

Machu Picchu Recommended Clothing and Gear

- 2-3 sports bras / sports underwear
- 2 base layers (contacting skin)
- 3 short sleeve and 1 long sleeve performance material T-Shirt
- 2 pairs of hiking trousers
- Fleece Jacket and Wind Breaker, Polartec 300 recommended
- Rain and Wind Proof Soft Shell Jacket
- Rain Gear or Poncho, including pants
- Hat and Bandana for sun protection
- Fleece Beanie
- Sun Glasses
- Head Lamp, flashlight, batteries
- Walking Sticks
- Trekking Boots
- Trekking Socks, Gaiters optional
- Light weight, weatherproof, waterproof gloves
- Wet wipes (no showers or bath for almost 4 days during the trek)
- Sun screen
- Insect repellent
- Pee Bottle (women)
- Blister Plasters
- Toiletries