

Alpamayo Circuit Trek — Cordillera Blanca, Peru

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Trek with IMG this July in the incredible Cordillera Blanca Mountains of Peru. Enjoy nine days of trekking through the range with spectacular views of icy-clad peaks and passages through serene valleys of alpine tundra. We'll have opportunities for close views of impressive peaks such as Huascarán (22,132') and Chopicalqui (20,847'). Topping off the view list is Alpamayo (19,511'), one of the most beautiful mountains in the world. This is a rugged high-altitude trek. We will not likely see many other trekkers along the way, a benefit for those looking for a reasonable challenge in a stunning alpine environment.



One of our many views of Alpamayo

This traditional style trek is suitable for new and experienced trekkers alike and for climbers who wish to delve into a solid high-altitude trekking routine. It's a perfect choice if you've completed our Machu Picchu trek, Kilimanjaro, or if you've backpacked on some challenging overnight trips and are looking for a new adventure.

One of our experienced IMG senior guides will lead the trip, in conjunction with local guides who we've worked with for years. Our trek route varies from casual walking along well defined trails to more rugged sections that will require some light scrambling, all made reasonable with the assistance of your guides. The entire trek is mule supported and the mules do the 'heavy lifting' of group and overnight personal gear, allowing team members to walk along for the entire experience with a light pack, carrying only the essentials for the day.

During the trek we will encounter 6 high passes, with the highest being over 15,700'. We will trek nearly 100 miles in an incredible journey around some of the most beautiful mountains in the world. Camps will vary in altitude from near 12,000' to 14,800' for the length of the trip. Noting this, trekkers will need to be fit, healthy, and rested upon arrival in Huaraz, our base of operations (10,200'). Our hotels and camps will include double-sleeping accommodations (single upon request), and a full dining experience during the trek, complete with dining tent, table, chairs, and of course, some festive music. Our local cooking staff will prepare a whole-foods based cuisine that will nourish the team and energize us for the following day's trek.

This trip begins in Lima, Peru. After an early morning arrival in Lima, we'll begin our journey to Huaraz in northern Peru in a private bus, stopping along the way as needed to enjoy the 8-hour scenic drive. Air travel between Lima and Huaraz is possible, but not recommended due to the size of the airport, weather and aircraft load restrictions.

Trip Highlights

- A nine-day trek around the Northern Cordillera Blanca with two pre-trek acclimatization hikes. Our trekking is non-technical, but our travels will take us off the beaten track and into a spectacular part of the Peruvian Andes.
- Mules and porters will transport a large part of your gear during our trip, to make the experience more enjoyable. A small cook staff will accompany the trek team.
- Ample time to comfortably acclimatize to the higher altitude.
- Private vehicle with driver for all transfers. Your leaders will meet you at the airport in Lima and transport you by private van/bus directly to Huaraz and back. Trip leaders supervise every step of the journey for your travel security and comfort. Transportation with the group to and from the trailheads is included, in addition to all hotels and lodging during the trip itinerary.

2018 Dates and Prices

Alpamayo Circuit Cordillera Blanca Trek

Dates: June 30 - July 15, 2018

Landcost: \$3,400

Costs included:

IMG senior guide to lead each trip along with a local guide, cook, assistant, drivers, mules, group equipment (kitchen, tents, camp chairs, etc.), climbing permit fees/park fees, airport transfers, ground transportation, lodging starting with your arrival in Lima and during the trek dates in Huaraz. While in Huaraz, 4 nights' accommodation is included. We can make a reservation in Lima for you if you wish to come early or stay on after the trip ends at additional cost. Continental breakfasts in most hotels, and all food during the trek are included (you may want to supplement your provided lunch with a few snacks). Lead guide will carry a satellite phone for emergency communications. Other emergency gear will include a "Gamow" type portable hyperbaric chamber for emergency treatment of altitude illness.

