



# Kit List – Weldmar Trek Peru

The kit you take on your trek can make the difference between being ‘just a trek’ or a ‘memorable trek’. Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips. The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please consider eco-friendly or biodegradable options.

ESSENTIAL	SUGGESTED	OPTIONAL
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DOCUMENTS & FLIGHT ESSENTIAL	✓
Passport + copy	
E-Tickets + pre departure info	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Camera + spare batteries	

LUGGAGE	✓
Suitcase/large holdall for flight	
Daypack (25 – 30 litres)	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	

CLOTHING AND FOOTWEAR	✓
Trekking boots: either worn on flight or carried in hand luggage	
Trek trousers	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Trek socks	
Underwear	
Warm fleece or sweater	
Warm jacket (e.g. down or Primaloft)	
Waterproof jacket and trousers	
Light poncho (can be bought locally)	
Thermal base layer trousers and top	
Sun hat with brim (a cheche can be bought en-route to the desert)	
Warm hat for night	
Trainers for camp	
Warm gloves or mittens + liner gloves	

HEALTH & HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner	
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), Throat lozenges, decongestant, Vaseline	
Hairbrush/comb	
Lateral flow tests (min x 2)	
Disposable masks	
Feminine care products	

OTHER KIT	✓
Sleeping bag liner (cotton/silk)	
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 ltr water hydration system (e.g. Camelbak)	
1 ltr water bottle	
LED head torch + spare batteries	
Adaptor (European 2 round pin)	
Ear plugs	
Casual clothing + shoes for travel/free days	
Hiking poles – to be stowed in hold luggage for flight	
Energy food/snack bars	
Swimwear	
Bags for dirty washing	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Portable power bank	
Books/packs of cards	
Travel pillow	