

Inca Trail Packing List

Gear:

- Backpack
- Hiking boots
- Sleeping bag
- Sleeping pad
- Headlamp
- Carabiners
- Trekking poles
- Combination lock
- Pack rain cover
- Water bottle
- Small towel
- Watch
- Sunglasses
- Sunscreen
- Bug spray

Clothes:

(Including 1 extra day at Machu Picchu)

- Trekking pants - 2
- PJ pants
- Short sleeve shirts - 3
- Tanks - 2
- Long sleeve layering shirts - 2
- Warm sleep shirt
- Wool hiking socks - 3
- Sock liners - 5
- Underwear - 6
- ♀ Sports bras - 2

- Camp shoes
- Warm jacket
- Rain jacket
- Warm hat and gloves

Gadgets:

- Camera
- Travel tripod (if photography's your thing)
- Extra memory cards
- Extra camera batteries

Mini Pharmacy:

- Ibuprofen
- Diamox (for preventing altitude sickness)
- Antibiotics
- Vitamins
- Pepto bismol tablets
- Benadryl
- Dayquil & Nyquil
- Hydrocortisone cream
- Antibacterial ointment
- Antiseptic wound cleanser
- Bandages, gauze, tape
- Ace wrap
- Moleskin
- Scissors, safety pins, duct tape
- Digital thermometer
- Water purification tablets

Toiletries:

- Deodorant
- Contact solution
- Toothpaste
- Chapstick (with spf)
- Hand sanitizer
- Spare contacts
- Toothbrush
- Brush/comb
- Toilet paper
- Wet wipes - shower alternative
- ♀ Tampons
- ♀ Hair binders

If you're staying the night in Aguas Calientes:

- Hotel confirmation
- Universal plug adapter/surge protector
- Phone charger
- Razor
- Body wash
- Shampoo
- Conditioner
- Extra cash

Miscellaneous:

- Earplugs
- Travel pillow
- Book
- Journal/notebook
- Pens
- Trail snacks
- Wallet with cash for tipping guides and porters and buying snacks and water
- Passport
- Trek confirmation
- Travel insurance documents
- Contact card
- Yellow immunization book
- Copy of passport
- Ziplocks and plastic bags to wrap smelly/wet clothes