Costs not included:

International airfare to/from Peru, Peru visa on arrival (at present, no fee for American or Canadian citizens), taxis, food and lodging should you arrive in Lima or Huaraz early or stay longer than itinerary, alcoholic beverages during the trip, personal shopping and snacks. Personal trekking or climbing equipment. [Trip Cancellation and Travel Insurance](#). Meals in the cities of Lima and Huaraz except breakfast in the hotels as supplied.

Please bring \$250 for the local guide and staff tip pool. We will collect the tip pool at the hotel upon arrival in Huaraz, for distribution to all our Peruvian staff throughout the trip. The tip pool provides rewards for our reliable drivers, porters, cooks, local Peruvian guides, kitchen staff at the hotel, and others who help make our program a success, year-after-year. You will be given an opportunity to participate in the tipping process. Your IMG guide will organize the tipping pool, so if you wish to tip your IMG guide, you may do that separately and personally. Thank you in advance for your support of our hardworking and skilled staff who will do their best to provide you an excellent Peruvian experience.

Prerequisites

Excellent all around fitness and previous hiking/trekking/backpacking experience, preferably at altitude is needed for the Alpamayo Circuit trek. Compared to other treks around the world, the Alpamayo Circuit is physically challenging because of the consistent longer hiking days with lots of elevation gain and loss. While challenging, the views are incredible along many parts of the trek, so the effort will be worth it with view pay-offs virtually every day! Please see more about fitness and experience requirements in our [Peru Expedition FAQ](#) »

Trekking in Peru with International Mountain Guides

In addition to our IMG leader on this trip, this trek will be accompanied by a local veteran guide knowledgeable of the geography, history and culture of the area. During the trek portion of our program, we will use mules to transport our gear and supplies. This permits us to enjoy the walk each day, as we move along unencumbered, free to take photos and investigate our surroundings. Meals will be served by our cook in a dining tent set up for your comfort during breakfast and dinner.

The mountains of northern Peru, including the Cordillera Blanca, include the most well-known and spectacular peaks in all of the Andes. These mountains include 20 summits over 6,000 meters and a staggering list of peaks over 5,000 meters. High, stunning peaks piercing the sky with beautiful turquoise lakes and alpine meadows surround many of our camps; this is without a doubt one of the most beautiful mountain destinations in the world.

Upon your arrival in Lima from the States, you'll be met by your local guide and driver and ushered onto a private van/bus at the airport. From Lima, your 8-hour drive to Huaraz will allow time to get to know the rest of the team, talk about the upcoming program with your guide, and perhaps catch up on a little sleep.

In Huaraz, you'll check into our nice European-style hotel, get oriented in this hospitable and scenic town and enjoy your first in-country dinner. The guides will be full of useful information and will organize the group's activities over the next two days. Huaraz is located at 10,200 feet in elevation, so this is a crucial time to start the acclimatization process. The first full day is limited to mild exertion only, touring town and trekking above the city. On day two, the guides will take you on an acclimatization hike to one of our favorite local hikes for the day, a gain of 2,000 to 3,000 feet in elevation. Three nights in Huaraz will allow plenty of time to start adjusting to altitude prior to the start of the actual trek.

During the trek itself, you'll trek for 4-8 hours a day, with an average time of around 6 hours, depending on terrain and distance to be covered. Most of your gear will be carried by mule or porter, and you will carry only necessary items for that day's travel on your back: water, snacks, camera, shell clothing and insulating layers. You'll be crossing passes up to 15,700 feet in height, and generally camping at elevations around 12,000' to 14,800'. The scenery is spectacular, and the hiking terrain varies from good trail to cross country grass and scree slopes. The mules usually travel in advance of the team, and camp is normally set up and waiting when you arrive.

Join us on this one of a kind trekking, climbing and cultural adventure. It's an experience that will provide memories to last a lifetime!

Insurance and Travel Arrangements

We invest in insurance coverage for commercial liability and medical and disability insurance for our employees while participating on our programs. We cannot insure you for your personal needs, but we do expect you to be as fiscally responsible as we are. We require that you insure yourself against potentially expensive difficulties that may arise. First, Trip Cancellation Insurance may provide financial relief should you be forced to withdraw from the program before it even happens. Next, make sure you have adequate Travel Insurance for coverage should you have a problem during the trip. Medical care and evacuation in remote locations can be expensive. For more information, please see our page on [cancellation, rescue/repatriation insurance](#) or contact the IMG Office.

