

## Peru: Cordillera Huayhuash Trek

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Trek through the incredible Cordillera Huayhuash this July with IMG for 10 days. Rated as one of the most beautiful trekking experiences in the world, this high-altitude trek will traverse nearly 90 miles through 8 high altitude passes, the highest at an impressive 16,700'. In transit, our group will have incredible views of dozens of peaks, many over 5,000 and 6,000 meters.



Jerupaja from Yauche Pass.

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 wonderful adventure.

One of IMG's veteran guides will lead the trip, in addition to local guides who we've worked with for years. The trek itself is a rugged experience, following a good trail at times, which includes some rocky walking and more challenging sections. Steeper ascents and descents will take our group through the many passes, hopefully rewarded with good weather and many photographic opportunities.

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. With 8 high passes over 14,000' to nearly 16,000', our pace will be reasonable, allowing trekkers to ascend each challenge with confidence and strength. Camps will vary in altitude from near 13,000' 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, a full table and chairs. Our local cooking staff will prepare a whole-foods based cuisine that will nourish the team and energize us for each day's trek.

The trip begins in Lima, Peru. After an early morning arrival, 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.



## Trek Highlights

- A ten-day trek around the Northern Cordillera Huayhuash with two pre-trek acclimatization hikes. The 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 return. 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.

## Dates and Price

### Cordillera Huayhuash Trek

2023 dates and prices are TBD

#### Costs included:

IMG senior guide with Peruvian trekking and climbing experience, will lead the trek along with a local Peruvian experienced trek guide, cooks, drivers, porters/mules, group equipment (kitchen, tents, 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 are included in the printed itinerary. 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. Hearty continental breakfasts in our Huaraz hotel are included, and all food during the trek is included (you may want to supplement your provided lunch with snacks).

#### 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 for your drive to and from Huaraz. You may also want to bring along a small assortment of snacks for the trek, as explained in the trek equipment list. Personal trekking equipment. [Trip Cancellation and Travel Insurance](#). Meals in the cities of Lima and Huaraz, except continental 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

International Mountain Guides ♦ [www.mountainguides.com](http://www.mountainguides.com) ♦ email: [office@mountainguides.com](mailto:office@mountainguides.com)

PO Box 246 ♦ 31111 SR 706 E ♦ Ashford, WA 98304 ♦ phone: (360) 569-2609 ♦ fax: (866) 279-7455

Excellent all-around fitness and previous hiking/trekking/backpacking experience, preferably at altitude is needed for the Cordillera Huayhuash trek. Compared to other treks around the world, the Cordillera Huayhuash is physically challenging because of the consistent longer hiking days with lots of elevation gain and loss as we traverse over the many passes we will encounter. While challenging, the views are incredible along many parts of the trek, so the effort will be worth it with incredible views virtually every day!

## 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 experienced cook in a dining tent set up for your comfort during breakfast and dinner.

The mountains of northern Peru, including the Cordillera Huayhuash, include the most well-known and spectacular peaks in the Andes. These mountains include many 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 some 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, our guides will lead 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 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 16,700 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 and porters 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

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IMG invests in insurance coverage for commercial liability and medical and disability insurance for our employees who participate and lead our programs. We cannot insure you for your personal insurance and financial needs, but we do expect you to be as fiscally responsible. 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 that may arise during the trip. Medical care and evacuation in remote locations can be expensive without insurance. 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, with most trekkers arriving in Lima in the late evening/early morning. There is a benefit for trekkers to arrive around 5AM on this trip, to easily mesh with our transportation, and most participants will take the same flight.

For help with travel arrangements, IMG recommends our travel agency, CTT Destinations: [IMG@CTTDestinations.com](mailto:IMG@CTTDestinations.com) or 800-909-6647. Owner Pirjo DeHart can help you to coordinate your travel plans with the IMG itinerary.

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***“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 want to take a few minutes to write you and let you know that you have one happy customer!!! I've already started spreading the IMG word to folks who have dreamed of doing this. Hearing me talk about it they can see how easy it is: just a phone call away, and it's taken care of, all you have to do is show up — literally.”***

—Dolly K.

