

Suggestions What to Bring: Packing List

- Sunglasses & Sun hat & Sunscreen**—the sun can be very strong at high altitudes. A #15, #30, #45 screen (or higher if you prefer) will be needed for the first days. Be sure to bring a hat and sunglasses.
- Lightweight hiking boots** (Gortex or water-resistant w/ankle support are best), or simply good lightweight hiking shoes if you prefer.
- Tevas or strapped hiking sandals** not suggested for sites. Thong sandals or slip-ons are great for the shower and to walk to and from breakfast.
- Emergen-C (electrolyte) packets & protein bars (granola bars), nuts, trail mix, etc.**
- Water Bottles** (bring your own metal, or disposable water bottles can be purchased along the way in Peru)
- Layered clothing** is recommended for day hiking. Zip-off pants are great. Ideally you could wear all your clothes layers at once if needed (tank under button-down hiking shirt, under fleece jacket, etc.).
- Comfortable hiking pants** are recommended. Only need 2-3 pair of pants total. Laundry options are available at the retreat center.
- Fleece jacket** for day & warmer down jacket for nighttime.
- Good wool hiking socks** that wick away perspiration (3 extra pairs in case) I do not recommend cotton socks for hiking, cotton fine for around the hotel, but not suggested for hiking.
- 2-3 Long-sleeved lightweight shirts.**
- Daypack, backpack or waist pack.** Money belt for cash and passport is optional.
- Long underwear, yoga pants, sweatpants** or tights for layering. (You do not need long underwear for Machu Picchu or Sacred Valley Retreat. (The polypropylene kind for a mountain journey work well.)

- Rain Gear** (a hooded plastic poncho or longer one would work well / optional as it is dry season)
- A small flashlight or headlamp** with extra batteries is good to have for night walks.
- Bring your camera, digital cards,** and required battery or phone chargers.
- Items of a personal nature & toiletries:** Bring Kleenex, wet wipes and zip-lock bags for day hikes—as with everything, what you carry IN on a hike—must be brought OUT and disposed of properly. (Ladies, be prepared with feminine hygiene products as well)
- Headache medicine like Advil or Tylenol** (again, in case of dehydration)
- Bugspray/Mosquito Repellent** is optional.

Yoga mat will be supplied for morning classes. (Morning yoga, breathing and meditation optional to attend but is highly recommended to start your day.)

If you need camping gear and do not have a local store, try www.REI.com or www.backcountryoutlet.com/outlet.

Plan to layer with your clothes. As the heat rises in the day, you shed layers bit by bit and put them into your daypack. Late afternoon and early evening, you slowly pull them out again.

Altitudes: Approx. in feet: **Cuzco** - 11,150; **Sacred Valley Sites** 12,375 - 9,700; **Machu Picchu Citadel**- 7,972; **Machu Picchu Pueblo** - 6,693,00; (Town of Aguas Calientes)

Temperatures: **Sacred Valley Sites** - Low 70's to High 60's in day, to Low 40's or High 30's nights; **Machu Picchu** - Low 70's - High 60's in day, to Low 30's at night.

Please pack with care. There are laundry facilities available at the hotels in Cuzco and the Sacred Valley. They are quite good at getting your clothes back to you quickly.

Pack what you feel you absolutely NEED... but LESS IS MORE! We look forward to sharing in your SACRED JOURNEY!!

Questions? Please do not hesitate to contact me.