Our team will fly to Lima via an overnight flight, arriving in Lima in the late evening/early a.m. For help with travel arrangements, IMG recommends our travel agency, CTT Destinations: IMG@CTTDestinations.com or 800-909-6647. Owner Pirjo DeHart can help you to coordinate your travel plans with the IMG itinerary.

Immunizations

The following may be recommended for travel to Peru. Consult a travel clinic, and check out the Center for Disease Control Website at www.cdc.gov

- Tetanus-Diphtheria, Polio, MMR: You should already have these. Do you need a booster?
- Meningitis, Hepatitis A and B: Recommended. Ask your physician/travel clinic for advice.
- Yellow Fever: Recommended, but not currently required.
- Cholera: Not a very effective vaccine. Ask your physician/travel clinic for advice.
- Rabies and Typhoid: Not a bad idea to be on the safe side, the new vaccines are easy.
- Malaria: We are above the Malaria zone on the mountain, but depending on your travel plans and local health department advice, you may want to bring long sleeves and bug juice for evenings in cities; chemoprophylaxis is especially a good idea if you plan to travel to lower elevations in Peru.

NOTE: Although many immunizations say they cover 5 years, they are most effective during years 1 through 3. If you are on the 'edge' of coverage in years 4 or 5, consider a booster.

“The thing I like best about George's longer expeditions is how everyone comes together and becomes a tight knit team. It's like having a family away from home. George takes smaller groups, and I think that makes a big difference...”

—Bruce G.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

Peru Alpamayo Circuit Trek Itinerary

Day 1

Overnight flight from USA to Lima; arrive early morning the next day in Lima. Depending on your flight plans, you may want or need to overnight in Lima.

Day 2

We'll pick most trekkers and climbers up at the airport after their early-morning arrival, and then travel from Lima to Huaraz. There's a modest place for breakfast just out of town if you're hungry for breakfast. After a drive through the pacific desert, we'll stop for lunch or snack along the way. During our 7-8 hour drive, other stops will include a visit to a fresh fruit stand where it's possible to purchase some exotic treats for the day. Our travels will take us over a 13,000'+ pass, and back down again to Huaraz (10,000'), our base of operations for the trip. After a short rest, we'll have dinner and a quick orientation for our next day. Overnight at hotel in Huaraz.

Day 3

An acclimatization and sightseeing day. After breakfast in our hotel, we'll travel by van into the Cordillera Negra, the 'black' mountain range that sits opposite of the Cordillera Blanca, the 'white' mountain range.

From the Negra, there is an awesome overview of the Blanca and all its grandeur. There are a couple of hiking options in the Negra, so we'll decide while in Huaraz what fits best for our group. If we do the longer option, we'll start from the trailhead at Punta Callan (13,100'), where we'll walk down to Huaraz for 3 to 4 hours on an ancient Incan trail. Prior to dinner, we'll organize our gear for the trek, and prepare for our departure in the morning. Overnight at hotel in Huaraz.

Day 4

After breakfast, we'll do some more packing in preparation for the trek, and also pack for another day hike. Like the day before, there are many options. One option is a hike to Lago (Lake) Churup, which starts with transport in cars/van to Pitec, at 12,467', and then hike for 3-4 hours to the lake, an incredibly beautiful area located at 15,091'. There are other worthy options, and we'll decide the night before what's best for our group. After lunch during the trek, our group will descend and return to Huaraz to further help our acclimatization. We'll relax here, have dinner, and then prepare for our Alpamayo trek, which will start the next day. Overnight at hotel in Huaraz.

The two noted acclimatization hikes are two of many hike options. Your trek leader may opt for another choice, depending on weather and other factors.

