



## 'JAGUAR' GEAR LIST INCA & LARES TREK

### Clothes to Wear

- Hiking boots**
- Hiking Socks**
- Short Sleeve t-shirt:** quick-dry
- Thermal / Wool jersey or fleece**
- Long pants or shorts, or zip-off pants:** quick-dry
- Hiking poles:** Tips must be taped or rubber ends to be permitted at Machu Picchu.

### Pack into DUFFEL BAG / PORTER SACK

- Sleeping bag**  
**Plastics bags:** to keep your contents dry if it's wet
- Shoes/light sandals**  
**Fleece/down jacket**
- T-shirt/Long-sleeve shirt:** change for after hiking each day.
- Lightweight trousers/Shorts:** change for after hiking each day.
- Thermal underwear:** a top and bottom set, for under clothes in evening if chilly.
- Pyjamas/nightwear:** or similar.
- Underwear**
- Swim suit/shorts**
- Travel towel**
- Socks:** x4 - change for after hiking each day.
- Toiletries:** shampoo & conditioner, (Lares only), toothbrush, toothpaste, soap, facecloth, prescription medications, glasses/lenses, shaving gear, feminine hygiene products etc.

### Pack into DAY PACK

- Waterproof rain jacket**
- Waterproof rain pants**
- Warm hat**
- Sun hat / baseball cap & bandana**
- Sunglasses**
- Warm gloves:** wool/fleece gloves.
- Water bottle/bladder:** two litre volume. Disposable plastic bottles are not allowed at Machu Picchu.
- Torch/flashlight/headlamp:** with extra batteries.
- Camera:** memory cards and batteries, bring your charger too if on Lares trek.
- Personal first aid kit:** blister treatment if you are prone to blisters. Also include rehydration sachets, diarrhea & stomach pain pills, chap stick etc.
- Toiletries:** toilet paper, wet wipes, hand sanitiser etc.
- Sunscreen / sun-block**
- Insect repellent**
- Passport:** stored in a waterproof wallet.
- Wallet:** US\$ cash, Peru soles cash - for optional tipping of trekking guides.

