

THE moving mountains PROJECT

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Gear list for walks with The Moving Mountains Project in Peru

The following is a list outlining the kind of gear you will need to bring with you on The Moving Mountains Walk in Peru. This list is not meant to be prescriptive. The key word in all of this is *comfortable*: you should walk in what feels comfortable to you. Please feel free to discuss gear with us if you have any questions.

Temperatures to expect on the walk are from -5°C at night to 25°C during the day. Days are generally clear and sunny and nights can be very cold under clear skies. Weather should be generally dry and sunny, but rain and snow are possible. Conditions underfoot are likely to be dry and dusty.

Things to bring are:

- rucksack (or duffel bag) of approx 50 liters - large enough to contain clothes, sleeping bag, camp mattress and personal gear. This will be carried by pack donkeys. A waterproof bag is preferable – or line your bag with a large waterproof sack.
- Day pack large enough to carry 2 litres of water, spare clothes and waterproofs, camera. You will carry this each day in the mountains. A pack cover may be useful.
- warm sleeping bag (down is preferable)
- camp mattress (Thermarest-type blow-up mattresses preferable)
- comfortable walking boots, good socks
- head torch
- several wool or polypropylene tops and bottoms
- wool/fleece hat and gloves
- warm down jacket to wear at night
- waterproof jacket, preferably breathable type eg: Goretex

- waterproof overpants
- light, quick dry walking pants or shorts
- quick dry walking shirts
- shoes or sandals for the evenings around camp
- thermals or loose clothes to sleep in
- sun glasses, high factor (at least SPF30) sun cream, sun hat
- walking poles if you use them
- pillow case (to stuff with your warm jacket at night for use as a pillow)
- durable water bottle or water bladder of 2 litre capacity
- lightweight trek towel or small hand towel
- personal toiletries
- camera
- personal medical kit (see Medical Form for details)