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## Peru 1-2 Day Inca Trail Hike Packing Checklist

*Note: If you booked additional services to your hike, please also print our Peru Packing List.*

Luggage		
Luggage w/Wheels or Duffel Bag w/Shoulder Strap	When you go to Machu Picchu, this bag will stay at your hotel in Cusco or the Sacred Valley	
Backpack - Up to 24 L Women / 28 L Men	The smaller, the better. Bring a rain cover or trash bag.	
Passport Pouch	Recommended to be carried under your clothes. <b>YOU CANNOT ENTER THE INCA TRAIL WITHOUT YOUR PASSPORT.</b>	
Clothing		
Comfortable hiking boots or sturdy walking shoes (water resistant recommended)	Sturdy, grippy sneakers are fine. Extra shoe laces are recommended.	
1 pant, 2 t-shirts, 1 L/S shirt		
1 sweater or fleece pullover		
2 underwear / 2 pairs socks		
1 set warm sleep/loungewear	Base layers if camping.	
Water resistant lined mid-weight jacket or vest or both	Not windbreaker style.	
Rain jacket with hood or poncho	Poncho can be used to cover your daypack, if needed.	
Hat or cap to protect from sun		
Warm hat	Can be purchased locally.	
Sunglasses	Polarized sunglasses are best.	
Toiletries		
Travel-sized toiletries kit including sunscreen & lip balm	Hotels will provide basics.	
First aid kit including pain reliever		
Blister care		
Women - double monthly supplies	Altitude can trigger changes in cycles.	
Extras		
Alarm Clock	Alternatively, use your cell phone as an alarm clock.	

Knife	Small pocket knife	
Rain cover for backpack	You can also use your poncho.	
Trekking poles	Must be packed into checked luggage and <b>must have rubber tips</b> . Available to rent.	
Rubber tips for trekking poles	Can be purchased at the trailhead for \$2-3/set.	
Camera and/or small video camera with protective case	Bring extra memory cards and batteries.	
Small extension cord for hotel rooms		
Plug adapter		
Water bottle or bladder	Purified water can be purchased cheaply. Alternatively, bring a purifying device.	
Plastic bags for laundry/wet shoes	Small Ziploc bags are handy to have.	
Spanish Dictionary/APP	Optional - all guides speak English.	
Electric travel size hair dryer with 2 prong adapter, if needed	Provided by most hotels. If you must have one, it's best to bring your own. Hotels may be hit or miss.	