

PERU: SACRED VALLEY SERVICE CLOTHING & EQUIPMENT LIST

NOTE: During our travel in Peru we are staying in higher altitude locations where the temperature drops significantly at night. It is important to bring the layers and warm clothes suggested below so you can sleep comfortably.

CLOTHING

- 5 T-SHIRTS – at least 2 should be SYNTHETIC/QUICK-DRY T-SHIRTS*
- 2 PAIRS OF FLEECE PANTS, SWEATPANTS OR YOGA PANTS*
- 1 THICK FLEECE JACKET OR WOOL SWEATER*
- 1 RAIN JACKET*
- 1 DOWN JACKET*
- 1 PAIR OF JEANS
- 1 PAIR OF MIDWEIGHT POLYPROPYLENE LONG UNDERWEAR*
- 1 SWEATSHIRT
- 3 LONG-SLEEVED NYLON/POLYPROPYLENE SHIRTS
- 7 PAIRS OF UNDERWEAR (and a few sports bras for girls)
- 1 BATHING SUIT
- 1 PAIR OF SYNTHETIC QUICK-DRY SHORTS OR BOARD SHORTS*
- 1 PAIR OF PAJAMAS (or preferred sleep wear)
- 1 WOOL OR FLEECE PAIR OF GLOVES/HAT*

FOOTWEAR

- 1 PAIR CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP*
- 1 PAIR LOW HIKING SHOES OR TRAIL RUNNING SHOES*
- 5-6 PAIRS OF SYNTHETIC SOCKS*

BEDDING

- SLEEPING BAG (20 degrees)*
- COMPRESSION SACK FOR SLEEPING BAG*

LUGGAGE

- BACKPACK OR TRAVEL BACKPACK OR LARGE WHEELED DUFFEL BAG (4,500-5,000 cubic inches)*
- DAYPACK (only necessary if you are **NOT** bringing a travel backpack with attached daypack)*

ACCESSORIES

- 1 QUICK-DRY TRAVEL TOWEL OR LIGHTWEIGHT TOWEL*
- 1 BANDANA
- WORK GLOVES (for service projects)
- HEADLAMP WITH 1 EXTRA SET OF BATTERIES*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- CHAPSTICK
- PERSONAL MEDICAL KIT*
- 2 CAMELBAK/NALGENE WATER BOTTLES*
- SUNGLASSES PLUS CROAKIES*
- 1 BOTTLE OF SUNSCREEN (SPF 30 minimum)
- VISOR/BASEBALL CAP
- WATCH w/ ALARM* (cell phones and other wi-fi devices will be collected and not available to use as a alarm)
- SMALL SPIRAL NOTEBOOK & 5-10 PENS IN A ZIPLOCK BAG
- 3 LARGE ZIPLOCK BAGS & 2 MEDIUM TRASH BAGS (for storing damp/dirty clothes)
- SPENDING MONEY (see **International Travel Sheet** for details)

FORMS AND DOCUMENTS

- PASSPORT AND PHOTOCOPY OF PASSPORT*
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- JOURNAL
- 1 PAIR FLIP FLOPS
- PACK COVER*
- TRAVEL PILLOW*
- DONATIONS FOR SCHOOLS (school supplies, children's books, art supplies or clothing)*
- SLEEPING BAG LINER* (for extra warmth during the village stay- see notes below).
- STUFF SACKS*
- CAMERA, MEMORY CARD & CHARGER (OR EXTRA BATTERIES)*

***Please reference the Clothing & Equipment Glossary for more information on these items.**

PERU: SACRED VALLEY SERVICE CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system due to the altitude during our travels. Layering well and attending to small changes in temperature and exertion will result in much more comfort. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

SYNTHETIC/QUICK-DRY SHIRTS: These shirts are 100% synthetic and are able to keep you warm when they are wet. They also dry much more quickly than cotton. An example of these are athletic shirts or workout tops.

FLEECE PANTS, SWEATPANTS OR YOGA PANTS: This is recommended for extra warmth at night and for chillier parts of the program.

FLEECE JACKET OR WOOL SWEATER: This is recommended for extra warmth at night and for chillier parts of the program.

RAIN JACKET: Either strong-coated nylon or Gore-Tex rain jacket works the best (although Gore-Tex can be quite expensive). Thin nylon ponchos are not acceptable as they tear easily. We recommend raincoats with a built-in hood. If you already have a raincoat without a hood, please bring a rain hat.

DOWN JACKET: This layer is an optional extra layer for warmth during our village stay in the Sacred Valley. Temperatures can get down to 25 to 40 degrees Fahrenheit at night.

MIDWEIGHT POLYPROPYLENE LONG UNDERWEAR: This is the original synthetic fiber for underwear and will give you an extra layer to keep warm and dry.

SYNTHETIC/QUICK-DRY SHORTS: These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic or swimming shorts.

LIGHT WOOL OR FLEECE GLOVES/HAT: These are made of fabric (non-cotton) perfect for activities at varied temperatures.

FOOTWEAR

CHACOS, TEVAS OR RIVER SANDALS WITH HEEL STRAP: Chacos, Tevas, or river sandals (like Keens) are great for any water activity. Be sure that the sandals have a heel strap so they don't fall off your feet when swimming.

