



Jaguar 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, on the bus (and on the Inca Trail if hiring a porter). 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, casual wear, and if your boots are wet!
- Water sandals/tevas/keens:** or similar. For sea kayaking and to wear at night on the Inca Trail
- 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 the Inca Trail and Amantani Island. Headlamps are preferable
- 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]*

Inca Trail Specific Items:

- Sleeping mat:** Basic foam mats are provided, but if you have a backpacking camping mat Thermarest (or something similar) you might like to bring it along for reduced bulk and added comfort
- Sleeping bag:** required for those chilly nights on the Inca Trail. If you have one that's rated down to at least ~0°C/32°F and that you know works well, bring it along! *[Rental sleeping bags: US\$35/item]*
- Sleeping bag liner:** if bringing your own sleeping bag, consider bringing a bag liner for added warmth
- Large trekking backpack:** if you're carrying your own overnight gear on the Inca Trail, you'll need one of these. Your pack should be 60 litres/3,500 cubic inches with well fitting shoulder and waist straps. If you have your own that you know will work well, we recommend bringing it *[Rental backpacks: US\$35/item]*
- Pack liner/trash bag:** to keep everything dry inside your large backpack

GEAR NOTE! If you're not sure what any of these things are, 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 and safety!

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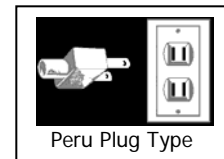
FABRIC NOTE! We recommend quick-drying, wicking fabrics such as Patagonia capilene, Icebreaker merino, or other specially designed fabrics for this trip. If you're not sure what a quick-dry fabric is, ask at your nearest outdoor store. While you can bring some cotton, denim and other non-wicking fabrics on this trip, be aware that they won't be easy to wash or dry. **We suggest 2-3 sets of quick-dry gear**

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
- Jaguar 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
- Jaguar Trip Itinerary:** print out and bring with you on your trip
<http://www.activesouthamerica.com/PDF/Jaguar.pdf>

Recommended Optional Items

- Collapsible sports bag:** if you're bringing one large piece of luggage you might like to bring an overnight/sports bag along to take to the Amazon Jungle and Lake Titicaca
- Cycling shorts & gloves:** if you have your own cycling clothing, bring it along for maximum comfort. Helmets are provided
- 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
- Camp pillow:** pillows aren't provided on your Inca Trail, so you might like to bring one along
- Ear plugs:** recommended for the Inca Trail and 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 might need an adapter
- Binoculars:** great for Amazon wildlife
- Hairdryer:** only some hotels have them
- iPod/mp3 player**
- Pocketknife**
- Reading materials**
- Spare shoelaces**



PACKING NOTE! These amounts above are an indication of what to pack for a 14-day trip during the dry season of April to October, but if you want to bring less or more that's up to you. If you're travelling during November-March you may wish to pack more clothes for cooler, wetter weather. It's your call!