

---

# WOMEN'S INCA TRAIL PACKING LIST

---

## Essentials

- ☐ Tent
- ☐ Sleeping Bag
- ☐ Sleeping mat
- ☐ Daypack
- ☐ Hydration bladder/re-usable bottle
- ☐ Passport
- ☐ Important documents (e.g. flight info, permits for trail etc.)

## Clothing

- ☐ 4 pairs of underwear
- ☐ 2 pairs of leggings/walking trousers
- ☐ 1 sports bra
- ☐ 2 vest tops/t-shirts
- ☐ 1 jumper
- ☐ 1 lightweight down jacket
- ☐ 1 beanie/winter hat
- ☐ 1 cap/sun hat
- ☐ 4 pairs of walking socks
- ☐ 1 pair of walking shoes
- ☐ 1 pair of sandals
- ☐ 1 pair of warm pyjamas

## Electricals

- ☐ Camera
- ☐ Phone
- ☐ Portable charger/Extra batteries
- ☐ Head torch

## Toiletries

- ☐ Small bar of soap
- ☐ Baby wipes
- ☐ Small tube of toothpaste
- ☐ Toothbrush
- ☐ Hairbrush
- ☐ Dry Shampoo
- ☐ Deodorant
- ☐ Rehydration tablets
- ☐ Tissues/toilet roll
- ☐ Suncream
- ☐ Hand sanitizer
- ☐ Mosquito repellent
- ☐ Anti-histamine tablets
- ☐ Diarrhoea tablets
- ☐ Painkillers
- ☐ Personal medication
- ☐ Sanitary products (if needed)

## Extras

- ☐ Coca leaves
- ☐ Snacks
- ☐ Book
- ☐ Earphones
- ☐ Agua de flora (for altitude sickness)