Day 5: Trek day 1

After an early rise and breakfast, we will depart around 7a.m., traveling by bus from our hotel, and first travel through the Llanganuco Valley. Spectacular views of incredibly high peaks abound, as the highest ice-clad peak in Peru, Huascarán, looms above all. Other high peaks include Huandoy and Chopicalqui. Our drive will continue through Portachuelo Pass at 15,583'. The drive to here and a bit beyond is simply spectacular. After some photo ops at the pass we'll continue onward to Vaqueria. We will meet our team of mule drivers and mules here and begin our trek towards the Huaripampa Valley. Along the way we have a chance to observe the local Quechan people, their homes, and observe their customs and lifestyle. Terrain will be alpine in nature. In the afternoon we'll arrive at the head of Quebrada Paria at 12,795', our camping site for the night. Quebrada means valley or ravine, and this is a popular camping spot for a couple

of different treks. Time on the trail today will be around 5 hours. With the drive, it is somewhat of a long day. You'll be ready for a hearty meal and some good rest!

Once on the trail, we will adjust quickly into a comfortable trekking routine. A full camp will be set up prior to our arrival at camp each day, complete with twin sleeping tents, dining and cook tents, and a private bathroom tent. Tea is commonly served upon arrival at camp. Those that venture out at night will likely be greeted by a sky full of incredible stars and the famed "Southern Cross," a unique celestial feature in the Southern Hemisphere, which is used for navigation, much like the Big Dipper and North Star in the Northern Hemisphere.

We'll awake around 6:30 AM each day with some tea and wash water to get a fresh start prior to our day of trekking. Breakfast will be served in our dining tent, complete with drip coffee, a selection of teas, hot chocolate, and other refreshments. The main breakfast course typically includes toast, hot or cold cereal, eggs, fruit or yogurt to provide good energy for our trekking days.

Day 6: Trek day 2

Our trek will continue today from Quebrada Paria to Alto Pucahirca Pass, at 15,354', where we will have spectacular views of many Cordilleran high summits, including Chacaraju, Chopicalqui, Taulliraju, and more. We'll see Huascarán again, the highest peak in Peru, standing at 22,205'. From the pass, the route descends to our camp in Huecrococha, at 13,100'. Like our other days, this day will be around 6-7 hours of hiking. We'll relax in the afternoon, take in the views, visit, do a little wash, and enjoy life. If there's interest, trekkers can take a bath alongside the lake. A snack and tea will be served in the dining tent before dinner.

Day 7: Trek day 3

From the lake near Huecrococha, our group will pass through the small village of Quisuar, where we can observe the locals and see the diverse ecosystem of this part of the Cordillera de Los Andes. They have a fascinating fish-farm near the village. By mid-day, we reach the Pass of Tupa Tupa (14,530'), admire the views from this grassy-pass, and have lunch complete with hot drinks.

During the trek, lunches are varied, and include small sandwiches, some cheese, chocolate, hard-boiled eggs, and other treats. We encourage trekkers to bring along a small bag of their favorite lunch snacks to supplement what we provide to round out their lunchtime meal selection.

From the pass, we'll descend and finish our 6-hour trekking day. Camp will be near Jancapampa, at 11,483', where we will find beautiful farmlands and inquisitive locals who will welcome us. Beverages are available to purchase for those looking to quench their thirst. At the head of the valley, the impressive face of Pucajirca can be seen, complete with massive glaciers, ice cliff, and waterfalls. There are simply no words to truly express the beauty and complexity of Pucajirca as we encircle a good part of the mountain during our trek.

Day 8: Trek day 4

A shorter day of 4-5 hours of trekking will reward our past efforts. From Jancapampa, we'll ascend Yanajanca Valley, a very diverse area in terms of vegetation. We'll camp at Sactaycocha (sactay = rest, cocha = lagoon), at 13,450'. This is an active rest day, with a modest walk to camp, rest, and recovery in preparation for the trek over our highest pass the next day.

There is an optional short walk from camp to an overlook where we can get an incredible overview of the lake and a view of the huge glacier carved valley that holds our camp. With all the green grass and smooth granite walls around camp, the word 'spectacular' will likely permeate conversations.

