



Capybara Gear List

Essential Items

- 1 large or 2 medium pieces of luggage:** e.g. sports bag, suitcase or backpack. Maximum checked weight allowed on Peru flights is 23kg/50lbs total – airlines *will* charge for excess baggage. One piece of luggage will be taken to the Amazon Jungle and to Amantani Island - excess will be stored at your hotel
- Daypack:** used for day trips and on the bus. Should be well fitting with a waist-strap and supportive shoulder straps. Large enough for your raincoat, fleece, camera, wallet, water and a packed lunch (Maximum volume allowed at Machu Picchu is ~20L/1,300 cubic inches)
- Hiking poles:** strongly recommended for knee support, added stability and the number of steps during your hikes. Tips must be taped or have rubber ends to be permitted at Machu Picchu
- Hiking shoes/boots:** required for most days of the trip. Should be comfortable, worn-in, sturdy and have a solid tread. Hiking boots are recommended for those with weak ankles
- Trail runners/running shoes:** required for cycling wear, casual wear and if your hiking shoes get wet
- Water sandals/tevas/keens:** or similar. For sea kayaking and casual wear
- Waterproof rain jacket/shell:** a breathable, shell jacket with a hood. Something which keeps you dry when active is recommended. Ponchos are unsuitable
- Waterproof rain pants:** for keeping dry on active, rainy days
- Down/fleece jacket:** something nice and warm for cold days/nights at higher elevations
- Wool sweater/fleece:** 2-3 light or medium-weight tops to wear while being active. If you get cold easily you might prefer medium weight ones
- Long-sleeve shirts:** 2-3, some quick-dry, some cotton for insect protection
- Shirts/t-shirts:** 4-5, more quick-dry, less cotton
- Trousers:** 2-3 pairs, some quick-dry for insect protection, a thicker pair for cooler days/nights
- Shorts:** 2-3 pairs, some quick-dry, some cotton
- Thermal underwear:** 1-2 top and bottom sets of polypropylene underwear for hiking and kayaking
- Socks:** enough for a week with some good quality hiking socks, some cotton and some casual
- Underwear:** enough for a week
- Pajamas/nightwear:** or similar
- Warm hat:** wool/fleece ski hat, or similar
- Warm gloves:** wool/fleece gloves
- Sun hat:** baseball cap, or similar
- Sunglasses:** with a retainer strap if you have one
- Swim suit:** for kayaking and for any swimming opportunities
- Travel towel:** a good sized travel towel for activities and places where towels aren't provided
- Water bottle/bladder:** 2 x 1 litres. Disposable plastic bottles are not permitted at Machu Picchu
- Headlamp/flashlight:** for Amantani Island. Headlamps are preferable to flashlights
- Alarm clock:** only some hotels have them
- Camera:** memory cards and batteries/charger
- Hand sanitiser:** essential for good hygiene in Peru
- Insect repellent:** for Machu Picchu and the jungle. Bring more rather than less
- Sun-block:** SPF 15 UVA/UVB broad spectrum is recommended, bring more rather than less
- Toiletries:** shampoo, conditioner, toothbrush, toothpaste, soap, facecloth, prescription medications, glasses/lenses, shaving gear, feminine hygiene products etc *[Only some hotels have them]*
- Personal first-aid kit:** for any essential items that you know you'll need e.g. blister treatment if you are prone to blisters *[Your trip leader will carry a group first-aid kit but it's best to bring a small one of your own just to be on the safe side as not all products are available in Peru]*

GEAR NOTE! If you're not sure what anything on this list is, please ask at your nearest outdoor store, or ask us. We want you as well prepared as possible for your trip - for the sake of your own comfort & safety!



Capybara Gear List

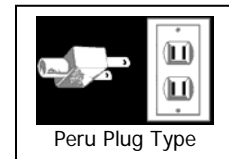
PACKING NOTE! The items and amounts on this list are intended only as a guide for an 11-day Capybara trip from April to October (dry season) - if you're travelling outside of that time you may wish to pack more clothes for cooler, wetter weather. It's your call! We also hope you'll use a little common sense when packing depending on your personal preferences, how much travel-friendly clothing you've got and your trip length. Happy packing!

