

Packing List – 3 Weeks Peru

September–November · Suitcase + daypack · Laundry facilities available en route · 3-day trek to Machu Picchu (camping gear rented in Peru)

Clothing (for approx. 1 week, then wash)

- ☐ 5–6 t-shirts / performance shirts (at least 2 quick-drying)
- ☐ 1–2 long-sleeved shirts (Merino ideal)
- ☐ 2 pairs of hiking trousers (including 1 zip-off or lightweight)
- ☐ 1 pair of comfortable trousers for the city/evening
- ☐ 1 pair of shorts or leggings
- ☐ 7 pairs of underwear, 2 bras (if applicable)
- ☐ 5 pairs of socks, including 3 pairs of hiking socks
- ☐ 1 fleece or lightweight down jacket (cold at night!)
- ☐ 1 rain jacket (initial showers begin in Sept.–Nov.)
- ☐ 1 warm hat + thin gloves (trekking nights)
- ☐ 1 sun hat or cap
- ☐ 1 buff/neck gaiter (sun, dust, cold)
- ☐ Sleepwear (warm for trekking nights)
- ☐ Swimwear (hot springs, e.g., Aguas Calientes)

Shoes

- ☐ Broken-in hiking boots (wear on the day of the flight)
- ☐ Comfortable sneakers for the city
- ☐ Flip-flops/sandals (hostel, shower)

Trek (3 days, tent & sleeping mat rented)

- ☐ 25–35 L daypack with rain cover
- ☐ Headlamp + spare batteries
- ☐ Water bottle/bladder (min. 1.5 L)
- ☐ Water purification tablets or filter bottle
- ☐ Hiking poles (foldable) or rent on-site
- ☐ Blister plasters + tape
- ☐ Snacks/Bars (buy in Cusco)
- ☐ Small dry bag for valuables (rain protection)

Hygiene & Pharmacy (keep it compact!)

- ☐ Toothbrush, toothpaste, deodorant (travel sizes)
- ☐ Solid shampoo/soap
- ☐ Quick-drying travel towel (microfiber)
- ☐ Small nail/grooming set (scissors, tweezers)
- ☐ SPF 50 sunscreen (high-altitude sun!)
- ☐ Lip care with SPF
- ☐ Mosquito repellent (important for the Machu Picchu region)
- ☐ Travel medical kit: ibuprofen, anti-diarrhea medication, electrolytes, band-aids, disinfectant
- ☐ Medication for altitude sickness (discuss with a doctor beforehand)
- ☐ Hand sanitizer + tissues (toilets often lack paper)
- ☐ Laundry detergent sheets or small tube for hand washing
- ☐ Earplugs + sleep mask

Documents & Money

- ☐ Passport (valid for at least 6 months) + copy
- ☐ Machu Picchu ticket + trek booking (printed out)
- ☐ Flight tickets, proof of international health insurance
- ☐ Credit card + debit card (keep separate)
- ☐ Vaccination record

Technology

- ☐ Mobile phone + charging cable
- ☐ Power bank (important for the trek!)
- ☐ Socket adapter (Peru: Type A/B + C, 220 V)
- ☐ Camera (optional) + memory card
- ☐ Headphones

Other

- ☐ Small padlock (hostel locker)
- ☐ Foldable extra bag (laundry/shopping)
- ☐ Ziplock bags (moisture, organization)
- ☐ Sunglasses
- ☐ Chewing gum/sweets for altitude & flying
- ☐ Small notebook + pen
- ☐ Neck pillow for long-haul flights
- ☐ Laundry bag for dirty laundry
- ☐ Additionally save documents digitally (mobile phone/cloud)

Personal additions

Tip: Pack your suitcase no more than two-thirds full—you can find laundry services on every corner in Cusco (inexpensive, charged by the kilo). Your suitcase stays at the hotel during the trek; you only take a daypack with you.

