

# Unbound Adventures

## Packing List for Peru & Bolivia

### BACKPACK & BAGS

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- Main Luggage - This will be what you travel to Peru with. Bring whatever you feel comfortable carrying. Most things will be left behind in hotels so we won't have to worry too much about these when we go for our various tours.
- Trekking Day Backpack - I would recommend a 20 litre backpack. This you will use to carry your essentials for all of our various activities. For our Inca Trail Trek we will be provided duffle bags that we will keep all our main clothes and other things in. This will be carried by our porters.
- Ziplocs, helps you organizing and keeping essentials dry
- 10L dry bag - Keep your phone, wallet and camera dry
- Laundry bag - As I mentioned, we will get opportunities to have our laundry done

### CLOTHES

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Compared to city trips you need to pack more functional clothes due to the weather conditions which can change very quickly in this region. Don't carry too much, we will have laundry facilities in most places so we can just wash and wear, 1 for 2 days I would say.

- 1 pair shorts (optional) Other than in the Amazon most places will be cool to cold
- 2 Light-weighted T-shirts (preferably something fast drying)
- 2 long sleeve trekking shirts (preferably something fast drying)
- 1 short sleeve trekking shirt (preferably something fast drying)
- 1x Hiking Pants / Tights (for women), with the option to turn into a short pant
- 1x Long pants to protect you from insect bites. Focus on fast-drying and super light-weighted stuff.
- 1x Fleece Jacket (mid layer) - highly recommended for colder parts and the evenings!
- 1x Down Jacket - It can get pretty cold in Bolivia
- 1x set of thermal top and pants
- 6x Underwear
- 1x breathable, waterproof Jacket as shell layer or a rain poncho
- 1x Something to sleep in at night
- 1x Rain Poncho or Rain Jacket with Rain Pants
- 4x Cotton socks & Trekking Socks
- 1x Bathing suit for the hot springs & the Amazon River
- A couple of casual things that can be doubled up for city wear and travel
- 1x Scarf - for cold and windy parts
- 1x Sun Hat and Beanie
- 1x Gloves for the salt flats of Bolivia. Waterproof preferable.

### SHOES

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- 1 pair comfortable walking shoes/trainers
- 1 pair waterproof hiking shoes
- 1 pair sandals

## ACCESSORIES

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- A waterproof bag / dry sack) for your electronics
- Water bottle
- Power adapter; Buy an international one as we will be in 2 different countries
- Sunglasses
- Suitcase locks, important for when we leave our luggage behind and go on treks or tours

## TOILETRIES

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- 1x toothbrush and toothpaste
- 1x soap
- 1x basic skin cream
- 1x sunscreen
- 1x roll of toilet paper
- 1x micro fibre towel, dries super fast, lightweight and small
- Lip balm
- Hand sanitizer
- Moisturizing lotion - It's very very dry in the highlands. You'll want to use more lotion than normal!
- Wet Wipes - We could buy there, but if you have space, I recommend just bringing it with you so that you don't waste time looking for these while you are there. They don't weigh very much anyway.

## MEDICINES

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- Bug spray (pick something strong and no organic rubbish!) This I cannot emphasise enough, the mosquitoes in the Amazon are like nothing you have encountered before.
- Sunscreen
- Something against altitude sickness the locals will offer you coca tea - but that won't help if you are prone to real altitude sickness
- Painkillers (headaches are common on your first day in high altitudes)
- Blister plasters
- Deepheat for muscle soreness
- Daypack, as temperatures, can change quickly, you will need a place to store your layers as well. Waterproof or one with a cover would be preferable. It can rain without notice in the Amazon or on the Inca Trail.
- Diamox - Not really required but just carry in case. Cusco is at height of 3400 metres and the Rainbow Mountain goes up to 5200. But we will have a rest day in Cusco before starting the trek so most likely you should be fine. Only a very small percentage of people tend to suffer from altitude sickness in this region.

## INSURANCE

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I highly recommend you get good travel insurance as in almost every case your current health insurance won't work abroad. World Nomads is the one I recommend.