

Bug's Peru Packing List

Rule of threes: One to wear, One to Wash, One spare. All in solid colors, mix-n-match. Rules slightly bent to accommodate Inca Trail trek as well as city travel.

Wear on airplane:

jeans, plain t-shirt, LS capilene hoody, hikers, Capilene socks, wristwatch with alarm.

Backpack (Airlines limit to 50lbs, and 62 inches of linear measurement. Try to keep to 35lbs for easy travel.)

-Pack in Eagle Creek half cube:

2 pair beigy travel pants, one zips off

1 LS shirt

1 LS R.5 heavy shirt

2 capilene tees for the trail and layering

2 cotton tees for city wearing

2 capilene tank tops for wearing, layering and sleeping in
wool hat

-Pack in Eagle Creek quarter cube #1:

1 swimsuit

1-2 pareo/sarong for use as quick-dry towel, pajamas or skirt (indispensable)

2 pair shortie capilene socks, all same size/color

3 uns, **cotton or thin capilene for breathability**

2 bras, highly recommend breathable cotton/capilene to avoid prickly heat rash

1 pair capilene long johns

1 pair wool wristies/fingerless gloves for trail

-Pack in Eagle Creek quarter cube #2:

Leatherman knife (make sure it's not in carryon)

Sunblock in zipper bag

tiny travel umbrella from REI

Bandanna

Gaiters for hike to keep mud off

Extra batteries for headlamp

Deet/bug lotion in zipper bag

Wipes for trail cleanup

A few power bars for emergency meals / breakfast

Camera battery charger

-Loose in the pack:

Water pump+chlorine drops (I avoid iodine)

Foldable water bucket for pumping water

Hat to keep sun off

Extensive first aid kit for rural travel (see below)

Toilet kit (see below)

Large Nalgene bottle
Camelbak bladder
Metal spork (again, turned out not to be necessary, but I used it)
Flip flops for showers and beach
Hiking poles
Hiking boots
Sit-upon
Rain jacket and rain pants in stuff sack
Sleeping bag and waterproof stuff sack
Thermarest
Lock+key for locking packs in a locker
Zipper bags, various sizes, and a couple of garbage bags

Carry On (limited to 7 kilos and 115cm (56cm/L x 23cm/W x 36cm/H))

Patagonia vertical limit or half mass messenger bag

Plane tickets

Wallet (minimal, with some cash)

Passport (carry as close to body as possible, keep note w/embassy info w/passport, copy of eyeglass prescription, yellow fever WHO card and travel insurance info)

heavy fleece jacket (gloves in pocket)

Books

Sunglasses

lip balm (be careful, it can melt)

Small calculator or calculator on cell phone

Bandanna

Tour book, Map

Headlamp (always carry a headlamp)

Important papers+ID, money belt, cash, credit card

Small Nalgene bottle

Emergen-C powder (a vitamin, good for air travel, or AirBorne)

personal meds, immodium, advil

Camera, extra batteries, memory cards

USB key for easily using internet café computers – 1-2 gigs if using for photos

Notebook/journal+Pens

Backpacker-sized travel games.

Hairbrush, travel size

Small saline solution in zipper bag, contact case

Eyeglasses

Color photocopies of passport, ID, documents (leave a second set at home.)

Crisp, new \$5 + \$1 American bills for border runs and other emergencies

Snacks/powerbars

Eyemask for sleeping

International cell phone and charger, car charger if appropriate

A real (Silva) compass that you can set declination on

Toilet Kit, detailed

(made by Outdoor Research, comes with hook for hanging)
Dr. Bronners liquid soap for hair/body/clothing wash (in zipper bag)
shampoo in zipper bag

Nylon string for clothesline + small carabiners for hanging (bowline knots)
Earplugs, 2 pair
flat sink stopper or rubber jar opener (to fill sink for clothes washing)
toothpaste, toothbrush
dental floss
hair gadgets
hand mirror
Q-tips
Nail clippers
2 french clothespins
travel deodorant
saline solution in zipper bag, extra contact case
feminine items

First Aid / emergency kit, detailed

Your body heals differently in humid climates. A simple scratch can go on for two weeks and become infected. Gangrene is a concern. AdventureMedicalKits.com sells great kits for international travel(zone B, developing countries \$50) that include suture kits.

Consult your doctor if you have any questions, and keep in touch with a local clinic if you suffer even a minor injury, especially “road rash” or scooter incidents.

Non-mercury thermometer (more important than you'd think)

Immodium

Benadryl, cold tablets

Cipro

Advil

Moleskin for blister prevention

lots of bandaids in lots of sizes

neosporin in snack zipper bag

tiger balm to relieve bug bites, in zipper bag

folding scissors

first aid tape

duct tape in snack zipper bag so stuff doesn't get stuck to it

tampons (o.b. are best b/c they are small—for bleeding, deep wounds)

all-weather matches

large safety pins

tweezers

tiny LED light

pencil

antiseptic towelettes

purell in zipper bag

gauze in 4x4 and 3x3 sizes

butterfly closure strips
cotton-tipped applicators
foil emergency blanket
guitar string (sturdy, fixes sandals, etc)
rubber gloves
triangular bandage
cpr face shield
travel-sized booklet on first aid care (REI also sells these separately)
travel sewing kit for fixing clothes (optional)

on an adventure trip like this, it's also a good idea to carry (I didn't):

suture/syringe supplies in developing areas
iodine
rehydration salts

regarding vaccines, I got all of them. At least get tetanus updated and the hepatitis A-B series. Stop in with a travel medicine doctor 2-3 months before your trip for more info.

Researching travel locales

www.LonelyPlanet.com and its Thorn Tree discussion boards

www.CDC.gov/travel

www.comebackalive.com for hardcore badass travel advice. Take some time, lots of info here (try nuts/bolts→what to pack and adventure guide→save yourself)

www.expatechange.com

www.ijet.com for really badass travel info to war zone types of places. Subscription required.

You also might want to

- Alert your bank and credit card companies that you will be abroad, and your dates of travel
- Let your traveling partner carry the photocopies of your documents (get them back when you separate)
- Save 500bht cash for the airport tax on your way out of HKT
- Remember there's a post office and a great travel/reading/cookbook bookstore in HKT airport

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