

# LEAN POWER YOGA

## R E T R E A T S

### \*\*\*\*\* **PACKING CHECKLIST** \*\*\*\*\* **MACHU PICCHU TREK**

In any travel or outdoor activity your expected comfort determines what items you bring along. By no means will you be "roughing it" on the mountain, but some items are absolutely mandatory...others add more comfort to your adventure. Below is a general list for multi-day trekking to Machu Picchu.

Expect temps to range from 32 degrees at night and up to 80 degrees during the day. Average daytime temp is expected to be around 70 degrees. Be prepared to protect yourself from the sun, you will be fully exposed much of the day. Much of your gear will be transported for you leaving you with only access to things in your daypack during each day.

#### - PROVIDED GEAR

##### Trekking Poles

Waterproof duffel bag (30 liters/7kg, carried by horse)

##### Sleeping Bag (Comfort -18C)

#### - MUST HAVE GEAR

Hiking boots

Camp Shoes/Sandals (Comfortable shoes for camp, with a sole for rock and sand)

Daypack (15-25L)

Waterproof Insulated Jacket (Comfort 0C)

Raincoat or Poncho (Covers self and backpack)

Hiking pants (Synthetic, Flexible)

Membrane Pants (Waterproof, Windproof)

Thermal Pants

Hiking Shorts

Warm Fleece Mid-Layer

Performance Long Sleeve Shirts/T-Shirts

Gloves

Stocking Hat/Beanie

Hiking Socks

Underwear

Water Bottle (Refillable)

Headlamp

Sunglasses (Dark with UV protection)

Sunscreen (SPF 30 or higher)

Lip Balm (With sunscreen)

Towel

Toothpaste/Toothbrush

Spare Batteries (For headlamp)

Snacks (Small, carb based/easy to eat/jerky, Stroop waffles, dried fruit, nuts, etc...)

Swimwear/Flip Flops (for Hot Springs)

Sun Hat

Insect Repellant

CONTINUED ON BACK >>>

**\*\*\*\*\* PACKING CHECKLIST (CONT.) \*\*\*\*\***

**- NICE TO HAVE GEAR**

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- |   |                          |   |                          |
|---|--------------------------|---|--------------------------|
| <b>Gaiters (Helps keep dirt/dust out of hiking boots)</b>                         | <input type="checkbox"/> | <b>Power Banks (for charging electronics)</b> | <input type="checkbox"/> |
| <b>Hydration Bladder<br/>(Pairs with daypack, makes it easier to hydrate)</b>     | <input type="checkbox"/> | <b>Moleskins (For any blisters)</b>           | <input type="checkbox"/> |
| <b>Travel Bag Organizers<br/>(Smaller cinch or Ziploc bags for smaller items)</b> | <input type="checkbox"/> | <b>Tent Light</b>                             | <input type="checkbox"/> |
| <b>Balaclava or Neck Gaiter</b>   | <input type="checkbox"/> | <b>Reading Book/Cards</b>                     | <input type="checkbox"/> |
| <b>Camping Pillow or Pillow Cover</b>   | <input type="checkbox"/> | <b>Backpack Rainfly</b>                       | <input type="checkbox"/> |
| <b>Wet Wipes (To wash with each day)</b>  | <input type="checkbox"/> | <b>Toilet Paper</b>                           | <input type="checkbox"/> |
| <b>Personal Medication<br/>(Ibuprofen, Melatonin, inhalers, lotion, etc...)</b>   | <input type="checkbox"/> | <b>Hand Sanitizer</b>                         | <input type="checkbox"/> |
| <b>Camera/Mobile Phone</b>  | <input type="checkbox"/> | <b>Aquaphor, Vaseline (for Dry Skin/Lips)</b> | <input type="checkbox"/> |
|   |                          | <b>Hand Warmers</b>                           | <input type="checkbox"/> |
|   |                          | <b>Wet Wipes</b>                              | <input type="checkbox"/> |

**- NOTES**

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