

Perú Extreme Project Packing Suggestions



Clothes

- 2 Zipper Pants (short and long leg combo)
- 2 Long Sleeved Shirts
- 1 Hat (wide-brimmed hat with tie)
- 1 handkerchiefs/bandanas
- 1 Pair Gloves
- 1 Pair Long Underwear
- 1 Pullover Fleece (jacket or coat)
- 1 Pair Rubber Sandals (Texas or similar)
- 4 Quick Dry Underwear
- 4 Quick Dry T-shirts
- 2 Quick Dry Long Sleeved T-shirts
- 1 Rain coat/poncho

Hiking Items

- Fanny Pack (for snacks/water bottles) and/or small Backpack for personal items
- 2 Hiking Sticks – **REQUIRED**
- 4 prs. Hiking Socks
- 1 pr. Hiking Boots

Snacks

- 1 jar of peanut butter (not everyone needs to bring 1 if you are willing to share- team may want to coordinate)
- 1-2 Refillable Water Bottles or liter size camel bag
- Power Bars or Granola Bars (quantity depends on each person's eating habits)
- 8 or more hot drink mixes (Hot Chocolate, instant coffee, cider, tea, etc.)

Supplies

- 1 roll of Duct-tape, Swiss Army Knife, Pliers
- Head Light (useful for reading at night/writing in journal) or flashlight
- Zip-Lock Bags (quart and gallon size)
- Personal Solar shower (not everyone needs to bring 1 if you are willing to share - team may want to coordinate)
- 1 – 2 Bath Towels, Wash clothes
- Sleeping Bag (warm to 32 degrees), camp pillow and Sleeping Pad/mattress
- Plastic tarp to put under your sleeping pad (to keep it clean and safe from punctures)
- Digital Camera and accessories (batteries, etc.)
- Soap, Toothbrush, Toothpaste, Deodorant, Shampoo, Lotion, chapstick, eye drops, saline nasal spray (dry climate), Laundry soap, Hand sanitizer
- Sunscreen, Sunglasses (high altitude)
- Personal medications (aspirin, decongestants, anti-diarrheal, prescriptions, etc.)
- Kleenex, Wet Ones or Baby Wipes
- Bible, Journal and Pen/Pencil for devotions
- Ear Plugs (for sleeping)