Dinners usually start with a nice selection of hot and cold drinks, followed by soup, and then a main dish of pastas, fresh local trout, or one of Peru's specialty dishes, like lomo saltado, a hearty beef meal complete with vegetables and rice. More hot drinks follow the main meal, leading to pleasant conversation or perhaps a game of cards into the evening.

Day 9: Trek day 5

Another modest day of trekking (5-6 hours). From our camp above Laguna Sactaycocha, we'll climb through Yanayacu Pass (Yana=Black, yacu=water), at 15,680', the second highest pass of our trip. The pass is very alpine in nature, with incredible views of Pucajirca. After climbing over Yanayacu Pass, we will descend to Willcapampa, where there are more surprises in store for the group. We'll take a long break here—at the confluence of several valleys, then ascend for a short distance to our camp at Huillcapampa (13,123'). From this camp we will see the North faces of the Alpamayo and Pucahirca group, some of the most spectacular peaks in the range.

Afternoons on our shorter days allow us to recharge for the remaining part of the trek, and provide time to soak in this wonderful trekking experience. Some trekkers may want to wash a few clothes, or take the opportunity to clean up a bit with the extra time. There's a natural rock garden around this camp, so it's common to take a short walk taking in the views. Some trekkers may also want to stray out into the darkness to take in sunset pictures of Alpamayo and the incredible star laden sky.

Day 10: Trek day 6

A longer day of hiking, around 7-8 hours, will lead us from our camp at Huillcapampa, with a climb over Paso Moyobamba (14,435'). There is a long walk to the head of the Cedros Valley, a slow ascent to the base of the pass where we'll take a short but well-earned break. The ascent to the pass above is on rock scree, and feels more alpine with each step.

More views as we climb through Paso Cara Cara (15,912'), the highest pass of our trip. Each of our passes will provide a nice challenge and resulting rewards. The views of Alpamayo and the surrounding peaks is simply indescribable. It's usually windy here, and there is time to enjoy the pass and the views, take pictures, and rest a bit before heading down into the next valley.

A descent down a softer trail at times will lead us past some high alpine tarns (lakes), then down through huge grassy slopes to our camp at Jancarurish (Alpamayo Valley; 13,780'). The views of Alpamayo and the other mountains around this camp are spectacular. This is one of the classic views of Alpamayo; an unforgettable camp placed on pampa, a grassy-like pasture, with a stream nearby for bathing and clothes washing.

Day 11: Trek day 7

Another longer day of trekking today (6-7 hours), will start from our camp at Jancarurish with a descent to Ruinapampa in Alpamayo Valley. Pre-Incan ruins can be seen here, and we'll take a quick break and rest in preparation for the climb to our next pass. We will then zig-zag up scree switchbacks and over Paso Vientuna (15,584'). More stunning views here of other 5,000 and 6,000 meter peaks. From the pass, we will descend down to a very pleasant but compact camp at 14,763' called Osorui, or Bear Camp, the highest camp of our trek.

Day 12: Trek day 8

From Osoruri, our group will trek over a couple of smaller passes, and then over Paso Cullicocha, at 15,748', our last high pass of the 100 mile-ish trek. From this pass, there are incredible views of the Santa Cruz group, peaks ranging in height from 5-6,000 meters. Another simply stunning day. A steep descent through rock will take us down to Cullicocha Lake and a control dam; we'll take a break on the comfortable glacier-smoothed slabs for lunch and take in the views. The trail from the dam then contours along the slope, at times with breath-taking views below. Eventually we'll round a corner, and begin our descent to camp, about an hour below. We will appreciate another stellar camp with lots of opportunities for photos and mountain enjoyment here, known as Wishcash (13,123'), our last camp of the trip. From this camp we will see spectacular views of the Cordillera Negra—which we visited at the beginning of our trip. Trekking time will be around 5-6 hours.

Day 13: Trek day 9

Leaving Wishcash early, we will descend for around 4 hours to the small village of Hualcayan (10,368'). The lower altitude will feel like thick air after our days of travel in the higher reaches of the Cordillera Blanca. Here, we say farewell to our helpful mule drivers and then pack-up our bus and drive for 5 hours to Huaraz, where we will return to our hotel. We will enjoy well-earned showers and a nice meal in Huaraz. Of course, time to connect with family again via the Internet, then a good night's rest in a real bed. While visions of 'home' will be on our minds, the reality of an incredible dream-like trek and achievement will continue to buoy the team's spirit.