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For more comments from IMG climbers, please see our website at: [mountainguides.com/comments.shtml](http://mountainguides.com/comments.shtml)

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## IMG Peru: Cordillera Huayhuash—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 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. One option is to hike through the traditional village of Santa Cruz up to Lake Wilcacocha, which sits at 11,811' and provides incredible views of the Blanca range. Another option begins 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 following day's hike. Overnight in Huaraz.

### Day 4:

After breakfast, we'll have a little bit of time to do some more organization for the trek, before preparing for another day hike. Like the day before, there are many options, and we'll decide the night before what's best for our group. 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'. After taking in the views and eating lunch, our group will descend about 2 hours back to the trailhead and return to Huaraz. We'll relax at the hotel, have dinner, and then finish any remaining preparations for our Huayhuash trek, which will start the next day.

### Day 5: Trek day 1

An early breakfast will get us fueled up for our 6-7 hour private bus drive to Llamac, and then finally onward to Cuartelwayin, our first camp at 13,600'. We'll meet our mule drivers at Cuartelwayin and organize loads for the start of our walking the next day. Camp is placed near the cars, where we are left off for the trek, and after camp is set up, we'll likely take a short acclimatization hike up a local hill towards 15,000'....yes, the views start here! IMG's traditional base camp service will begin with dinner, a hearty whole-food based meal, complete with good company and excitement about our trek.

### Day 6: Trek day 2

After breakfast at camp, we'll start our walk into the Huayhuash. From Cuartelwayin, we'll slowly climb the trail for 2-3 hours to the spectacular Paso CCaccananpunta (yes, spelled correctly!), at 15,400'. After a brief rest there to enjoy the views, snap some pics, our group will descend for another 3 hours towards Lagoon Mitucocha; camp will be placed an hour or so from the lake, at 13,940'. Tents will be set up prior to arrival, allowing us to move into the tents with little effort.

We'll migrate to the dining tent for our usual afternoon tea and snacks. Often times there's time in the afternoon for a short nap, reading, or some easy walks around our beautiful alpine camps. Dinner will follow as we swing in to the daily routine, with a recap of our day and the laying of plans for the following day.

Note: Many of the land features, mountains, lakes, and areas, are named in the local Quechan language. Our local guides will help translate and pronounce them for our group throughout our experience.

### **Day 7: Trek day 3**

Our trek routine will continue with fresh, warm water for washing that's presented at trekkers' tents with our wake-up call, along with tea or coffee. After breakfast, our trek will continue from Mitucocha, over Carhuac Pass, 15,252'. A descent to Lagoon Carhuacocha (13,700') will provide a lower camp for the night. While the Quechan names in the area present some challenges for English speakers, the names will easily flow as we learn them from our local fluent speaking Quechan guide and mule drivers. Time today on the trail will be 6-7 hours.

### **Day 8: Trek day 4**

Today, we will be rewarded with one of the most spectacular views of the trip. From Lagoon Carhuacocha, we will trek through the impressive Siula Pass, 15,740', where the Cordillera Huayhuash will stretch out in its grandeur, with spectacular peaks surrounding the views. From the pass, we will descend to an area known as Huayhuash (14,100'). After 7-8 hours of effort this day, we'll be rewarded with a hearty meal and some good rest.

### **Day 9: Trek day 5**

From Huayhuash, yes, we head towards another pass! Paso Portachuelo Huayhuash will be our goal on this day, with a height of 15,670', our highest pass to date. While the passes are at high altitude, our acclimatization is improving daily, allowing us to trek with less effort and with the crossing of each high pass, things become easier. Again, the views continue to stretch out as we move along our trek. The trail is easier walking today to our next camp near Lagoon Viconga (14,470'), and we'll pull into camp after 5-6 hours of trekking.

### **Day 10: Trek day 6**

A trek of 5-6 hours will take us from Viconga through another, pass, Cuyoc, at 16,550'; this is our highest pass of the trek and will require some celebration! These highpoints throughout the trek are not summits, but they are spectacular viewpoints and achievements in amazing terrain. Camp at Hatun Cuyoc will await our group at 14,770'.

