

Get ready for adventure! Using decades of experience Bold Earth has carefully crafted our packing lists to include everything you need for a successful trip. The varied climates and situations in Peru require participants to have all items on the equipment list. Participants who arrive without all the necessary equipment are required to purchase missing items. Do not pack more than is on the list. Most items can be bought from Walmart or Target at reduced prices, or borrowed from a friend. Call or email Bold Earth with any questions: 303-526-0806 or info@boldearth.com. We are always available to help. ****Click on the BLUE TEXT or IMAGES for suggested clothing and equipment.****

REQUIRED EQUIPMENT*



_____ **Duffel Bag/Suitcase:** We suggest a durable bag approximately 36"x18" or smaller. Wheels are preferable.



_____ **Daypack:** Bring one large "school type" daypack to be used during the day to carry personal items.



_____ **Sleep Sheet:** This is different from a sleeping bag. It is your own sleep sheet to use as a liner for your hotel or hostel bed.



_____ **2 Water Bottles:** one-liter bottles.



_____ **Head Lamp** & Batteries.

**Bold Earth provides sleeping pads and sleeping bags for camping on the trek*

REQUIRED DOCUMENTS



_____ **Passport:** Passport must be valid for 6 months after the trip. Please bring 2 photocopies of the passport and leave an additional copy at home.

REQUIRED CLOTHING

CLOTHING: You need a **one-week** supply of clothing. We will wash laundry at least twice! We recommend some quick drying, non-cotton shirts and shorts.

Inner layer

_____ 10 day supply of underwear
 _____ 1 pair **medium weight long underwear.**
 _____ Pajamas/Nightwear

Middle layer

_____ 1 pair of **synthetic hiking pants** (zip-off shorts are nice)
 _____ 4 pairs of shorts (1 pair synthetic)
 _____ 6 short-sleeve shirts
 _____ 2 long-sleeve shirts
 _____ 2 pairs of lightweight pants
 _____ 1 swimsuit

Outer layer

_____ 1 synthetic or winter jacket
 _____ Medium weight **rain jacket**
 _____ 1 sweatshirt
 _____ 1 **fleece jacket**

Head & Hands

_____ Baseball style cap
 _____ Warm hat
 _____ Gloves or mittens

Footwear

_____ 6 pairs of lightweight, athletic socks
 _____ **Sandals** that secure around your ankles (Tevas/Chaco's)
 _____ Sneakers/running shoes
 _____ **Hiking Shoes** made for hiking; medium weight & flexible. A comfortable fit is critical. Break in before the trip!
 _____ Flip Flops (optional)

Miscellaneous

_____ **Passport:** Bring 2 sets of photocopies of your passport
 _____ SPF 30+ sun screen, chapstick
 _____ Personal toiletries (teeth etc.) meds, bandanna
 _____ 2 medium towels
 _____ Sunglasses with a **secure strap**
 _____ Watch with alarm clock

Optional, But Highly Recommended

_____ Camera (Phone & camera must be separate)
 _____ Book, journal, pens
 _____ Laundry bag and small pillow
 _____ Spanish-English dictionary and phrase book

Important Information Regarding Your Trip - PLEASE READ THIS!

Buying Guide: The packing list above is mandatory for your trip; however, the linked items are just shopping recommendations. Gear bought at Target or Walmart will work. Feel free to find the gear that suits you and your budget best. The Bold Earth office welcomes and expects questions about packing and equipment!

Expectations: This is a physically, mentally and culturally demanding trip. You stay in simple homes and native hotels; we also camp in the Andes Mountains. We will expect you to be open to the Peruvian culture and food. It is essential that we have a flexible attitude and behave with cultural sensitivity in order to make a good impression as guests.

Identification: A **Passport** valid 6 months beyond intended stay is required. Passports will be held for you by your Trip Leader. A Travel Permission Slip is **MANDATORY** (available online 3 weeks before your trip).

Weather: Prepare for varied weather conditions. Temperatures in the Andes can change in a matter of minutes and range from below freezing to 80°F.

Spending Money: EVERYTHING IS INCLUDED. Cash plus an ATM or Credit Card is best! We suggest bringing approximately \$75 per week. This is for personal expenses, baggage fees, gear replacement and gifts. Cash can be exchanged for local currency either ahead of time through a currency exchange service or bank, or at the airport upon arrival. If you run out of money, **you have spent too much**. Unless there is an emergency, **Bold Earth will not advance money**.

Baggage Fees: Each airline has different fees for checked baggage. Save or bring cash for the end of the trip to check your bags home. Before arriving at the airport, check the baggage policies for your reservation. If you have difficulty locating this information, the Bold Earth team will be happy to assist you!

Emails: Trip Leaders will have access to email about once a week.

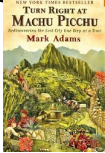
Time: Peru time is the same as Central and Mountain Standard Time in North America.

Laundry: We visit laundromats weekly. You will wash your own clothes, we provide the suds, coins and know-how. Many participants have identical jeans, socks, hiking boots, etc. A good practice is to put your name on items which are not unique to you.

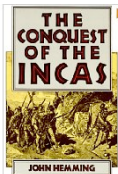
Trip Journal: Bring along a notebook to record the challenges and successes of your adventure.

Health: Please consult the “Medical Concerns” form on your Camper Resource Center for more information.

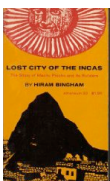
Suggested Reading List: The people, places and activities you will encounter on your trip are diverse and incredible. These are a few books offering background information. We suggest you consider reading these books before, during or after your adventure. Also, you might like to read Outside Magazine, Backpacker Magazine or Trilogy Magazine, available everywhere. For more adventurous reading, check out **Extreme Classics: The 100 Greatest Adventure Books of All Time**.



Turn Right at Machu Picchu: Rediscovering the Lost City One Step at a Time by Mark Adams. What happens when an unadventurous adventure writer tries to re-create the original expedition to Machu Picchu? In 1911, Hiram Bingham III climbed into the Andes Mountains of Peru and “discovered” Machu Picchu. While history has recast Bingham as a villain who stole both priceless artifacts and credit for finding the great archeological site, Mark Adams set out to retrace the explorer’s perilous path in search of the truth—except he’d written about adventure far more than he’d actually lived it. In fact, he’d never even slept in a tent. Turn Right at Machu Picchu is Adams’ fascinating and funny account of his journey through some of the world’s most majestic, historic, and remote landscapes guided only by a hard-as-nails Australian survivalist and one nagging question: Just what was Machu Picchu?



The Conquest of the Incas by John Hemming is the best regional history book and contains several chapters on Peru. The introduction offers an overview of the exploits of many explorers, thereby giving students background to this comprehensive study of the famous Spanish conquistador. The book is well written in a clear and interesting tone. Pizarro's daring and drive to succeed may have been forged in his difficult childhood. To escape the trap of poverty, he joined the Spanish Army and made his mark. The story of Pizarro and the Incas reads like an adventure, and both sides are given their due in this balanced study.



Lost City of the Incas: the Story of Machu Picchu and Its Builders by Hiram Bingham. Classic lost-city-in-the-jungle adventure by the man who rediscovered Machu Picchu in 1911. The ‘discovery’ consisted largely of taking the word of locals who were farming some of the terraces. Bingham’s tribute plaque at Machu Picchu sidesteps controversy by calling him the “scientific discoverer.” But it’s still a good story.