

Peru Packing List

Small Carry-On Bag:

- Wallet
- Journal/Notebook
- Phone
- Laptop + charger
- Camera
- Extra memory cards
- Extra camera batteries
- Earbuds
- Earplugs
- Travel pillow
- Pens
- Book
- Passport
- Travel itinerary
- Flight confirmations
- Hotel confirmations
- Trek confirmation
- Travel insurance documents
- Important Contacts
- Yellow immunization book
- Copy of passport and drivers license
- Copies of Prescriptions
- Cash
- Universal plug adapter/surge protector
- Sunglasses

Large Backpack:

Clothes:

- Pants - 3
- Belt
- ♀ Casual dress
- Nice shirts - 2
- T-shirts - 2
- Sleep shirt
- ♀ Bras - 2
- Undies - 5
- Socks - 2
- Flats or other nice shoes
- Walking shoes or sneakers
- ♀ Earrings
- ♀ Scarf for cool nights
- Warm jacket

Toiletries:

- Deodorant
- Contact solution
- Body Wash
- Shampoo
- Conditioner
- Toothpaste
- Lotion
- ♀ Make-up
- Chapstick (with spf)
- Hand sanitizer
- Sunscreen

- Laundry detergent
- Spare contacts
- Toothbrush
- Q tips
- Tweezers
- Brush/comb
- ♀ Hair binders
- Nail clipper
- Razor
- Toilet paper
- ♀ Tampons

Miscellaneous:

- ♀ Crossbody purse
- Travel tripod
- Camera battery charger
- Phone charger
- Ziplocks
- Plastic bags to wrap smelly/wet clothes

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