



Peru Packing List

Amazon Packing List

*This list is to give you an example of the items you need.
You do not have to purchase everything on this list or the exact brand/item mentioned.
This list is geared toward cooler temperatures in the Fall.*

Recommended Clothing & Gear:

Your Traveling Black Women Shirt(s) and Bag!

- ☐ **Machu Picchu/Rainbow Mountain Gear**
 - ☐ Altitude Patch
 - ☐ Cap/Sunhat
 - ☐ Chapstick
 - ☐ Compression Socks
 - ☐ Hiking boots/comfortable walking or running sneakers
 - ☐ Insect repellent
 - ☐ **Layering:**
 - ☐ Light Jacket
 - ☐ Long sleeve undershirt
 - ☐ Rain poncho (no umbrellas allowed at Machu Picchu)
 - ☐ Scarf
 - ☐ Sweatshirt
 - ☐ Sweater
 - ☐ Quick-dry hiking pants and/or yoga pants
 - ☐ Reusable Water Bottle
 - ☐ **Suplmt Water Bottle** - Use Code **TBW2025** for 25% Off
 - ☐ Small Backpack/Crossbody bag (No more than 16 x 14 x 8)
 - ☐ Small First Aid Kit
 - ☐ Sunglasses
 - ☐ Sunscreen
 - ☐ TBW Shirt ;)

General Packing List (As Needed):

- ☐ Altitude Meds
- ☐ Backup Phone Charger
- ☐ Compression Socks (for the long flight)
- ☐ Medicines (Pain Killers, Medication, etc.)
- ☐ N-95 Face Masks (Just in case)
- ☐ Probiotics (To prepare your stomach for unfamiliar food)
- ☐ Pepto, Tums, Etc. (For food that may not agree with you)
- ☐ Universal Travel Adapter Plug (Peru is the same as the US)
- ☐ Vitamin Supplements (Multi-Vitamins, Vitamins C, Zinc, etc. to help with immunity)