Day 14: Huaraz (or trek backup day)

Today, is our last day in Huaraz, and will be used by most participants as a day of clean-up, shopping in town, and relaxation on the hotel terrace. We'll have a final group meal and celebrate our trekking fun! Overnight in our Huaraz hotel.

Note: We will likely take this extra day on our trek, and it can be used to accommodate acclimatization, take an extra rest day, or work around some poor weather so we can appreciate the views. This day can add a bit of cushion and flexibility.

Day 15: Drive from Huaraz to Lima, and flights home

There may be some time in the early morning before our departure for Lima for some shopping, then our 8-hour drive to the coast for flights home. There is lots of time to sit back and remember our time trekking through the Cordillera Blanca during the drive, listen to music, read, and sleep. We'll make our way to the airport for late flights home with enough time to spare.

Day 16: Trekkers return home!

Our trekkers will arrive home, and celebrate their reunion with friends and family.

“I was very impressed with how everything was so well organized. It seemed like every little detail was covered. IMG is way better than the others. Way better! You guys are the best in the business...”

—Jim P.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml

IMG Peru Alpamayo Circuit Trek Gear List

This equipment list is meant to help you compile your personal gear for the trek and optional climb. Most items are required; if you plan to leave something behind, please alert IMG before leaving it home, or better yet, bring it, and let's decide to take or leave it while in the hotel.

Please consider each item carefully and be sure you understand the function of each piece of equipment before you substitute or delete items. Keep in mind that this list has been carefully compiled by IMG to give you the best experience in Peru. Don't cut corners on the quality of your gear.

FEET:

- Medium to medium heavy weight waterproof hiking boots — with suitable ankle-high ankle support; make sure whatever you wear is broken in and very comfortable; if leather, treat the boot multiple times with waterproofing. If synthetic, treat with a waterproof boot spray.
- Wool or wool/synthetic blend socks (2-3 complete changes)

LOWER BODY:

- Long john bottoms (1 pair, lightweight wool or synthetic)
- Underwear (2-3 pair for trail use)
- Lightweight to medium weight stretch nylon hiking/soft shell climbing pants (Schoeller type fabric is preferred)
- Hiking shorts (nylon hiking style is best. Best of all are the nylon zip-off hiking pants)
- Waterproof/breathable pants (preferably with $\frac{3}{4}$ or full length side leg zips)
- Lightweight full-length gaiters (needed on rainy days, and for hiking through tall-wet grass on some days)
- Lightweight synthetic insulated pants (optional; for camp use—the Outdoor Research “Neoplume” pants are very comfy and help retain heat while resting)

UPPER BODY:

- Long john top (1 lightweight— zip neck is best)
- Soft shell or fleece jacket. Bring a second lightweight fleece, or vest, or Primaloft jacket.
- Waterproof/breathable jacket with attached hood. Avoid zip-on or snap-on hoods.
- Warm down or synthetic parka (reasonably light in weight)
- T-shirt (synthetic is best)
- Sun hoody or button-down sun shirt (optional)

HEAD AND HANDWEAR:

- Synthetic or wool hat
- Sun hat or baseball cap
- Neck gaiter. Also consider a bandanna
- Wool or fleece gloves
- Ski Gloves: A warm insulated glove with leather palm (treat with waterproof tech spray)
- Chemical hand warmers (2 sets for cold mornings for those who have issues with cold fingers)

SLEEPING:

- Sleeping bag (down or synthetic, down to 20 degrees, compression stuff bag)
- Therm-a-Rest pad. IMG will provide a closed cell full-length foam pad (you'll use your Therm-a Rest and the pad for supreme comfort!)

