

RECOMMENDED KIT LIST: *The Inca Trail*

The following list should help with packing – please make sure you have all the essential gear. Use your experience and judgement to determine what you bring, or contact our Customer Operations department for more advice. All mountains have a wide range of temperatures, so the best clothing system is lots of layers, which are easier to adjust as the temperature fluctuates and are more effective than a few items of heavy clothing. April to November is the 'dry season' in Peru but in the Andes rain is possible at any time of year. From June to August there are generally fewer days of rain but temperatures at night are at their coldest and may fall as low as 5-10 degrees C below freezing (4 season gear is required during these months).

GENERAL

- ☐ **Exodus kitbag/soft duffel bag**
- ☐ **Sleeping bag: 3-4 season** (4 season recommended for May-August)
- ☐ **Backpack:** 25-35 litre capacity, preferably with a rain cover
- ☐ **Plastic/dry bags:** to line your kitbag and backpack (take spares)
- ☐ **Headtorch/head lamp:** LED recommended. Lithium batteries work better in the cold and at high altitude

OPTIONAL:

- ☐ **Sleeping mat:** self-inflating sleeping mats are provided on all Exodus Inca Trail tours however some people prefer to bring their own (see below).
- ☐ **Sleeping bag liner:** if hiring a sleeping bag through Exodus, a liner is included; otherwise you may wish to bring your own.
- ☐ **Trekking poles (highly recommended):** with rubber tips to comply with Inca Trail regulations.
- ☐ **Spare batteries / solar charger**
- ☐ **Travel games/cards**

HEAD & HANDS

- ☐ **UV-blocking sunglasses**
- ☐ **Wide-brim sun hat or cap**
- ☐ **Scarf or buff**
- ☐ **Warm hat**
- ☐ **Warm gloves**

LEGS & FEET

- ☐ **Trekking boots:** well worn-in, leather lightweight
- ☐ **Trekking socks x 2-3 pairs:** thin wool/synthetic pairs
- ☐ **Thermal bottoms x 1 pair:** (leggings/long johns) for evenings or night time)
- ☐ **Trekking trousers x 1-2 pairs:** lightweight synthetic recommended (a zip-off pair is useful if not taking separate shorts)
- ☐ **Trekking shorts x 1 pair**
- ☐ **Waterproof overtrousers**

OPTIONAL:

- ☐ **Comfortable trousers x 1 pair:** warm, for evenings
- ☐ **Trainers/sandals:** for evenings
- ☐ **Normal socks x 1-2 pairs:** for evenings

UPPER BODY

- ☐ **Tshirts x 2:** quick drying short sleeved tops (cotton/synthetic)
- ☐ **Long sleeved shirt with collar x 1-2:** thin shirts to protect your neck and arms from the sun and mosquitos.
- ☐ **Thermal top x 1:** long sleeved breathable base layers
- ☐ **Fleece or jumper x 1**
- ☐ **Waterproof jacket or poncho**
- ☐ **Warm jacket: (3/4 season)**

HYGIENE, FOOD & TOILETRIES

- ☐ **Water bottles (or hydration systems):** 2 x 1 litre drinking bottles (reusable due to trail restrictions)
- ☐ **Sun cream & lip balm:** high SPF
- ☐ **Toiletries**
- ☐ **Travel towel:** small and quick drying
- ☐ **Insect repellent**
- ☐ **Personal first aid kit**

OPTIONAL:

- ☐ **Wet wipes/flanel and/or hand-sanitiser gel**
- ☐ **Ear plugs**
- ☐ **Extra snacks/energy bars**

Inca Trail Luggage & Weight Restrictions: Whilst any type of normal luggage or suitcase can be used for this holiday, a soft kitbag or duffel bag is needed for the trek portion – we recommend you pack this inside your main suitcase. We provide an Exodus kitbag prior to departure for this purpose. If you book via an agent, it is at the agent's discretion and you should speak to them directly to arrange delivery. If you book less than three weeks before the departure date we cannot guarantee that your kitbag will arrive before your trip starts, in which case please contact us on datateam@exodus.co.uk to let us know. For full T&Cs see www.exodus.co.uk/kitbags

If you can't fit the kitbag in your main luggage (or do not receive one in time) then our local partners will provide a soft duffel bag in Cuzco (this should be returned to your leader after the trek). Your main luggage will be stored free of charge at the hotel in Cuzco (or Ollantaytambo – depending on your tour) for the duration of the trek. You will not have access to it until after your Machu Picchu tour; therefore it is a good idea to keep a set of clothes clean for the Machu Picchu day.

There are strict weight restrictions on the Inca Trail to comply with porters work laws and luggage may be inspected and weighed at check points. You will have a weight allowance of 7kg per person on trek, which is inclusive of your sleeping bag. The sleeping mat which is supplied by Exodus does not count towards your personal weight limit, however if you choose to bring your own - it will. In addition to your duffel bag/kitbag you should take a small daypack to carry yourself – please note that if your duffel bag is overweight then you will be asked to transfer items into your daypack. The hotel will have a set of weighing scales.

Equipment Hire: Sleeping bags (which come with liners) and walking poles (with rubber tips) can be hired through your leader in Cuzco. Sleeping bag hire prices start from US\$26/PEN92, and hiring a pair of walking poles starts from US\$20/PEN70.

For specific advice on individual items, we recommend that you contact our Customer Operations department on customerops@exodus.co.uk or talk to a specialist outdoor retailer prior to your trip.