

















































# Suggested packing checklist

To help you pack your bag for a wonderful trip to our diverse countries, we developed this packing list. Have a great time in Peru and Ecuador and remember to always travel impactfully.




 = highly recommended to bring to the coast, Andes, trekkings or the jungle.  
 o = optional to pack.

## Packing list - Clothing and footwear

Packed?	Coast	Andes	Trekking	Jungle	Description
<input type="checkbox"/>					T-shirts and tops
<input type="checkbox"/>					Short pants
<input type="checkbox"/>	o				Zip-off pants
<input type="checkbox"/>					Long pants
<input type="checkbox"/>					Long pants (light anti-insects or thick enough to keep bugs out)
<input type="checkbox"/>				o	Light sweater or long sleeve shirt
<input type="checkbox"/>					Thick fleece vest and/or softshell jacket
<input type="checkbox"/>			o		Long sleeve shirt (light fabric or anti-insects), preferably in light colors (dark colors might attract mosquitos)
<input type="checkbox"/>					Pyjamas or thermal underwear
<input type="checkbox"/>					Regular (sports) underwear
<input type="checkbox"/>					Regular (sports) socks
<input type="checkbox"/>					Thick, long socks for use in trekking and jungle boots
<input type="checkbox"/>					Swimming gear
<input type="checkbox"/>					Rain jacket
<input type="checkbox"/>		o	o		Rain poncho
<input type="checkbox"/>					Hat, cap or bandana (for the sun)
<input type="checkbox"/>		o			Beanie / fleece or wool hat



<input type="checkbox"/>					Leisure shoes (trainers), flip-flops / sandals and/or water shoes
<input type="checkbox"/>	o			o	Rugged shoes
<input type="checkbox"/>		o		o	Strong waterproof hiking boots
<input type="checkbox"/>					Rubber boots (especially if you have large feet; boots provided otherwise)
<input type="checkbox"/>		o			Gloves
<input type="checkbox"/>	o				Scarf or buff
<input type="checkbox"/>		o			If your luggage is not waterproof by itself, pack your stuff in drybags or reusable plastic bags

## Money and documentation

<input type="checkbox"/>					Cash (we don't recommend exchanging at the airport; use a cash machine instead or exchange close to -and recommended by, your hotel!)
<input type="checkbox"/>					Debit/credit cards (notify your bank that you are traveling abroad!)
<input type="checkbox"/>					Passport and at least one copy
<input type="checkbox"/>	o	o	o	o	If you're traveling with children: all the documentation requested by the authorities and copies
<input type="checkbox"/>	o	o	o	o	Driver's license (if you do our Road Trip). Most foreign licenses accepted
<input type="checkbox"/>					Travel insurance and medical insurance passes
<input type="checkbox"/>					Proof of yellow fever vaccination (highly recommended!)
<input type="checkbox"/>					Bring a pen! Or a few

## Adventure and travel gear

<input type="checkbox"/>					Daypack or bag, preferably with rain cover. Not too small
<input type="checkbox"/>		o			Trekking backpack or rugged duffel bag
<input type="checkbox"/>	o	o	o	o	Reusable linen shopping bag
<input type="checkbox"/>	o	o	o	o	A bag for dirty clothes
<input type="checkbox"/>					Sunglasses with UV protection
<input type="checkbox"/>	o	o	o	o	Earphones for flights & bus rides
<input type="checkbox"/>	o	o	o	o	Earplugs and/or sleep mask in case you have a night bus or flight
<input type="checkbox"/>					Reusable water bottles (single-use plastic bottles are not allowed in most National Parks)



<input type="checkbox"/>	<input type="radio"/>			<input type="radio"/>	A water filter or bottle with built-in filter
<input type="checkbox"/>		<input type="radio"/>			Multi-use (Swiss) knife. (Take out of daypack before taking a flight!)
<input type="checkbox"/>		<input type="radio"/>			Walking sticks (please note that rubber tips are obligatory for the Inca Trail in Peru and archaeological sites). Can also be rented
<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Lightweight travel towels
<input type="checkbox"/>			<input type="radio"/>		Sleeping bag (until -15°C) and mat (can also be rented)

