

American Alpine Institute^{Ltd.}

Cuzco and Machu Picchu Equipment List

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This program is based out of hotels so no camping gear will be needed. Plan for temperatures to range between the 40's and 50's in Cuzco up into the 80's at Machu Picchu. Weather can be clear and sunny or cooler with clouds and rain, therefore the clothing you bring should be selected with an eye towards versatility.

Items not needed during the day can be left at the hotel in Cuzco. If you have any questions don't hesitate to call the Institute office or equipment shop.

CLOTHING

Comfortable walking shoes - For use in town. Running shoes are fine.

Socks

Lightweight pants

T-shirt

Long sleeve shirt

Warm jacket – fleece or other material is good

Rain parka with hood - Gore-Tex or other waterproof breathable material recommended.

Warm Hat – In case it gets chilly.

Sun Hat - With brim.

Travel and Town Clothes - We occasionally like to go out to good restaurants

MISCELLANEOUS

Passport

Passport/Money Pouch

Small Padlock - To secure the contents of your luggage.

Fanny Pack/Small Day Pack - Small, 500-1000 cubic inches will easily suffice. A fanny pack is probably preferred to a backpack as a deterrent to pickpockets. This should be big enough to hold extra clothes, snacks, and whatever camera gear you may bring.

Favorite Snack Foods - Please don't bring more than about a pound.

Water Bottle (optional)- 1 quart wide-mouth.

Water Purification - Bring iodine based tablets such as Potable Aqua or use a filter pump.

Flashlight of Headlamp - Bring extra batteries.

Pocket Knife - Swiss Army style knives are good.

Personal Medical Kit

Personal medications
20 tablets of Tylenol or aspirin
10 to 20 assorted Bandaids
one 1 1/2 inch roll of cloth athletic adhesive tape
moleskin or blister kit
4 safety pins and an Ace bandage
Pepto-Bismol tablets
Medicated cough drops such as Halls

The following drugs require a physician's prescription (except Imodium). Be sure to discuss the use and precautions for each drug with your doctor.

Loperamide (Imodium)- For diarrhea.

Acetazolamide (Diamox) - For prevention or treatment of Acute Mountain Sickness.

Choose one of the two antibiotics below depending on personal allergies.

Trimethoprim-Sulfamethoxazole (Bactrim or Septra)

Ciprofloxacin (Cipro)

(We strongly recommend against the use of codeine or the use of sleeping pills at altitude.)

Sunglasses

Sunscreen

Lip Protection

Personal Toiletries - Bring half a roll of toilet paper. Also bring a towel, soap and washcloth. TP is a precious commodity in cities in South America.

Camera - With lots of film and an extra battery.

Reading or Writing Material