

## PACKING LIST

### ESSENTIALS

- Backpack or Suitcase
- Day pack/Carry-on
- Passport
- Tickets (airline, train, bus, etc.)
- Printed Itinerary
- Debit card
- Credit card
- Cash in local currency of destination
- [Compression bags](#)

### CLOTHING

- Walking shoes
- Lightweight Jacket
- Jeans – 2 pairs
- T-shirts/Polos
- Long sleeve shirts
- Sweaters/Sweatshirts
- Pants
- Shorts
- Swimsuit
- Underwear
- Socks
- Pajamas
- Hat
- Flip Flops

### TOILETRIES

- Toothbrush & Toothpaste
- Dental floss
- Deodorant
- Hair product
- Shampoo & Conditioner
- Razor
- Shaving Cream
- Nail clippers
- Mirror
- Lip balm
- Moisturizer/Lotion
- Sunscreen
- Q-tips

### ADDITIONAL NECESSITIES

- Guidebook – Peru
- NOOK eReader
- iPod with music and [podcasts](#) about Peru
- MacBook Pro (blogging & Skype)
- DSLR camera
- Point and shoot camera
- SD cards, camera batteries & charger
- Mini tripod
- Sunglasses
- Flashlight (miniature size)
- [Refillable water bottle](#)
- Umbrella (travel size)
- Airplane Comfort Kit: eye mask, earplugs, pillow
- Laundry Kit: detergent, sink stopper, clothesline
- Sewing Kit
- Luggage locks
- Photocopies of Passport
- Swiss Army Knife
- Toilet paper/Tissues
- Quick-dry towel
- Alarm Clock
- Portable Speakers
- Wet Wipes/Purell
- Zip Lock Bags
- Portable [luggage scale](#)
- Duffel bag for souvenirs

### FIRST AID KIT

- Band-aids
- Tylenol and/or Advil
- Insect repellent
- Medicines/Prescription drugs
- Anti-diarrhea pills
- Altitude sickness pills
- Tweezers
- Anti-bacterial cream