## Electronics











<input type="checkbox"/>					Smartphone with WhatsApp (to communicate with us) and charger
<input type="checkbox"/>			<input type="radio"/>		Camera (with batteries, charger and memory cards)
<input type="checkbox"/>		<input type="radio"/>	<input type="radio"/>		Rain cover, ziplock or drybag and small cloth for your camera
<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Tablet or e-book
<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Portable charger for your devices
<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>			Binoculars
<input type="checkbox"/>					Flashlight or headlamp (keep it at hand)
<input type="checkbox"/>					Headlamp
<input type="checkbox"/>					Adapters (Plugs are typically the 2 pronged flat type but Peru uses 220 volts and Ecuador 110 v)

*Please note that any battery loses power quickly below 0° C. If temperature drops below freezing point at night (on trekking), keep your electronic devices and spare batteries in your sleeping bag!*





## Toiletries

<input type="checkbox"/>					Some toilet paper or tissues (for public toilets, trekkings, etc.)
<input type="checkbox"/>					Biodegradable soap, shower gel and/or shampoo (preferably in bar)
<input type="checkbox"/>					Deodorant, preferably ecological (e.g. a crystal block: works great!)
<input type="checkbox"/>					Sunscreen with a high SPF: at least 30!
<input type="checkbox"/>					Lip balm with UV-protection.
<input type="checkbox"/>					In the dry season: also cream for your hands
<input type="checkbox"/>			<input type="radio"/>		Insect repellent. (Please try to minimize its use; protect yourself as much as possible with long clothing. This is much better for the environment.)
<input type="checkbox"/>					Products against pain/itching from bites and stings (Camphorated Alcohol)



<input type="checkbox"/>				<input type="checkbox"/>	Anti-mite lotion, also available at most jungle cities' pharmacies
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Prescription medicines. Prescription of medicines (in case needed)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water purifying tablets (not needed if you have already have a filter bottle)
<input type="checkbox"/>					Travel first-aid kit (with bandages, band aid, loperamide, ORS, painkillers, alcohol wipes, gloves, thermometer, etc)
<input type="checkbox"/>					Try to bring your toiletries in ecofriendly packaging
<input type="checkbox"/>					Keep your paracetamol or aspirin in your daypack

## Food

<input type="checkbox"/>				<input type="checkbox"/>	Snacks (small salty and/or sweet things for bus rides)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	Snacks (biscuits, energy bars, chocolate, nuts/dried fruits, etc.)

## Donations

If you visit a local family or a local community, you might want to bring donations. Anything personal would be nice (so that it will remind them of you) or something useful. Please don't bring (too much) sweets, plastic toys or toys with batteries. Some good examples are:

- School supplies like notebooks
- Sport items like a ball
- Clothes (in good state)
- Small, useful toys or games, in strong materials and safe for small children

## Some more recommendations:

- In the Andes, especially on altitude trekkings above 4.000m altitude, be prepared for harsh temperatures at night and early morning, and prepare for the altitude. Acclimatize and build up.
- In the jungle, always wear long sleeves and trousers (in your socks) to protect from insects.
- Please note that on most bus rides and domestic flights, you are only allowed to bring 20 kilos p.p. We discourage you to bring more! Pack wisely.
- For most jungle excursions, there is a limit of 10 kg per person; not always very strict. You can leave unnecessary luggage in the city from where you leave to the jungle accommodation.
- Remember that in some parts you won't have access to mobile phone signals. Make sure your family knows your itinerary and that they can also communicate with you through online services like WhatsApp, in case you only have Wi-Fi access or if you use a Peruvian-Ecuadorian chip / SIM card.

If you have booked a custom itinerary throughout Peru and/or Ecuador with us, your personal travel advisor will give you an elaborate briefing by video call, including personal packing tips.