



WHOA TRAVEL

# .....SALCANTAY TRAIL PACKING GUIDE.....

Use this checklist as a packing guide for our 4N/5D trek to Machu Picchu! Make sure to use your best judgment and discretion when deciding exactly what you want to bring, because no one knows you better than you. Just be sure to pack as light as possible and take only the essentials! Trust us, excess baggage will only be a burden to you and to our team. Also, there's a 16 lb weight limit for all your gear (which will be carried by pack mules). And, remember, this is an adventure! Be OK with the idea that you won't get to shower and you will have to re-wear your clothes for several days. If you have any questions, your local outdoor store (REI, EMS, etc...) is a great resource, and, as usual, don't hesitate to reach out to us with any questions!

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W H O A T R A V E L

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### 3-4 TOPS

Lightweight and wicking so you can layer and re-wear. They can be tanks, short or long sleeve tees (or a mixture of all three).

### 3-4 PANTS

You'll want your day/hiking pants and a pair you can change into at the campsite. They can be running tights, yoga pants or cargos. Just make sure they're rugged, sporty and most importantly that you are comfy in. One pair should be waterproof.

### 1-2 THIN TO MEDIUM LAYERS

A fleece, sweatshirt and/or a thin down jacket that you can easily carry in your daypack and layer on and off as the weather changes. Also, great to put on at night at the camps.

### OUTER LAYER JACKET

The weather can change a lot on the trail so a waterproof/resistant jacket with a hood to layer on the outside is a must-have (it also doubles as a pillow!)

### WARM HAT & SUN HAT

Something with a brim for sunny days warm beanie for cold nights (helps disguise dirty hair too!)

### 2-3 SPORTS BRAS

### 4-5 PAIRS UNDERWEAR

It's not a bad idea to invest in the quick dry wicking kind (no joke, y'all!)

### 3-4 PAIRS WARM SOCKS

REI makes great wool ones that are made specially for trekking. Bring a few weights (heavier for nights and lighter for the hotter days).

### GLOVES

Thin to medium weight fleece or wool gloves for when it gets chilly.

### THERMAL BASE LAYER

A wool top and pants are great for sleeping at night and as an extra layer if you get cold easily.

### RAIN PONCHO

Sometimes it's too hot and uncomfortable to wear a waterproof jacket, so a poncho is good to have and throw on to protect yourself and your day pack from water. If you don't bring a poncho, bring a light weight waterproof jacket.

### TREKKING POLES

You'll need rubber tips on the ends to preserve the trail. You can pick up a pair in Cusco easily.

### BUFF (OR BANDANNA)

An all around great piece to always have with you. You can use it as a neck gaiter, head band, sweat rag, etc...

### HIKING BOOTS

We recommend something gore-tex and, most importantly, make sure they are adequately broken in (you don't want blisters!)

### TRAIL SHOES

Optional, but super handy if you can make the space. A pair of trail runners or light hiking shoes These will be nice to put on at the camps and/or to wear when we're exploring Machu Picchu.

### CAMP SHOES (CROCS!)

Optional, but handy if you can make the space. Bring close toed, easy to slip on shoes for camp and going to the bathroom at night. The last thing you want to do is put your hiking shoes back on after you've taken them off for the day. We love CROCS! They're lightweight and perfect for camp.

### DAY PACK

Basic backpack that you will wear everyday to carry extra layers, snacks, etc... Something around 28L should be fine. We recommend getting one with a built in rain cover and that is compatible with a water bladder and hose.

### WATER BLADDER OR WATER BOTTLE

We recommend getting a 3L Camelbak with an insulated tube and cap. It's the easiest way to carry/drink water and hydrating is SO important. If you use a water bottle, bring 2 so you always have enough water on you.



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### 4 SEASON SLEEPING BAG

This can be rented through us for \$5. A sleeping mat is also provided free of charge, but if you want to upgrade to a Thermarest it's an additional \$5.

### SLEEPING BAG LINER

### BATHING SUIT

(or substantial underwear!) There will be springs to stop and swim in along the way, and there are hot springs in Aguas Calientes.

### HEADLAMP AND EXTRA BATTERIES

### SUN BLOCK & SUN GLASSES

It gets very sunny and at the high elevation the sun is fierce!

### FIRST AID KIT & MEDS

We'll also have stuff on hand, but make sure you bring any personal meds, Ibuprofen, Pepto, Imodium, Neosporin, lip balm, band-aids, moleskin, etc...

### TOOTHBRUSH & TOOTHPASTE

### QUICK DRY TOWEL & LOTS OF WET WIPES

Who needs running water and a shower?

### BUG REPELLENT

One word: DEET.

### SNACKS!

There's plenty of food provided, but bring some snacks. Sometimes people lose their appetite at altitude, and it's nice to have the comfort of some of your favorites to give you a boost of energy when you need it. Anything from Cliff Bars to trail mix to (our favs) Cheez-Its and gummy bears.

### PASSPORT & WALLET

Keep your valuables on you at all times. You'll need your passport to enter Machu Picchu (you can get a stamp in it too)! You might want to have a few Soles on you to buy little things in the villages along the way, but everything else is taken care of.

### CAMERA (AND A BIG MEMORY CARD)

There are so many amazing photo ops! Make sure your battery is all charged up and/or bring a spare as there are no places to charge on the trail.

## A FEW MORE PACKING TIPS FOR PERU

We'll provide a duffel for you to pack all your clothes and gear for the trek (including what you'll wear for one night in Aguas Calientes and the day at Machu Picchu). Remember, it has to weigh less than 16 lbs all together. You'll be able to leave the rest of your luggage at the hotel in Cusco. You should have all your valuables (passport) on you at all times and always lock your bags.

Cusco is a fairly big city with nice restaurants and a fun nightlife, so, while it's casual, when you're out you'll probably want to wear a cute dress or top with jeans around town. It's very walkable, and strolling around the streets is a great way to spend the day, so bring comfortable shoes. The temperature for this time of year is usually around 50 F and it can cool down at night, so bring a light jacket or sweater. The handicrafts and shopping there is amazing, so save room in your suitcase! There are also lots of outdoor gear stores in Cusco, so if you forget something, you can most likely find it in a store before we start our trek.

For rafting, we'll provide a splash jacket, helmet and life jacket. You'll want sporty, breathable clothing and shoes that you don't mind getting wet. If you have water shoes bring those, but old sneakers work fine too.

Peru is safe, but you need to be a smart and aware traveler because petty theft and pick pocketing is a threat. Don't wear expensive-looking jewelry or have other valuables on show while you're out. In fact, just leave it all at home. When you're walking around town, use a money belt to carry your cash and have it secured in a position that you can access discreetly. If you are carrying a handbag, wear it over your shoulder and never put it down (not even for a second). Most of this is common sense and most travelers have a trouble-free stay full of fun and adventure!