

ADDITIONAL NOTES ON EQUIPMENT FOR TREKKING TO MACHU PICCHU

1. Our packing list covers what we have found to be essential for your safety and comfort. Because of weight considerations (the weight limit is 40 pounds), please use discretion when adding to the list. For the trek, you will need two packing systems. Since horses will be carrying most of your gear, you will need to pack most of your clothing and gear in a duffel bag or frameless backpack. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. You will also need to bring a “day pack” or fanny pack to hold your rain gear, water bottles, snacks, sunscreen, pocket knife, camera, compass, and an additional layer for warmth. You will carry this as you hike, so before you leave home make sure that it is comfortable to wear and fits everything. Having a pack with a hip belt will be more comfortable.
2. Well-fitting, sturdy boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. You can use either leather boots or lightweight cordura boots. Leather boots may be waterproofed in various simple ways, and cordura boots will be waterproof if they're lined with Gore-Tex (although many people find that the extra expense of the Gore-Tex is not justified by their performance). Even if you are planning to ride the entire time, we recommend hiking boots that are reasonably narrow.
3. Bring a sleeping bag with down or synthetic insulation, wrapped in a heavy plastic bag (trash compactor bags work well) inside its stuff sack. Weight and bulk are some of the factors to consider in sleeping bags. Down bags are lightweight and compact, but they need to be kept dry in order to keep you warm. Synthetic bags are often heavier and bulkier, yet they still keep you warm if they are wet. They dry more quickly than down. Consider packing your sleeping bag in a compression stuff sack. This will decrease the amount of space your sleeping bag takes up in your pack. Air out your bag frequently on a trip. Bring a bag rated to 20 degrees F, or warmer if you sleep cold.
4. Synthetic fabrics are often specified on this equipment list: Capilene, Thermastat, Polartec and Gore-Tex. In addition, there are many other patented brand names used by different manufacturers, which can make it all seem even more complicated. Basically, they all have one thing in common: The synthetics do not absorb much water compared to cotton—thus, they continue to provide warmth when wet. The specific fabric name is not as important as having material with these qualities and having a variety of weights available to you as your layering system. They really *are* miracle fabrics. Wool is also a very good choice, especially some of the new clothing made by Ibex or Smartwool. It is 100% merino wool, keeps you warm and dry and is not itchy. It also doesn't absorb the odors the way many synthetic materials do. You can also buy less expensive wool clothes at a second hand or Army/Navy store. Cotton is not a good choice! **Wet cotton (even heavyweight sweats) will rob you of your body heat faster than if you were wearing no clothing at all.**
5. Some of your clothing choices depend on whether you plan primarily to ride or primarily to hike. If you are riding, then being able to layer clothes is not as important as you will not be sweating significantly. So, for example, a rubberized rain suit and a very warm parka will work great. However if you are hiking in these, you will find yourself getting very overheated. For hiking, the key is being able to layer your clothes and having clothing that is breathable. Having some clothing that will work well for hiking, even if you plan to primarily ride, will give you maximum flexibility.

Items on your packing list can be purchased through a number of outdoor outfitters. Here are three companies that offer mail order service and have internet “stores” (often with special deals):

Recreational Equip. Inc (REI)
800-426-4840 for catalogue
website: www.rei.com

Eastern Mountain Sports (EMS)
603-924-7231 for catalogue
website: www.emsonline.com

Campmor
800-226-7667 for catalogue
website: www.campmor.com

Another company that often has discounts on seconds and discontinued items and also has an excellent return policy is Sierra Trading Post. Their number is 1-800-713-4534 and their web site is www.SierraTradingPost.com.

We have links to REI and Sierra Trading Post on our website on the affiliates page of our Resources section (www.goodadventure.com/resources/affiliates.html). You may also want to visit your local Army/Navy surplus store and thrift stores such as Goodwill and the Salvation Army.