



# Inca Trail Trek Packing List

[AdventuresWithinReach.com/packing](http://AdventuresWithinReach.com/packing)

*Print this itinerary and bring it with you on your trip. You will need it to pack the day before your trek.*

## Clothing

- Long hiking pants
- Shorts (optional)
- Short-sleeved shirts
- Long-sleeved shirts
- Undergarments / Sports bra
- Casual clothes for evenings
- Pajamas
- Sun hat
- Belt
- Swimsuit (for Lodge to Lodge Trek)

## Cold Weather Clothing

- Down jacket or parka
- Waterproof shell
- Waterproof pants
- Fleece jacket or wool sweater
- Top and Bottom base layers
- Fleece pants
- Mittens and/or gloves
- Warm hat
- Neck gaiter / Bandana

## Footwear

- Hiking boots, warm, waterproof
- Comfortable shoes or sandals for evenings
- Hiking socks
- Gaiters

## Other

- Water bottles and Camelback
- Trekking poles
- Sunglasses
- Book, cards
- Snacks
- Notebook, pencil and pen
- Binoculars

## Sleeping (Camping Trek)

- Sleeping bag, 4-season
- Sleeping bag liner
- Sleeping pad

## Baggage

- Large duffel bag or backpack for porters
- Day pack and rain cover, for you to carry
- Dry bags for storing gear
- Carabiners

## Electronics

- Headlamp or flashlight
- Photo/Video Camera, batteries, charger

## Toiletries

- Soap
- Toothbrush and toothpaste
- Deodorant
- Moist Towelettes
- Hand sanitizer
- Lotion
- Sunscreen
- Lip balm with sunscreen
- Hairbrush, comb
- Toilet paper
- Sewing kit
- Feminine products
- Small towel or washcloth

## First Aid Kit

- Pain reliever, antihistamines
- Band-Aids, disinfectant
- Throat lozenges
- Prescription drugs