

# KIT LIST

## INCA TRAIL TREK



### INTRODUCTION

The kit list found towards the end of this document will detail everything that you need to bring with you on your challenge. In the kit list some items are marked as 'Required', if you do not bring these items the challenge leader may not let you begin the challenge on the grounds of safety. If the kit is marked as 'Optional' or 'Recommended' it is your choice whether you bring it or not, these are suggested items that we feel will be of some benefit to you during the challenge. Here are a few of the really important items on the kit list that you should consider investing in:

### CLOTHING

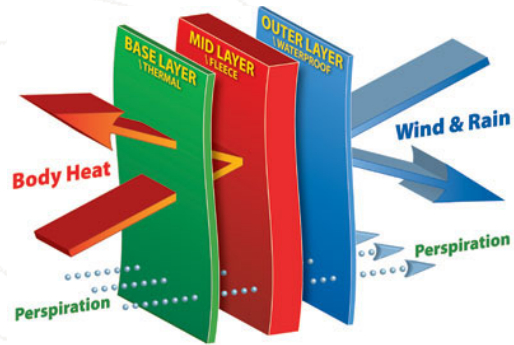
**Socks** – always wear good quality socks with your boots. Try on your boots with the socks that you will be wearing on the challenge. One thing to remember is that your socks are just as important as your footwear. If they do not fit correctly they can cause just as much discomfort, even if your boots are well fitted.

If you can, spend money on socks that fit perfectly and also work well in the wet. As with your boots go and ask the experts at your local outdoor shop as there are many different types available.

Socks made out of wool or any other natural material are ideal as they are great for drawing moisture away from the skin and are quick drying and therefore less likely to give you blisters. Make sure that they fit you nice and snug and pay particular attention to the areas around the heel and toes. Also, ensure that they don't slip down whilst you are walking.

One golden rule... you can never have too many pairs of socks. Dirty socks have less cushioning and can cause friction. Changing your socks regularly can really help so take more than you think that you will need.

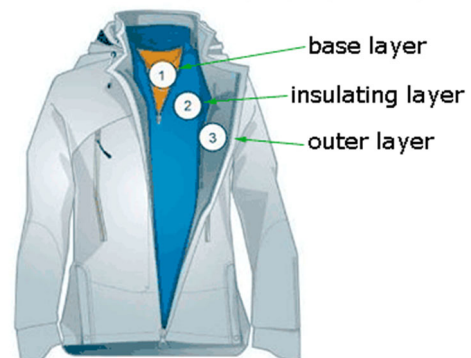
When walking, it's always best to adopt a layering system to your clothing. This ensures that you can adapt quickly to the weather and changes to your body temperature.



**Base Layer** – this layer will draw moisture away from the skin. Cotton should be avoided as it holds moisture, takes a long time to dry and can make you cold. Synthetic fibres, such as polypropylene and polyester work the best. Your base layer should be relatively close fitting but still comfortable.

**Mid Layer/Insulating Layer** – this layer is to help keep you warm, it does this by trapping air between the fibres. Fleece is great at doing this and makes an ideal breathable layer. Some mid layers come with a wind blocking membrane so you can keep the wind out without the need to put an outer waterproof layer on.

**Outer Layer** – this layer should be a waterproof, breathable jacket with taped seams.



# INCA TRAIL TREK



## WALKING BOOTS

Your feet are going to be your best friends from now on, so please keep them happy! Your walking boots need to be comfortable and specifically designed for walking. Reasonably high ankle supports on your boots are desirable and a stiff heel counter to give you lateral support is also recommended. It's always worth investing in a good pair of walking boots and also appropriate socks.

Your feet naturally swell during the day, so it's advisable to try boots on for size towards the end of the day. This will ensure they will fit when your feet are at their largest. Go and ask the experts too. Your high street will have many outdoor shops where the staff are specifically trained to help you. Try to find a shop that can accurately measure the length and width of your feet, as this will ensure the best fit.



To break in your footwear, start by wearing them for an hour or so every day; wear them around the house to do your cleaning or wear them to go shopping. Fit wearing them into your lifestyle, you may not look fashionable, but it will make such a difference when wearing them on the challenge.

Gradually increase the time that you wear your boots. Once you start wearing them comfortably for a number of hours over consecutive days, you should be ready to start using them for long distance walking.

## EQUIPMENT

**Walking Poles** – can be very useful as they distribute the weight between your arms and legs. They are particularly helpful when walking long distances as they can reduce the strain on your legs which means you can keep going for that little bit longer. They are also great for extra support when walking up or down steep sections. It's entirely up to you if you want to use them, just remember to use them in your training if you intend to use them on the challenge.

**Backpack/Rucksack** – you will definitely need a backpack/rucksack to carry essential items such as extra layers, snacks, camera and personal first aid kit. Getting the fit of your backpack/rucksack right is crucial to ensure that you are comfortable and that the weight is distributed across the shoulders and back. It is a good idea to have a backpack/rucksack that has a waist and chest strap as this keeps it secure and it's less likely to cause chafing. Your high street will have many outdoor shops where the staff are specifically trained to help you get the correct size and fit.

