

Suggested Packing List

Machu Picchu and the Sacred Valley

Practical and comfortable are the main principles for packing; the dress code on board is casual. When packing, don't weigh yourself down with too many clothes or too much gear. Select practical, technical attire for your expedition days.

The following is intended to assist in packing for expedition travel and should not be considered an exhaustive list.

- **Layers of clothing:** Temperatures can vary greatly in the Andes Mountains, so pack lightweight, breathable layers.
- **Light rain jacket:** Even in the dry season, unexpected rain showers can occur.
- **Comfortable hiking boots:** Ensure they are well broken in before your trip.
- **Daypack:** For essentials like water, snacks, and sunscreen during your hike.
- **Sunscreen and sunglasses:** The sun can be intense at high altitudes.
- **Water bottle or hydration system:** Staying hydrated is key.
- **High-energy snacks:** Such as nuts, energy bars, and dried fruits.
- **Hat or cap:** For protection against the sun.
- **Insect repellent:** This is especially important during the wet season.
- **Camera or smartphone and chargers/batteries:** To capture the breathtaking scenery.
- **Personal medications, toiletries, and other essentials:** Suggestions are a small first aid kit, altitude sickness medication (consult your doctor if necessary), extra prescription glasses/contact lenses, etc.
- **Passport and travel documents:** Needed to enter the site.

- **Cash in small denominations:** For tips and minor expenses.

Optional:

- **Headlamp or flashlight:** In case of early mornings or late evenings.
- **Reading materials:** See the Suggested Reading List in the Adventurer Package.
- **Trekking poles:** For hiking on variable terrain.
- **Binoculars:** For wildlife spotting.
- **Earplugs:** For comfort during long journeys or in noisy environments.