

Peru packing list updated 03-28-06

Below is a packing list of the items we recommend bringing on your Peru trip. The clothing listed includes the clothes you will be wearing to the airport. We are very limited on the weight for the charter flights into and out of the jungle so you will only be able to bring one change of clothing along with one extra set of underclothes. You will pack this clothing along with everything else you bring into the jungle in your SMALL backpack for the charter flight. This pack cannot weigh more than 10 or 15 pounds at the most. You will have to leave all of your other stuff, along with a clean set of clothing for the flight home, at the charter flight hanger.

We will provide you with a sleeping pad, mosquito net, water treatment and dehydrated food. You will need to bring a light fleece sleeping bag or sheet for cover. We will provide dehydrated meals but you need to provide some energy bars and/or snacks to supplement this. If you are a coffee drinker you can bring some of the coffee singles or instant coffee. You will need the tin cup to heat water over a fire for your meals and coffee.

You need to use your backpack as your carry-on. Just make sure you do not overstuff it or you will be forced to check it. The TSA inspectors are going to inspect your check on bag so if you want to lock it be sure to use a TSA approved lock.

There is a good chance of rain everyday. Pack your stuff in large Ziplocs to help keep it dry. Plan on warm to hot days with nights down to about 50 degrees. You will probably be sleeping in open air community buildings. When it is raining and windy 50 degrees can be cool!

Clothing – this includes the clothes you will be wearing:

- 2 or 3 pair hiking pants
- 2 or 3 long sleeve button up shirt – I wear long sleeve for sun protection
- 1 long sleeve t-shirt
- 1 short sleeve t-shirt
- 3 pair underwear
- 4 pair socks
- 1 waterproof breathable rain suit or poncho
- 1 fleece jacket or windbreaker
- 1 hat
- 1 pair hiking boots
- 1 pair trail shoes
- 2 bandanas

Equipment:

- 1 2,500 to 3,000 cubic inch backpack which you will also use as your carry-on
- 1 lockable zip-up duffel bag which you check-on the airline and use to store your extra clothing while in the jungle.
- 1 small padlock to lock the duffel bag. If you use a TSA approved lock you can also use it to lock your check-on bag.
- 1 fleece sleeping bag or heavy sheet
- 1 compact flashlight with extra batteries- the LED type are the lightest
- 2 1-liter large mouth Nalgene water bottles
- 1 small personal 1st aid kit with personal medicines and foot care supplies
- 50' nylon parachute cord – optional – for emergency repairs, clothesline, etc.
- 1 Leatherman tool or pocketknife

Miscellaneous:

- 1 Dopp kit w/ toiletries
- 1 compact roll toilet paper
- 1 small pack of Handiwipes
- 1 camera – optional
- 1 MP3 player with headphones - optional
- 1 small New Testament, journal and pens
- 1 bug repellent
- 1 large heavy-duty trash bag
- 4 1-gallon or larger heavy-duty Ziploc bag

Food:

- 12 energy or breakfast bars – for lunch and snacks
- 6-10 coffee singles-if you will want coffee on the trail
- 1 12 to 24 oz tin cup
- 1 fork & spoon