### **Day 11: Trek day 7**

A day we will remember for its views, as we trek from Hatun Cuyoc over San Antonio Pass, another high point for our group at 16,400'. From the pass, we will see many impressive peaks, including Siula Grande, Jurao, Rasac, Jerupaja, all icy-clad steep Cordilleran peaks. Our descent from the pass will take us into the Callinca Valley, and we'll arrive at our camp near the village of Huayllapa, at 11,500'. The lower camp will be a nice reward after our 8-9 hours of trekking today.

### **Day 12: Trek day 8**

"Just" another day in a spectacular area! From Huayllapa, we'll climb up the river valley, through Punta Tapush, at 15,645', and then descend to camp at Gashpapampa (14,840'). The trekking routine will have set in, and it'll allow trekkers to take in the incredible terrain we'll pass through. Time on the trail today will be 6-7 hours.

**Day 13: Trek day 9**

The morning's breakfast will start the day, as we trek from our camp at Gashpapampa around the nearby peak, Diablo Mudo. Continuing the journey around this lofty peak, we'll climb up to the top of Punta Yauche, at 15,825 ft and take in the views, and then begin our descent towards Jahuacocha. After about 5 hours of trekking, we'll arrive later in the day at Jahuacocha (13,300') with incredible lakeside views of the Cordillera Huayhuash. It'll be a lovely day, and we'll be ready for a solid night of sleep!

**Day 14: Trek day 10**

We'll wake early, our last day, and trek to the village of Pampa Llamac, at 10,660'. Our last day of trekking will take us along the side of the river valley and up and over Pampa Llamac Pass, at 14,048', giving us our last views of the incredible mountains behind us. We'll be met by our transportation in the village of Pampa Llamac, and we'll start the long drive back to Huaraz. Memories of our incredible trekking experience will lull us to sleep by the time we arrive in Huaraz. Upon arrival there, we'll have a group dinner in town and celebrate our trek over 8 high passes passing an endless display of impressive summits! Overnight in hotel in a comfy bed.

**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 last minute 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 may stop again for lunch, and then make our way to the airport for late flights home.

**Day 16: Team returns home!**

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

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*“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.

*“I can't say enough good things about both the logistics and the staff. I had plenty of ideas about how the trip should go and what was possible. Your expedition service surpassed all my expectations, provided me with the best opportunity to summit... and as such, I was successful in fulfilling a dream of 20 years. I will recommend your service to anyone interested. It was simply the best on the mountain...”*

—Dan G.

For more comments from IMG climbers, please see our website at: [mountainguides.com/comments.shtml](http://mountainguides.com/comments.shtml)

## IMG Peru: Cordillera Huayhuash Trek—Gear List

This equipment list is meant to help you compile your personal gear for the trek. 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 at 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. A favorite trekking boot includes the Boreal Hurricanes.
- Wool or wool/synthetic blend socks (3 complete changes)

### LOWER BODY:

- Long john bottoms (1 pair, lightweight wool or synthetic)
- Underwear (2-3 pair for trail use); hand washable and quick drying are best
- Lightweight to medium weight stretch nylon hiking/soft shell climbing pants.
- Hiking shorts (nylon hiking style is best. Best of all are the nylon zip-off hiking pants)
- Waterproof/breathable pants (preferably with ¾ or full length side leg zips)
- Lightweight full-length gaiters (needed on rainy days, and for hiking through tall, wet grass)
- Lightweight synthetic insulated pants (optional; for camp use—the Outdoor Research “Neoplume” pants are very comfy and help retain heat while resting at camps)

### 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 with attached hood (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, but only for those with cold sensitivity)
- Wool or ski/expedition mittens (optional—if your hands get cold easily)

### SLEEPING:

- Sleeping bag (down or synthetic, down to 15-20F degrees, compression stuff bag)
- Lightweight Therm-a-Rest inflatable sleeping pad. IMG will provide a closed cell full-length foam sleeping pad (you'll use your Therm-a-Rest and the pad for supreme comfort!)



