



Your trip to Peru is just around the corner.

Along with a healthy dose of excitement,
here's what you'll need to bring.



Clothing and accessories

- Comfortable closed-toe shoes
- Hiking shoes (preferably with high ankles)
- Sandals (**not** flip flops)
- Long- and short-sleeved shirts
- Shorts
- Pants/jeans
- Swimsuit
- Socks and underwear
- Hiking socks
- Sweatshirt (will be cold at higher altitudes, especially at night)
- Pajamas
- Quick-dry clothing (for after water activities)
- Raincoat/poncho
- Hat (for sun protection)
- Sunglasses
- Watch
- Reusable water bottle
- Small daypack
- Large scarf
- Power adapter (Peru has type A and C sockets, and a standard voltage of 220)
- Flashlight

Documents

- Passport and a copy of passport (required to travel abroad)
- Visas (if applicable for non-U.S. citizens)
- Copy of itinerary (including hotels, flights, and EF emergency number)
- Copy of any necessary prescriptions
- List of contacts and addresses (to send postcards home!)

Toiletries

- Toothbrush/toothpaste
- Shampoo/conditioner
- Soap
- Deodorant
- Hairbrush/comb
- Sunscreen
- Bug spray
- Extra contact lenses/glasses
- Medications (be sure to carry them with you on the plane and keep in original container as customs official may want to check container's contents match its label)
- Wet wipes or antibacterial hand sanitizer
- Medicine for altitude sickness
- Aspirin/ibuprofen (headaches are common due to altitude, especially on first day)

Money

- U.S. dollars (Money exchange is unnecessary—USD are accepted in Peru. Small bills preferred. ATMs are infrequent, so bring what you think you'll need)
- Pouch for storing money and passport

Travel tips:

- ✓ Think about layers when packing—it can get cold, wet, and very warm all in one day
- ✓ Machu Picchu, Cusco, and Lake Titicaca are above 6,500 feet of altitude, meaning the sun can be very intense; other parts of Peru are in the jungle where bugs can be an issue
- ✓ Pack valuables, medications, and an extra change of clothes in your EF backpack as a carry-on
- ✓ Many airlines now charge for additional luggage