

## ANDES AND JUNGLE PACKING LIST MACHU PICCHU & MANU, SIPAN AND AMAZON

Mountains: Typical nighttime temperatures can approach freezing. Expect lows to be close to 40 degrees F. Daytime temperatures can be 60 degrees or more. Generally during the day it is warm in the sun and cool in the shade.

Jungle: Hot and humid. Coast: T-shirt and sweatshirt

Washing is available in all of the cities. Generally, just take clothes for one week. All quantities include clothes you're wearing on the plane.

### **Clothing**

Light weight long underwear. Bottom is optional, only used in mountains.

Underwear - one week supply

Nice shirt or blouse

3 t-shirts

2 long sleeve shirts

5 pair cotton socks

2-3 pair wool socks

2 pairs long pants. Nylon preferred for jungle. No jeans in jungle.

Shorts

Swim suit (optional)

Sweatshirt or sweater

Pile jacket 300 weight, or medium weight jacket

Light weight hiking boots or shoes

Tennis shoes or sandals

Sun/rain hat

Rain jacket/poncho

Small towel (optional)

### **First Aid Kit/Medication**

Aspirin/Ibuprofen

Foot powder

Cortosone cream

Bandages

Insect repellent

Throat lozenges

First aid cream

Imodium/Pepto Bismal

Sun screen

Lip Screen

Medication

Vitamins

### **Toiletries**

Typical stuff, use small bottles

### **Miscellaneous**

Backpack - you will carry own luggage, therefore convertible backpack is better.

Binoculars

Book light - flash light/batteries

Books

Business cards - optional

Calculator - small

Camera equipment w/ min 500 MB compact flash memory or film for 300 photos. 220 V for charging.

Credit card & debit card

Daypack - used for outings on islands to carry camera, water, guide book etc. Also used for airplane carry-on.

Ear plugs

Eating utensils

Eyeglasses/contacts (extras)

Money - \$500 in small bills, 5's, 10's, 20's, & 50's - new bills better

Money belt worn inside clothing - no wallets or purses

Passport

Photocopies of passport & tickets

Plastic bags

Sunglasses

Swiss army knife (not in carry-on)

Watch with alarm (water resistant)