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**Machu Picchu Inca Trail Packing List**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Clothing** | | |  | **Miscellaneous** | |  | **Money** | |
|  | | Dry-fit shirts |  |  | Sunglasses |  |  | Wallet/Purse |
|  | | Lightweight khakis |  |  | Watch |  |  | Small PEN bills and coins |
|  | | Pajamas (optional) |  |  | Headlamp |  |  | USD backup |
|  | | Fleece |  |  | Granola bars (i.e. Cliff Bars) |  |  |  |
|  | | Underwear |  |  | Ziplock bags |  |  |  |
|  | | Hiking socks |  |  | Mosquito head net |  | **Day Pack** | |
|  | | Hiking shoes |  |  | Buff |  |  | 2L Hydration bladder |
|  | | Sandals/flip flops (Inca Shower) |  |  |  |  |  |  |
|  | | Hat |  |  |  |  |  |  |
|  | | Gloves |  |  |  |  |  |  |
|  | | Waterproof jacket |  |  |  |  |  |  |
|  | | Poncho |  |  |  |  |  |  |
|  | | Long johns |  |  |  |  |  |  |
|  | |  |  |  |  |  | **Documentation** | |
|  | |  |  |  |  |  |  | Passport |
|  | | Bras |  | **Toiletries** | |  |  |  |
|  | | Hair ties |  |  | Toothbrush/Toothpaste |  |  |  |
|  | |  |  |  | Dental floss/Picks |  |  |  |
|  | |  |  |  | Mouthwash |  |  |  |
|  | |  |  |  | Glasses/Case/Contacts/Solution |  |  |  |
| **Electronics** | | |  |  | Deodorant |  |  |  |
|  | | Cellphone |  |  | Tweezers/nail clippers |  |  |  |
|  | | Camera and accessories |  |  | Shampoo & conditioner |  |  | |
|  | | - memory, lots of batteries (4 days worth) |  |  | Soap/body wash |  |  |  |
|  | |  |  |  | Brush/Comb |  |  |  |
|  | |  |  |  | Toilet paper (lots) |  |  |  |
|  | |  |  |  | Tissue paper packs |  |  |  |
|  | | **Health/Medical** |  |  | Chapstick |  |  |  |
|  | | Diamox |  |  | Travel towel |  |  |  |
|  | | Allergy medication |  |  | Razor/Shave gel/Shaver |  |  |  |
|  | | First Aid kit |  |  | Pads/Tampons/Pantiliners |  |  | |
|  | | Vitamins/Emergen-C |  |  |  |  |  |  |
|  | | Hand sanitizer |  |  |  |  |  |  |
|  | | Sunscreen |  |  |  |  |  |  |
|  | | Pain medication | |  |  |  |  |  |
|  | | Mosquito repellent (with deet) |  |  |  |  |  |  |
|  | | Pepto Bismol/Immodium |  |  |  |  |  |  |
|  |  | |  |  |  |  |  |  |
|  | |  |  |  |  |  |  |  |
| **Before Leaving** | | |  |  |  |  |  |  |
|  | | Vaccinations: Typhoid, Hepatitis A | | | |  |  |  |
|  | | Medication: Dukorol | | | |  |  |  |
|  | | Book Inca Trail and Huayna Picchu | | | |  |  |  |
|  | | Set up your out-of-office at work | | | |  |  |  |
|  | | Lock up home, doors, windows. Shut off water/appliances as needed | | | |  |  |  |
|  | | Purchase travel insurance | | | |  |  |  |

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*Complete guide can be found at http://goingawesomeplaces.com/ultimate-machu-picchu-inca-trail-planning-guide/*