LOW HIKING SHOES OR TRAIL RUNNING SHOES: These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. As with hiking boots, when trying low hiking shoes on, be sure to wear the same socks you are bringing on the trip (see Clothing & Equipment List) and walk around the store for 20 to 30 minutes to make sure that the shoes are comfortable and a good fit – it is worth the extra time!

SYNTHETIC SOCKS: Synthetic and wool fiber blends are important to enhance your comfort while hiking. This will also provide good insulation, moisture-wicking ability, and cushioning. Be sure you find a pair that will fit **HIGHER** than your hiking boot or low hiking shoe to prevent painful rubbing.

BEDDING

SLEEPING BAG: Your sleeping bag should be comfortable for temperatures as low as 20 degrees. It should be lightweight, compressible and filled with synthetic fabric or down. We would prefer synthetic fabric over down. Down provides no warmth if wet and will take much longer to dry.

COMPRESSION SACK FOR SLEEPING BAG: A small nylon sack used to compress your sleeping bag to a smaller size making it easy to fit in a backpack (usually comes with a sleeping bag when purchased).

LUGGAGE

BACKPACK: Your backpack should be large with ample room to carry all your personal items, clothing and gear. Your

backpack should be **4,500 to 5,000 cubic inches in size** and have a well-fitting padded waist strap and padded shoulder straps. It is recommended to be store-fit/sized to fit appropriately.

OR

TRAVEL BACKPACK: A travel backpack is typically a bit smaller than a backpacking pack and usually includes several features, which make it ideal for international travel. The most notable difference between a backpacking pack and a travel backpack is the fact that the shoulder and waist straps stow-away for checking on an airplane. Most travel packs feature a removable daypack, eliminating the need to purchase a separate daypack. Other features often include a one-zipper entry system, making it easier to access all of your belongings, organization pockets, a rain cover, as well as side and top handles to carry as hand luggage. **You should try to find a travel pack that is 4,500 to 5,000 cubic inches.** It is recommended to be store-fit/sized to fit appropriately.

OR

LARGE WHEELED DUFFEL: Your wheeled duffel should be large with ample room to carry clothing, gear, and any other items you may be bringing. This bag should be **4,500 to 5,000 cubic inches in size.**

DAYPACK: Your daypack can be your school book bag or something similar. We use these for day hikes or on travel days when a large backpack is unnecessary or inaccessible. If you purchase a Travel Backpack with a removable daypack, you do not need to purchase or bring a separate daypack.

ACCESSORIES

QUICK-DRY TRAVEL TOWEL: A large quick-drying towel to be used for showers taken in between activities. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

HEADLAMP: Headlamps have a headband so that the user can have both hands free to cook or do camp chores.

PERSONAL MEDICAL KIT: All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. For this program, ARCC recommends the following items:

- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)
- Small bottle of hand sanitizer
- Motion Sickness Medication (for bus rides)
- Antibiotic (eg. Ciprofloxacin)
- Altitude Medication (eg. Diamox) –This is optional but please see the health form for more information.

With the exception of the antibiotic and altitude medication, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician.

CAMELBAK/NALGENE WATER BOTTLES: Hydration is the key to a healthy adventure. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill. You can also bring alternatives like a large Hydroflask as well- the choice is up to you!

SUNGLASSES PLUS CROAKIES: We strongly suggest that you do not bring expensive designer sunglasses on this trip as they can be easily lost or damaged. Croakies are devices attached to the sunglass stem to keep the glasses from falling off your head.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi devices will be collected and not available to use as an alarm.

FORMS AND DOCUMENTS

PASSPORT AND PHOTOCOPY OF PASSPORT: A valid passport is required for travel to Peru. Please double-check that your passport is valid for at least 6 months after the start date of your program. Your leaders will hold on to your passports for safekeeping during the program, but you should carry a copy of your passport in your luggage.

OPTIONAL

PACK COVER: A pack cover is used to go on the outside of the pack to protect the contents of your backpack from getting wet when it is raining. It must be waterproof. This is not to be used in place of a plastic bag for airplane travel.

TRAVEL PILLOW: This is a SMALL compressible travel pillow which can be found in camping stores or REI, **NOT** a bed pillow!

DONATIONS FOR SCHOOLS: During our community service sections we'll be visiting communities with schools that are grateful for new school supplies. Appropriate donations are pens, pencils, paper, art supplies, clothing, toys for the pre-school children, etc. This is completely optional.

SLEEPING BAG LINER: The sleeping bag liner or bed sheet is used for extra warmth during the village stay in case you get cold easily. A sleeping bag liner is simple, light, inexpensive and easy to pack. Alternatively, you may choose to purchase a "sleep sack" which is a sheet sewn together on three sides like a sleeping bag. A sleeping bag is **NOT** necessary, as students will be staying in guesthouses and small hotels (not camping) which have beds, bedding and warm blankets.

STUFF SACKS: Stuff sacks are small nylon bags used to organize clothes and gear in your backpack. We suggest two stuff sacks approximately 8" x 20" in dimension. 'Compression Sacks' (stuff sacks that compress to a smaller size) can also come in handy.

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. The small digital cameras (or 35mm cameras) are a nice combination of size and weight. If you are bringing a digital camera, be sure to bring at least one memory card and your charger or extra batteries. The waterproof/disposable cameras are also a great choice for this program. Please bring at your own risk; ARCC does not reimburse the cost of lost, damaged, or stolen property. Remember that your cell phone and other wifi devices will be collected and not available to use as a camera.