**Mobile Phones** – are an essential item. Don't forget to make sure that your phone is fully charged. We recommend bringing a power bank so you can charge your phone along the route or at the accommodation (especially useful if you are camping).

**Sleeping Bags and Ear Plugs** - participants need to bring their own 3 season sleeping bag. We also recommend you bring and use ear plugs to ensure you get a good night's sleep and are not woken by your room-mate's snoring!

**First Aid** - whilst Global Adventure Challenges and our ground handler will provide adequate first aid cover during the challenge all participants are required to bring their own personal first aid kit that includes plasters, blister support etc. so that individuals can deal with minor issues themselves. It is also recommended that participants bring with them a personal supply of over the counter medication such as Paracetamol, Ibuprofen and anti-histamines.



# INCA TRAIL TREK



The kit list below has been compiled in conjunction with our local ground handlers and is based on recommendations from previous challenges. The kit list forms part of our safety procedures and items have been specified with your welfare in mind. Anyone failing to carry essential items during the trek may not be permitted to take part. **Please do take into account your own personal preferences and common sense!**

It is highly recommended that to travel, you use a suitcase or large holdall.

KIT TO CARRY WHILST TREKKING	REQUIRED	✓
Backpack/rucksack – approximately 30-35 litres with a good waist strap	Required	
Lightweight waterproofs – top and bottoms	Required	
Sun hat	Required	
Buff or neck scarf – very useful to soak in cold water to help keep you cool	Required	
Warm hat and gloves – it can be chilly at some sections and cold at night	Required	
Trekking boots – must be worn in with good ankle support	Required	
Sunglasses with UV protection	Required	
Water bottle (2 litres minimum OR 2 x 1 litres) – ‘re-hydration systems’ are a great idea	Required	
Waterproof rucksack liner	Required	
Spare boot laces – also great for tying things to the outside of your day bag	Required	
Isotonic/high energy drink/powders – try to use them when training to see if they suit you	Optional	
Insect repellent (containing DEET), sun lotion (minimum of factor 50), after sun/moisturiser, total sun block for nose and lips	Required	
Toilet kit – tissues/ wipes, nappy bags, anti-bacterial hand gel	Required	
Small personal first aid kit containing Adhesive dressing (plasters), antiseptic spray, diarrhoea tablets, throat sweets, re-hydration sachets – very important, Paracetamol, Dextrose tablets, Tubi grip or equivalent for extra support if needed, Deep Heat cream or equivalent in case of sore muscles, Sudocrem or Vaseline for soothing/preventing chafing and any other personal medication	Required	
Trekking poles with stoppers – to go in your main hold luggage	Optional	
Energy foods/snack bars	Optional	

KIT TO BE TRANSPORTED BY PORTERS DURING TREK (MAX 6 KG)	REQUIRED	✓
Kit bag	Provided	
Inflatable sleeping mat	Provided	
3 season sleeping bag	Required	
1 x insulated jacket or gilet	Required	
3 x trekking T-shirts/base layers	Required	
2 x trekking trousers (such as lightweight cargo trousers – avoid jeans)	Required	
1 x shorts that are suitable to trek in	Required	
4 x trekking socks	Required	
Jumper/warm fleece for evenings	Required	
Trainers – for evenings	Required	
Lightweight towel	Required	
Head torch with extra batteries	Required	



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Toothbrush, toothpaste, wet wipes (or equivalent), soap, shampoo, conditioner, lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, antibacterial hand gel	Required	
Thermals/tracksuit – good to sleep in for extra comfort and if you get cold at night	Optional	
Travel pillow	Optional	

OTHER KIT FOR DURING THE CHALLENGE	REQUIRED	✓
Suitcase/large holdall to check in at the airport	Required	
Casual clothes for evenings and travelling	Required	
Ear plugs – useful when sharing a room	Optional	
Travel adapter suitable for Peru	Required	
Padlock for baggage	Optional	
Plastic bags – for dirty washing	Required	

DOCUMENTS	REQUIRED	✓
Passport (valid for 6 months AFTER your return) and photocopy	Required	
Travel insurance documents	Required	
Tickets or e-ticket receipt	Required	
Cash and credit card (for an emergency)	Required	

## BUDGETING FOR YOUR KIT

It is difficult to give you an accurate budget when purchasing items of kit as it depends on a variety of different factors – how much of the above kit you already have, how often you plan to use it etc. If you are already or planning to become a seasoned walker you may want to invest in better quality kit than if this is just a once in a lifetime challenge.

You can hire a sleeping bag in Cusco for an additional fee of approximately US\$30. This is arranged locally on arrival in Cusco and it is not necessary to pre-book.

You can also hire some kit from TrekHire UK ([www.trekhireuk.com](http://www.trekhireuk.com)) rather than going to the expense of purchasing. Don't forget your 10% discount!

Here are some approx. costs you could expect to pay for some of the key items:

Item	Approx. Cost
Walking boots	£30 - £75
Backpack/rucksack	£30 - £50
Walking poles	£15 - £20
Sleeping bag	£30 - £50
Clothing – trousers, shorts, T-shirts, long sleeved tops, socks, hat and gloves etc.	£100 - £150

