

## PACKING LIST FOR PERU – CUSCO

*Average day temp: 50-60 Average night temp: 30-40 Electrical: 220v*

\*You **will** be packing a second suitcase with items to be left with our host missionary. A separate list of things needed for donation to our missionaries will be included. Please coordinate the packing of these bags with your trip facilitators. Upon your return you will have the empty suitcase to pack as you wish.

**BAGGAGE:** One checked bag with personal items and one carry-on. Please contact your air carrier for specific weight and dimension limits.

**Carry-On:** We suggest a backpack.

What to pack:

- Passport and passport pouch
- Airline tickets and flight itinerary, other travel documents (if applicable)
- Small amount of cash
- Change of clothing
- Basic toiletries (deodorant, toothpaste, toothbrush, etc.)
- Hand sanitizer
- Water bottle
- Optional: CD player and batteries
  - camera and film
  - chap-stick
  - ear plugs and sleep mask

**Checked Bag:** We suggest a roller duffel or large backpack. You **must** be able to lift and carry your own bag for a long distance if necessary.

What to pack:

### **Casual Clothing:**

- Pants / Capris / Shorts (no shorter than one hand length above knee)
- T-shirts and long sleeve shirts
- Undergarments
- Sleep clothes (pack for dorm rooms, for cold night-time lows)
- Waterproof raincoat or poncho
- Swim wear / guys: trunk style / girls: modest one-piece or long tankini with shorts and t-shirt over it
- Optional: hat, sunglasses

\* **Remember that average temperatures are going to be cool so pack a couple of sweatshirts and / or jacket.**

\* **Please pack only modest clothing. If we feel that you are wearing inappropriate clothing we will ask you to change.**

### **Ministry Clothing:**

- Males—pants (khaki), short or long sleeve shirt (no t-shirts)
- Females—long skirts, no logo t-shirts

### **Foot Wear:**

- Rubber soled sport sandals (with fast drying straps that hold the sandal firmly to the foot)
- Low top tennis shoes or boots (sturdy for hiking or sports)
- Optional: flip flops to wear in showers or indoors

### **Toiletries: Pack them in waterproof or zip lock bag.**

- Shampoo, soap, deodorant (grooming products)
- Baby wipes
- Sunscreen (Malaria pills can make your skin hyper-sensitive to sun exposure)
- Insect repellent containing 30-35% DEET
- Basic first aid (band-aids, kaopectate or Pepto-Bismol tablets, etc.)
- Laundry detergent (liquid for hand washing clothes, make sure they are sealed in a Zip Lock bag)
- Toilet paper (2 rolls with cardboard removed, smash to pack)
- Optional: any prescribed medications (they must be in original labeled bottle)

