

# LEARN TO LEAD

# EXPEDITIONS



## KIT LIST – PERU

To get the most out of your expedition, travel light and pack only the essentials. We've provided the below to help you. It's important to consider if your clothing choices are culturally sensitive - for instance your tops should have at least short sleeves to cover your shoulders and shorts should come to the knee. There'll be an opportunity to wash your clothes during your trip. Have you considered [renting](#) your kit? Check out how to pack sustainably on the next page.

### CARRY-ON BAG – [DAYPACK](#) MIN 30L (YOU'LL USE THIS MOST DAYS)

- Passport (& 2 passport style photos \* needed for in-country documents)
- Visa (if applicable)
- Reusable facemask
- Personal medication (clearly marked with your name)
- Reusable water bottle (1L)
- Money belt (to be worn discreetly under clothing)
- Phrase book & guidebook (can be a shared item)
- Anti-bacterial hand gel/sanitiser (min 70% alcohol content)
- Sunglasses (100% UV protection)
- Fleece
- Reusable shopping bag (not plastic)
- Basic watch with alarm
- Compact camera
- Notebook & pen

### CHECKED BAGGAGE – [LARGE BACKPACK](#) – MIN 65L

- [Sleeping bag](#) (comfort rating of -5°C)
- [Sleeping bag liner](#)
- [Sleeping mat](#)
- [Mosquito net](#)
- Pair of walking poles (optional)
- Head torch (including spare batteries)
- Fork, knife & spoon
- Water bottles/hydration system to carry 2L of water (you'll have another 1L bottle in your carry-on)
- Wash kit including: biodegradable soap and laundry detergent, shampoo/conditioner bars, bamboo toothbrush & toothpaste tablets, foot powder, wash flannel, biodegradable toilet roll, [sanitary products](#)
- Lightweight travel towel
- Personal first aid kit including: rehydration sachets or tablets, blister plasters, plasters, antiseptic cream, painkillers
- Insect repellent (non-aerosol, 30%-50% DEET or equivalent)
- High factor sunblock (non-aerosol)
- Lip balm with SPF
- Set of [dry bags and/or rucksack liners](#) to protect all your gear
- 1 x Waterproof jacket
- 1 x Waterproof trousers
- 3 x Breathable t-shirts (not cotton)
- 2 x Long sleeved shirt
- 2 x Walking trousers
- 1 x Knee-length shorts (consider convertible trousers)
- 5 x Underwear
- 3 x Pairs of [walking socks](#)
- 1x One-piece swimsuit/knee-length swim trunks
- Wide brimmed hat
- Hiking sandals (not flip-flops)
- [Hiking boots](#) & spare laces (ensure boots are appropriate to the terrain and climate)
- Set of thermals - top & bottoms
- Warm hat/beanie & gloves
- Insulated jacket/down jacket
- Set of old clothing, footwear & work gloves for initiative
- Repair kit (gaffa tape, paracord; these can be a shared items)



# HOW TO PACK LIKE A RESPONSIBLE TRAVELLER

Do you know your destination? Do a bit of research before you go to learn about the culture, history, do's and don'ts. Dive into a guidebook or read up online - is there anything to consider when choosing which clothing to pack?

Avoid packing items which will end up in the bin and become the responsibility of your destination to dispose of. Below are a few suggestions to make your packing more sustainable, reducing waste and protecting the environment.

**DON'T PACK EXPENSIVE JEWELLERY AND WATCHES, BLEND IN AS MUCH AS YOU CAN!**

**BRING ALONG YOUR REUSEABLE WATER BOTTLES. WE TREAT LOCAL WATER WITH AQUAPROVE, SO THERE'S NO NEED FOR DISPOSABLE PLASTIC BOTTLES ON YOUR TRIP**



**REFUSE STRAWS! EVEN BETTER, GET YOURSELF A BAMBOO OR STAINLESS STEEL ONE ON YOUR TRAVELS**

**BRING YOUR OWN CUTLERY, OR, IF YOU'RE HEADING TO ASIA, PICK UP SOME CHOPSTICKS WHEN YOU LAND, REFUSE THE DISPOSABLE ALTERNATIVES!**



**DON'T FORGET YOUR TOOTHBRUSH! WHY NOT DITCH THIS PLASTIC TOO? BAMBOO TOOTHBRUSHES ARE ANOTHER WAY TO HELP THE ENVIRONMENT**

**REFUSE TAKEAWAY CUPS, BRING YOUR OWN CUP**



**YOU'LL NEED TO BRING BODY SOAP AND SHAMPOO/CONDITIONER. INSTEAD OF BRINGING PLASTIC BOTTLES, HAVE A LOOK FOR BARS. THEY'RE MUCH EASIER TO FIT IN YOUR BAG AND LOADS BETTER FOR THE ENVIRONMENT**

**WIPES HAVE NO PLACE ON YOUR KIT LIST AS THEY'RE DAMAGING TO THE ENVIRONMENT. IF YOU MUST TAKE THEM, BE SURE THEY'RE BIODEGRADABLE**

**SUPPORT LOCAL BUSINESSES. NEED GLOVES FOR YOUR COMMUNITY INITIATIVE? SAVE ON PACKING SPACE, BRING CASH AND BUY THEM ONCE YOU GET THERE**



**DITCH THE AEROSOLS! YOU'LL NEED INSECT REPELLENT, DEODORANT AND SUN PROTECTION. OPT FOR CREAMS, ROLL-ONS OR PUMP BOTTLES INSTEAD (THIS IS A POSITIVE CHANGE TO MAKE AT HOME TOO!)**

