

trek to machu picchu, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; 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 discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

If you would prefer to hire kit, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Try to use your equipment before you go – particularly your rucksack, cycling kit, boots and sleeping bag (if camping) – 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 on treks. Trainers are too flimsy for wilderness treks and trainer boots are not appropriate. Sandals leave the feet exposed to sunburn, abrasions, thorns, insect and animal bites.

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 and should not be worn on the trek).

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights or when entering National Parks. Additionally, in line with our responsible tourism policy, it is important not to overload the porters and transfer agents who have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. 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 but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please follow the link [here](#).

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, trekking gear, and take as much as possible in your hand luggage, especially a full day’s underwear and other clothing. 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 challenge while we relocate any missing baggage.

item	take it?
baggage and sleeping	
Large rucksack / soft holdall (approx 70 Litres) for your kit	Yes
Day rucksack (approx 30-35 litres, for sun cream, camera, spare battery and memory card, water bottles etc)	Yes
Four Seasons sleeping bag suitable for temperatures that drop to -10°C	Yes
Thermal sleeping bag liner	Yes
clothing	
Down jacket for evenings	Optional
Wind & water proof jacket	Yes
Long-sleeved shirt	Optional
T-shirts (approx 4)	Yes

Sweatshirt	Optional
Fleece	Yes
Thermal top and bottoms (for cold nights)	Yes
Trousers (such as lightweight trekking trousers, avoid jeans)	Yes
Shorts	Optional
Swimwear (there may be the chance to go to the Lares thermal pools)	Optional
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 / Sandals for evenings	Optional
Wide-brimmed hat for protection from the sun	Yes
Gloves (thermal lined)	Yes
Woolly hat/balaclava	Yes
Smart/casual clothes for going out in Cusco	Yes
hygiene	
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	Optional
health	
Vitamins (not essential but recommended)	Optional
After sun/moisturiser	Optional
Sun protection (factor 30 minimum)	Yes
Insect repellent	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
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)	Optional
Credit card	Optional
Travel insurance (and photocopy for emergency)	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
other	
Camera & spare battery and memory card	Optional
Presents for local school children, such as notebooks, balloons, pens. Please DO NOT bring sweets.	Optional
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)	Optional
Contact lenses (bring spare lenses, and glasses in case of dust)	Optional
Padlock – always lock your bags when you leave them	Yes
Cord or string	Optional
Bathplug	No
Sewing kit	Optional
Note book and pen(s)	Optional
Alarm clock, watch	Optional
Adjustable walking pole with <u>rubber tip</u> (highly recommended)	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	Optional
Spare boot laces	Optional

small first aid kit	
Pain killers/Paracetamol (Asprin also Aids Altitude Acclimatisation)	Yes
Adhesive dressing (plasters) and Compeed blister pads/Second Skins	Yes
Knee support	Optional
Antiseptic spray	Yes
Rehydration sachets (such as Dioralyte) x 12	Yes
Diarrhoea tablets (Immodium or Pepto Bismol)	Yes
Insect repellent (DEET based)	Yes
Anti-histamine tablets	Yes
Motion sickness tablets	Optional
Any medication you normally use	Yes
Diamox (altitude medication)	Optional