MISCELLANEOUS:

- Pack, medium size, internal frame, in the range of 45-60 liters. (Top loading works best. Look for a pack which is comfortable to carry, light, and one which has a minimum number of bells and whistles)
- Pack rain cover, to protect from mist and rain. (As an alternative, bring 2-3 large garbage bags for the same purpose)
- Adjustable ski poles (please bring both; they are a great item to have when you're fatigued or need some extra help stepping up or down large rocks and other obstacles; also nice to have along if you twist an ankle)
- Extra-large stuff sacks (2; for packing clothes and bulk of personal lunch; to keep things organized and dry in your duffle bag)
- Medium stuff bag (for daily lunch; to be carried in your pack)
- Sunglasses (1 pair dark pair; plus retainers, i.e. Chums).
- Sun cream (1 full bottle; 50+ SPF protection)
- Lip protection (with high SPF). Put your lip protection on a string and hang it from your neck; that way you'll use it. It also works great for your nose.
- Include a small Swiss Army type utility knife. A Leatherman C4 or lighter is perfect.
- Water bottles (2 wide mouth 1 qt. Nalgene type bottles; a water hydration system can substitute for one bottle)
- Toilet paper (2 large rolls in Ziploc bag); plus personal hygiene wipes
- Small hand sanitizer, plus a small plastic bottle of biodegradable liquid trail soap
- Garbage bags (5-6 large, heavy duty; 30+ gal; use these to line your pack and all of your large stuff bags; it's an excellent way to keep your gear dry. At camps, put your boots in one. Extra bags are ALWAYS GOOD!)
- Headlight (LED with fresh batteries, plus 1 spare set)
- Potable Agua tablets (or similar) for water purification (1 bottle of 50 tablets, or, Lightweight personal water purification device—make sure you know how to use it, and what it filters; must filter viruses and use iodine to be 100% effective. We will boil water each evening, and that usually suffices for most uses, but please treat your drinking water if inclined)
- Personal items: Toothbrush & paste, small travel washcloth and towel. Other items of a personal nature. Take only what you need.
- Day pack (highly recommended for air travel & general touring — lightweight with few frills, top loading is best). Leave at the hotel while on the trek; you won't need it on the trek.
- Lunch (for on and off mountain, to supplement provided lunches). Please bring a variety of foods weighing in total no more than 4-5 lbs. You can supplement this some with local foods, candies, and fresh fruits. Lunch ideas include: string cheese, beef jerky, dried fruit, candy bars, energy bars, hard candies, nuts, electrolyte replacement drink mix (several quarts repackaged into a Ziploc bag), 4 quarts worth of performance powdered power drink mix for your harder days. Salty snacks are often appreciated. Note: Trekkers will be provided a small daily lunch bag by our cooks, which usually consists of a simple sandwich, piece of fruit, some cheese, sometimes a boiled egg, and a couple of candies.
- First aid kit (To cover your personal needs only); Band-Aids, 1" roll of athletic tape, moleskin, non-prescription pain meds and anti-inflammatory drugs such as Advil. Three inch wide Ace bandage. Cough drops (10). Pepto Bismol tablets are helpful for dealing with minor stomach distress. Imodium is an effective over the counter aid for diarrhea. Consult with you doctor about the trip and travel at altitude and bring any recommended prescription drugs in original prescription bottles.
- Prescription Medications to Highly Consider:
 1. Antibiotic for upper respiratory problems (azithromycin)
 2. Antibiotic for GI problems (Cipro or azithromycin)

