

Inca Trail Packing List

Dry Season - May to September clothing

- Underwear and socks x4
- Bras x2
- Thermal base layer x1-2
- Shirts x2
- Shorts x1
- Long pants x2
- Rain jacket or poncho x1
- Tracksuit or similar warm layer x1
- Sturdy hiking shoes or trail runners x1
- Flip flops or other lightweight shoe alternative x1
- Warm hat/beanie x1
- Scarf and gloves x1

Toiletries

- Deodorant
- Toothpaste and toothbrush
- Body/face wash or biodegradable wet wipes/reusable muslin cloths
- Moisturizer
- Hair accessories (ties and pins)
- Menstrual cup/ tampons

Day bag

- Reusable water bottle
- Hand sanitiser
- Bandana/cloth napkin/handkerchief
- Toilet paper in a ziplock bag
- Headphones
- First aid kit
- Insect repellent
- Sunscreen
- Lip balm SPF 15+ minimum
- Sun hat

Day bag continued

- Sunglasses
- Bandana/cloth napkin/handkerchief
- Flashlight or headlamp
- Medications and prescriptions
- Camera with spare batteries and SD cards
- Phone
- Portable power bank
- Passport and valuables
- Snacks

Additional

- Sleeping bag liner
- Inflatable pillow
- Travel towel
- Hiking poles
- Bag security
- Female urination device

TIPS TO REMEMBER:

- Minimize packaging and disposables as much as possible.
- Pack with layers in mind.
- Consider the weight limit for your duffel bag.
- You will have to carry everything in your day bag (including all valuables).