

Peru PACKING CHECKLIST



For adventures across Peru—from Lima's coast to the Andes and the Amazon rainforest.

Peru is full of contrasts. You could spend the morning walking the cliffs of Lima, the afternoon exploring Inca ruins in the Sacred Valley, and the evening bundled in a jacket in Cusco. Pack smart, dress in layers, and you'll be ready for every adventure.



CLOTHING

EVERYDAY WEAR

- ☐ Moisture-wicking T-shirts (3–5)
- ☐ Long-sleeve shirt for sun protection
- ☐ Lightweight hiking pants or travel pants
- ☐ Shorts (for warmer regions)
- ☐ Casual outfit for cities and dining
- ☐ Sleepwear
- ☐ Undergarments and socks

LAYERS

- ☐ Warm fleece or sweater
- ☐ Lightweight down or insulated jacket

OUTERWEAR

- ☐ Waterproof rain jacket or shell
- ☐ Hat or beanie (high elevations)
- ☐ Wide-brim sun hat
- ☐ Gloves (optional for colder months or high elevations)



FOOTWEAR

- ☐ Comfortable walking shoes
- ☐ Hiking boots or trail shoes
- ☐ Sandals or camp shoes
- ☐ Moisture-wicking hiking socks



HIKING & DAY TRIP ESSENTIALS

- ☐ Lightweight daypack
- ☐ Refillable water bottle or hydration reservoir
- ☐ Trekking poles (optional)
- ☐ Trail snacks or energy bars
- ☐ Lightweight dry bag or waterproof pouch
- ☐ Camera or binoculars (optional)



HEALTH & SAFETY

- ☐ High-SPF sunscreen
- ☐ Sunglasses
- ☐ Lip balm with SPF
- ☐ Insect repellent (especially for the Amazon or lower elevations)
- ☐ Personal medications
- ☐ Small first-aid kit
- ☐ Blister treatment (moleskin or blister bandages)
- ☐ Hand sanitizer
- ☐ Hydration tablets or electrolyte packets
- ☐ Coca tea or altitude support (available locally)



ELECTRONICS

- ☐ Phone and charger
- ☐ Camera and batteries
- ☐ Portable power bank
- ☐ Charging cables
- ☐ Universal travel adapter (Type C recommended)



TRAVEL ESSENTIALS

- ☐ Passport
- ☐ Travel insurance information
- ☐ Credit and debit cards
- ☐ Small amount of Peruvian soles for taxis, markets, tips, and public restrooms
- ☐ Printed or offline copies of reservations
- ☐ Downloaded offline maps



OPTIONAL

- ☐ Swimsuit (hotels, Amazon lodges, or hot springs)
- ☐ Travel towel
- ☐ Journal or travel notebook
- ☐ Book for long bus or train rides
- ☐ Reusable shopping bag



BEFORE YOU GO

- ☐ Check the weather for each destination
- ☐ Download offline maps
- ☐ Notify your bank of international travel
- ☐ Charge all devices
- ☐ Fill your reusable water bottle before heading out

PRO TIPS



Break in your shoes before your trip. Peru's cobblestone streets and mountain trails are much more enjoyable without blisters.



The Andean sun is intense. Wear sunscreen, sunglasses, and a hat every day, even when it's cool or cloudy.



Stay ahead of altitude. Drink plenty of water, use electrolytes, and take your first day in Cusco at a slower pace.



Dress in layers. Temperatures can change dramatically between morning and evening, especially in the Andes.



Carry small bills. Many taxis, markets, public restrooms, and small shops prefer cash.



Download offline maps. Cell service can be limited on remote hikes and in the mountains.



Pack light. A lighter bag makes navigating airports, buses, trains, and steep streets much easier.



Bring insect repellent. It's essential for the Amazon and helpful in lower-elevation areas of the Sacred Valley.