3. Diamox (acetazolamide) for acclimatization (125 mg tabs recommended; enough for a week; normal prescription is 125 mg twice per day. Don't bring the 500 mg tabs; they are not for altitude use.)
 4. Asthma medication, if any history
 5. For serious illness on high altitude expeditions/long high altitude treks, standard treatment protocol is immediate descent and if necessary: Nifedipine for Pulmonary Edema (we suggest 30mg time release tablets — bring a couple tablets), and Dexamethasone for cerebral edema (bring a few 4mg tablets)
 6. Avoid sleeping pills of any kind while on the trek or trek extension.
- Passport/Visa. Passport must be valid for at least 6 months AFTER your return date. United States and Canadian citizen will be provided a visa upon entry. Other citizens should check the Peruvian Consulate website for information about their visa requirements.
 - International shot record
 - Money (\$250 for the local staff tips, plus \$300-500 for misc.; drinks, some meals, travel, and gifts. Bring some smaller bills, a couple of \$5's and some \$10's to help make the tip division easy, the rest in \$20 works well) ATM's are available in Huaraz.
 - Make sure all your US bills are in good shape, of the NEW STYLE, with no tears, ink markings or excess wear.
 - Credit cards (be sure to notify your card company you'll be using it out of country prior to departure on your trip; bring a second credit card as back-up)
 - Money belt/neck pouch
 - Running/tennis shoes/low-top trekking shoes (use as travel and camp shoes)
 - Flip-flops/Chacos (hotel use and camp)
 - Socks; cotton or synthetic, for travel (3)
 - Small bag of liquid biodegradable soap (for clothes; take this on the trek, too)
 - Underwear (3-4)
 - Toiletries for travel (be sure to keep it light here)
 - Cotton pants or synthetic travel pants (2)
 - Dress shirts (1-2)
 - T-shirts or short sleeve travel shirts (2-3)
 - Large duffel bag (to fit trekking pack and other gear during air travel, and during the trek this duffel bag will be used to contain your sleeping bag and extra gear—which is carried on a mule. Don't forget a small TSA combination lock)
 - Second large duffel bag (for air travel and to store gear at hotel; TSA lock)
 - Ear plugs (2-3 pr.; for air travel and sleeping while camping)

Clothing Notes: Easy-wash travel clothing is convenient, as are jeans and non-flashy shirts. Cotton for trail use is generally DISCOURAGED. Avoid bright colors or super flashy clothing that mark you as a tourist. Huaraz is "tourist and mountain friendly" so being a tourist doesn't create any problems-but it's a good idea to dress-down, nonetheless. Avoid skimpy clothing or short shorts so we don't offend the locals.

OPTIONAL:

- Diary, pen and pencil
- iPod or portable music player. Consider bringing a small solar panel to charge your player.
- Books. Plan on doing some trading/sharing!
- Camera(s), extra storage media cards and extra batteries
- Binoculars, smaller style
- Thumb drive for swapping pictures.

Gear Donations

We like to encourage our Peru trekkers and climbers to bring along some of their used and close-to-worn-out-gear and clothing on this trip. This gear can then be donated to our local guides and staff after the trek-and make your bag lighter for your flight home. Appropriate items include long underwear tops and bottoms, fleeces clothing, trekking pants, socks, gloves and mittens, outerwear, gaiters, and other clothing items that you've used during your trip but you no longer need-or want. This token is not expected by us or our local staff, but it is a good way to "unload" some of your older gear that you no longer need or want and help out someone who can put it to good use. Extra trek food can also be left for the Peruvian staff after the trek and climb.

We certainly don't want to overwhelm our local staff, and your guides will help coordinate the donation so that all are treated fairly. Our local contacts certainly appreciate anything you can give them, but please don't make any promises along the way.

Lastly mark all personal gear including water bottles clearly in indelible ink with your name, or wrap colored tape around your bottles (or use a sticker). Check the condition of your gear and be sure to test new pieces of equipment thoroughly.

“You run an amazing outfit. The logistics were awesome, and I was thrilled to be able to succeed... I want to let you know that I am grateful that I got my money's worth. I worked so hard to be able to afford the trip and it was worth every cent... Thank you for everything... I look forward to planning another climb with you in the near future...”

—Gary G.

“I was very impressed with how smoothly the logistics unfolded in all steps of the trip. I know how many details go into trip planning and there wasn't a missed step... I'd like to give a big thumb's up to you, and I'll be sure to look at another trip with IMG... Thank you for all you did to ensure such a wonderful experience.”

—Grace P.

“I pay for the expertise, but I hope for a complete experience — I got it all... I can safely say I won't climb with any outfit but IMG...”

—Jeff M.

For more comments from IMG climbers, please see our website at: www.mountainguides.com/comments.shtml
