

WHAT TO BRING LIST

OUTDOOR WEAR

Long underwear – synthetic, silk or wool (no cotton)
Rain hat , rain jacket, (or rain poncho) a must
umbrella
Flashlight
Wool socks, 2 pair
Hiking boots (**a must**)
Sun hat (ball cap) warm hat (you can buy Peruvian hat at Cusco) great for sleeping to keep head warm
Down vest if you have one (can also use as pillow)
Warm jacket and/or down vest with layers of sweaters and armor wear, ski wear underneath. Brands such as (Under Armor, North Face, Hot Chillis)

ACTIVITIES

Bathing suit for hot springs
Shorts optional
Slip on sandals or shoes
Warm, light jacket or fleece sweat shirt
1 Goddess Outfit for Ceremony (sundress or something ceremonial, a feminine dress)

PERSONAL ITEMS

Camera
Sunscreen
Lip balm
Personal hygiene items
Sunglasses
Sleeping bag
Journal
Back pack for you to carry on Inca Trail
1 towel and face towel for Inca Trail
Water bottle
Luggage for trip no more than 50 pounds packed
A duffle bag to bring home things you bought
A copy of your passport and flight reservation
Passport
Aspirin or headache medicine
1 Gallon Ziplock bag

Some things to keep in mind:

- 1) The weather and altitude is similar to Colorado, colder in the mornings and evenings and warmer in day. Temperature will range from 40-70 degrees.
- 2) Pack and dress accordingly. Bring clothes that you can layer.
- 3) You will be able to buy beautiful wool and alpaca sweaters so do not over pack with bulk items best to buy when in Cusco before we go to Inca Trail.
- 4) As for showers on Inca Trail we will be able to clean up but no hot water.

You are on a Spirit Quest and will be challenged on all levels as you know, but it will be a life time experience you will never forget.