



**BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS**

**PACKING LIST:**

- Day pack
- Broken-in hiking boots (sneakers are not suitable)
- Full rain gear (jacket and pants) gortex waterproof breathable fabric works the best for hiking
- Gloves
- Lightweight hiking pants (recommended) or shorts
- Breathable dryfit top-wear
- Comfortable shoes/flip-flops
- Cold-weather jacket
- Long-sleeve fleece/sweater
- Wool hat
- Baseball cap, sombrero and bandana
- Binoculars
- Headlamp
- Sunglasses
- Comfortable hiking socks (at least 4 pairs)
- Sunscreen
- Insect repellent
- Bathing suit
- Casual mountain wear for evenings
- Photo/video cameras and chargers
- Trekking poles (MLP provides wooden walking sticks at the first lodge)
- Refillable water bottle (hydration bags are recommended)

**BAGGAGE SPECIFICATIONS:**

- Please, no hard suitcases or wheeled bags. Soft duffel bags and / or backpacks ("soft" luggage) are recommended.
- We provide a limited amount of hair-dryers at each lodge, due to limited energy supply and environmental concerns.
- Shampoo, conditioners and bath gel are provided at each lodge.
- Bathrooms are equipped with drying lines.
- Any additional clothing and luggage that you will not be needing on the trek can be stored at your hotel in Cusco.
- If you do not have an appropriate sized duffel bag, we can provide a duffel bag on loan at the pre-trek briefing (the night before departure from Cusco). Please return it to your trip leader after the trek.
- Though we do not establish a weight limit for luggage or charge for excess baggage, we inform guests that luggage is mainly transported by mules and/or porters along the trail. We kindly ask that you consider restricting the weight of your luggage on the trail to 15kg/30lbs.

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