No Cotton.

1 light to medium weight short sleeved top-Merino wool or Wick-away synthetic. No Cotton.

In your (20-30L) Daypack-This is with you all day. *15lbs weight allowance WITH 2-L of water

Rain cover

1 2-3L water bladder

1 Nalgene water bottle

In a Ziploc bag: 1 roll of toilet paper and hand sanitizer

1 puffy sweater

Sunglasses and sunhat

Team Jacket

Rain Jacket

Trekking poles (optional)

Daytime Clothes-Additional/Optional Items

A few pairs of underwear

A few pairs of socks

1 bra (optional)

Belt (optional)

1 light to medium weight long sleeved top (optional)

1 light to medium weight short sleeved top (optional)

Nighttime Clothes-Camp Clothes=Dinner Clothes=Pajama's

Camp shoes. Crocs or similar are highly recommended

1 pair of cozy socks

1 pair of long johns-Merino wool. No Cotton.

1 pair of lightweight pants to wear over your long johns

1 light to medium weight long sleeved top-Merino wool. No Cotton.

1 light to medium weight short sleeved top-Merino wool. No Cotton.

1 bra for camp (stays dry), as needed

1 toque, mittens or gloves

1 buff

1 Headlamp with extra batteries (Required)

Camp Gear

Sleeping bag (rated between -7 and -15 depending on how your body regulates temp)

Sleeping pad

Additional Items/Sundry-Collaborate with your tent mate to avoid duplicate items

Face soap, wash, lotion.

Sunscreen

Toothpaste, Toothbrush, Floss

Lip Balm with sunscreen

Deodorant

Baby Wipes for body and face

Hand sanitizer

Brush

Ear plugs

Baby powder to keep your feet dry

Feminine products and/or personal meds, as needed.

Blister care items ex: band aids etc.

Luxury items

Book, Journal, Pens

Pillowcase

Ipod

Camera

Trail Mix/Granola bars/Candy/Gum

Electrolyte tabs

Other

Passport

US Currency (exchange in Peru) as well as Canadian (for the airport)

Travel Insurance Information

Banking/Credit Card Contact Info