Essential Documents

- Passport with at least 6 months validity from date of arrival:** stored in a waterproof wallet with photocopies. If you've had to obtain a new passport since you booked your trip, please bring both your old and new passports with you to Peru – just in case!
- Spending money:** US\$ dollars cash, Peru soles cash (obtain upon arrival), credit/debit cards for further cash withdrawals
- Money belt/pouch:** for safe storage of cards, valuables or larger amounts of cash
- Air tickets and itinerary:** your international and domestic itinerary and air tickets
- Travel insurance:** your policy and the insurance emergency contact numbers
- Capybara Trip Summary:** we'll send you an email reminder to print it out and bring it with you on your trip. It has any emergency hotline numbers you'll need and information about where to meet your group
- Capybara Trip Itinerary:** print out and bring with you on your trip
<http://www.activesouthamerica.com/PDF/Capybara.pdf>

Recommended Optional Items

- Overnight bag:** if you're bringing one large piece of luggage you might like to bring a collapsible sports bag along to take to the Amazon Jungle and Lake Titicaca
- Casual clothes:** if you'd like bring a nice skirt/shirt to wear out to dinner, please do!
- Energy snacks and drinks:** while snacks will be provided you may like to bring some along too, especially if you have a preferred brand or special dietary needs
- Ear plugs:** recommended for light sleepers during hotel stays
- Adapter plug:** if your home country doesn't use a 220 volt AC system and/or the plug type shown in the box, you may need an adapter
- Binoculars:** great for the Amazon!
- iPod/mp3 player**
- Pocketknife**
- Hairdryer**
- Reading materials**
- Spare shoelaces**



FABRIC NOTE! We recommend quick-drying, wicking fabrics such as Patagonia capilene, Icebreaker merino, or other specially designed fabrics for this trip. If you're not sure what a quick-dry fabric is, ask at your nearest outdoor store. While you can bring some cotton, denim & other non-wicking fabrics on this trip, be aware that they won't be easy to wash or dry. **We suggest at least one set of quick-dry gear per person**



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Mini Gear Lists

The following mini gear lists are designed to help you pack for the different segments of the trip. We recommend printing this last page to bring with you on your travels.

Amazon Jungle

- Passport and photocopy:** for flight to the jungle
- Overnight bag:** luggage weight is limited
- Daypack:** For day hikes and to keep your sun screen, insect repellent, hat and waterproof clothing with you on the way to and from the lodge
- Hiking boots/shoes:** for muddy day hikes
- Sandals/flip-flops:** for around the lodge
- Rain jacket**
- Light fleece/sweater:** in case of cold snap
- Long-sleeved shirts:** 2-3 shirts, for insects
- T-shirts:** 2-3 shirts, some quick-dry, some cotton
- Light long pants:** 1-3 pairs, for insect protection
- Shorts:** 1-3 pairs, some quick-dry, some cotton
- Pajamas/nightwear:** or similar
- Underwear and socks:** 4 days worth
- Sun hat and sunglasses**
- Camera:** lots of memory cards/film - ASA 50, 100, or 200 recommended. Electricity is available at the lodge for charging
- Headlamp/flashlight:** or similar
- Water bottle/bladder:** 2 x 1 litres/quarts
- Insect repellent and sun block:** essential!
- Toiletries:** Toothbrush, toothpaste, medications, hand sanitizer, shampoo, conditioner and soap
- Reading materials**
- Cash: for souvenirs, alcoholic drinks etc**
- Binoculars**

These amounts are a guide for what to pack for the jungle from April to October (dry season). If you're travelling from November to March, bring 1-2 extra sets clothing as things don't dry easily in the jungle. Bring clothes that you're prepared to get wet & muddy! Hiking boots may be better than shoes for the rain-soaked jungle trails. Some jungle lodges provide rubber boots in the wet season, but others don't, so it's better to come prepared!

Lake Titicaca

- Daypack/Overnight bag:** If your daypack isn't big enough for your overnight gear, you could bring a daypack and an overnight bag instead, as long as you're prepared to carry it!
- Hiking boots/shoes**
- Rain jacket**
- Down/fleece jacket:** it's very cold at night
- Wool sweater/fleece:** for cooler days
- T-shirt/shirt:** 2, one active, one casual
- Trousers:** 1 pair, it's very cold at night
- Shorts:** 1 pair, for kayaking and hiking
- Thermal underwear:** 1 top and bottom set
- Pajamas/nightwear:** or similar
- Underwear and socks:** 2 days worth
- Broad sun hat and sunglasses**
- Camera:** film/memory cards and spare batteries! (No electricity on Amantani Island)
- Headlamp/flashlight:** or similar
- Water bottle/bladder:** 2 x 1 litres/quarts
- Insect repellent and sun block**
- Toiletries:** Toothbrush, toothpaste, medications, toilet paper and hand sanitizer – just the minimum!
- Cash:** for drinks and souvenirs – Taquile Island is famous for its textiles so bring some cash if you're interested in these.
- Gifts:** for your Amantani Island family