**MISCELLANEOUS:**

- Pack (medium size, internal frame, in the range of 30-50 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.) Most of the time you won't need 'all' of the space in your pack, but at times, the extra size will be helpful.
- Pack rain cover, to protect from mist and rain. (As an alternative, bring 2-3 large garbage bags for the same purpose)
- Adjustable, 3 piece ski or trekking poles (please bring both poles; 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 or knee. Some slopes are a little steep, and poles are necessary to keep your balance on this terrain)
- Kahtoola Microspikes (for possible icy conditions, and a couple of slick hardpack dirt areas)
- Extra-large stuff sacks (2; for packing clothes and bulk of personal lunch; to keep things organized and dry in your duffle bag); line each of your larger storage stuff bags with a kitchen or larger garbage can sized plastic bag to increase the waterproofness.
- Medium stuff bag (for daily lunch; to be carried in your pack)
- Sunglasses (1 pair dark pair). Extra eye glasses or contacts?
- 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 utility knife. A Leatherman C4 or lighter is perfect.
- Water bottles (2 wide mouth 1 qt. Nalgene wide-mouth type bottles; a 2 or 3 liter water hydration system can substitute for one bottle)
- Toilet paper (2 large rolls in zip-lock bag); plus personal hygiene wipes;
- Small hand sanitizer, plus a small plastic bottle of biodegradable liquid trail soap
- Garbage bags (4+ 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).
- Iodine (Potable Aqua) or Chlorine Dioxide (Aquamiura) tablets 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 trekkers; we will fill water bottles with this boiled water on a daily basis, but please treat your drinking water if inclined)
- Toiletries: Toothbrush & paste, small travel washcloth and towel. Small antiperspirant (optional). Only a small amount of lightweight personal items should be taken on the trek.
- Day pack (highly recommended for air travel & general touring — lightweight with few frills, top loading is best). Leave the day pack at the hotel; 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 3-4 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: on the trek you will be provided a small daily lunch bag by our local 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 respiratory and GI problems (azithromycin / "Z-Pak")
  2. Diamox (acetazolamide) for acclimatization (125 mg tabs recommended; enough for a 10-days; normal prescription is 125 mg twice per day. Don't bring the 500 mg tabs; they are not for altitude use.)
  3. Asthma medication and/or EPI pen, if any history
  4. 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)
  5. Over the counter laxative
  6. Avoid sleeping pills of any kind while on the trek or climbing extensions
- Passport/Visa. 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 for the local staff tips; we suggest a couple of \$5's and a couple \$10's to help make the tip division easy, the rest in \$20 bills 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; worn, used looking, or old bills may not be accepted
- Credit cards (be sure to notify your card company you'll be using your credit card out of country prior to departure on your trip so merchants don't decline your international purchases; 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 for travel (3-4); hand washable and synthetic is nice and easy
- Cotton pants or synthetic travel pants (2)
- Toiletries for travel (be sure to keep it light here).
- 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 locks)
- Second large duffel bag (for air travel and to store gear at hotel; include a TSA lock)
- Ear plugs (2-3 pair; 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 or attract unnecessary attention; however, it's a good idea to dress-down. 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 or power block to charge your player.
- Books. Plan on doing some trading/sharing!
- Camera(s), extra storage media cards and extra batteries
- Binoculars, smaller style
- 4 Legged lightweight chair with back (for camp use). The lightweight ones weigh about a pound or less.
- Thumb drive for swapping pictures; if we have time at the end of the trek in the hotel

**About Gear Donations for the Local Guides and Mule Drivers**

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 the highland families we work with who can put your donations to good use. Extra trek food can also be left with our Peruvian staff after the trek if you want to save some extra weight and space in your bags.

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. Thank you in advance for whatever you do for the local families with whom we work!

**Gear Note**

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; marking your water bottles helps us identify your bottles when filling them during the trek after dinner and breakfasts). Check the condition of your gear and be sure to test new pieces of equipment thoroughly.

**Immunizations**

The following may be recommended for travel to Peru. Consult a travel clinic, and check out the Center for Disease Control Website at [cdc.gov](http://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, discuss with your physician and consider a booster.