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PERU - INCA TRAIL CHECKLIST

Gear for Day Pack:

- Day Pack 24-34 litres
- Hiking Poles
- Waterproof Jacket/Poncho
- Waterproof Pack Cover
- Waterproof Hiking Shoes/Boots
- Headlamp
- Sunglasses
- Long Sleeve warmth layer (fleece, etc)
- Long Sleeve wicking shirt
- Short Sleeve wicking shirt **
- Convertible hiking pants **
- Liner Gloves **
- Socks Merino Wool (Smartwool)**
- Money Belt
- Camera w/extra Batteries (AA best)
- Sun Hat or Buff **
- Binoculars
- Water/Gatorade (2 bottles)
- Snacks (Cliff Bars/Power Bars, 8)
- Toilet Paper (flattened in baggie)
- Baggies
- Journal/Pen
- All Medication (altitude, advil, immodium, etc)
- Insect Repellent, Sunscreen
- Moleskin/Blister Kit
- Afterbite
- Travel Wipes, Purell

Gear for 5kg (10 pd) Porter Duffle:

- Pack Liner (Duffle is not waterproof)
- Short Sleeve Top
- Long Sleeve Top (fleece/warm insulating)
- Quick Dry Pants
- Warm Jacket - Down/Primaloft
- Toque
- Sleeping Bag - Down/Synthetic -9 (small/light)
- Compression Stuff Sack
- Socks 2/3 pairs - wool/synthetic
- Liner Socks (2)
- Sandals
- Baselayer top/bottom
- Fleece Pant
- Underwear(3)
- Sport Bra
- Rehydration Salts/Crystals
- Shampoo/Conditioner
- Toiletries(Toothpaste, Facewash, etc)
- Ear Plugs Quick Dry Towel