

# Packing List

## *What to bring for your expedition*

- ✓ Hiking boots
- ✓ Running sneakers
- ✓ Flip flops
- ✓ Crocs or something to slide for camp with cover for foot so it stays warmer
- ✓ Hiking socks
- ✓ Socks for around town
- ✓ Underwear
- ✓ Bras - sports and normal
- ✓ Hikingtshirts
- ✓ Long underwear shirt and bottoms
- ✓ Expeditionwt shirt
- ✓ Long sleeve lightweight shirt for sun protection on arms
- ✓ Sun hat with a wide brim so you get max sun coverage!
- ✓ Covered travel mug for coffee/tea
- ✓ Toiletries
- ✓ Warm wool hat
- ✓ Neckgaitor
- ✓ Gloves and warm mitts
- ✓ Quick dry pants for hiking (2 pair)
- ✓ Shell/rain jacket
- ✓ Rain pants
- ✓ Vest
- ✓ Fleece jacket
- ✓ Down jacket
- ✓ Shorts - regular and running
- ✓ Bandana - good for a 'washcloth'
- ✓ Pjs
- ✓ Sunglasses
- ✓ Headlamp - spare AAA batteries (spare headlamp for long trips)
- ✓ Sleeping bag
- ✓ Day pack

*FitforTravel  
Peru*

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*Customized, small  
group trips to  
Perú!*

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## Packing List



- ✓ Rain cover for daypack
- ✓ Waterfilter or steripen
- ✓ Camera
- ✓ Passport along with two photocopies
- ✓ ATM/credit card - CALL BANK TO TELL THEM YOU WILL USE IT OUT OF US
- ✓ Birth certificates for children who only have fathers last name
- ✓ Cash - \$300
- ✓ Printed copy of flight itinerary
- ✓ Pen and diary
- ✓ Medications - cipro and any other medications you might need
- ✓ Carabiners (to hang stuff) use for body and clothes
- ✓ Smallpak towel
- ✓ Book
- ✓ Trekking poles and pole tips
- ✓ TSA luggage lock
- ✓ Travel/camping pillow
- ✓ Water bladder
- ✓ Nalgene bottle
- ✓ Wipes - 1 large baby wipes (smiths) and 1 travel size for backpack of (wet ones)
- ✓ Hand sanitizer
- ✓ Shampoo
- ✓ Conditioner
- ✓ Sunscreen BRING LIP SCREEN TOO!
- ✓ Soap -we like a bar or liquid like dr. Bronners that i can
- ✓ Toothpaste
- ✓ Toothbrush
- ✓ Floss
- ✓ Comb
- ✓ Brush
- ✓ Lotion - something like eucerin for very dry conditions
- ✓ First aid
- ✓ Hairbands
- ✓ Throat lozenges
- ✓ Whistle on daypack
- ✓ Gallon size zip lock bags to organize clothes
- ✓ Gallon size zip locks to put in day pack to put your tp into
- ✓ US toilet paper - 1 roll is fine. Their tp has a strong perfume and is rou

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*More information?*

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