



Superior Personal Tours in the Peruvian Andes Specialists in: Trekking, Climbing, Camping, Tours & Adventure

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PERUVIAN ANDES ADVENTURES

2019

SUGGESTED GEAR LIST FOR TREKS & GENERAL INFORMATION

TREK GEAR LIST

This is a suggested trek gear list – if you have any questions do please just email us

We provide on trek:

- *Client tents / twin share – good quality grands
- * Foam sleeping mat + Thermarest inflatable mat (see note below re thermarest)
- *Cook tent
- *Dining tent with table & chairs
- *Toilet tent (Cordillera Blanca) with toilet paper, hand washing water & soap (In Cordillera Huayhuash the communities provide toilets in campsites)
- *All cooking equipment, stoves, gas, eating utensils, plates, cups etc
- *Oxygen bottle
- *Oxygen Saturation meter
- *Stretcher for emergency use
- *Bowl of hot water morning and afternoon for washing



Double tent



Thermarest & foam mat



Dining Tent

NOTE: THERMOREST INFLATABLE SLEEPING MAT

We provide a Thermarest sleeping mat (free of charge) but the quality available in Peru to buy is not as reliable as international brand thermarests. If you have your own good quality Thermarest inflatable sleeping mat, it can be a good idea to bring your own.

You Need to provide:

*Sleeping Bag – good quality 4 season sleeping bag. Night time temperatures can fall to as low as:

- Santa Cruz trek – as low as minus 2 to minus 5 degrees C
- Alpamayo Circuit treks – as low as minus 2 to minus 8 degrees C
- Huayhuash Treks – as low as minus 2 to minus 10 degrees C
-

These are night time air temperatures. The ground temperatures will be MUCH colder and your sleeping bag needs to have a warmth rating warmer than the minimum estimated air temperature. We recommend good quality brand sleeping bags with a MINIMUM warmth ratings of minus 15 deg C to ensure you can stay warm in your tent at night on the coldest nights. People who naturally feel cold at night will need warmer bags & may need a bag rated to around minus 20 deg C

Cordillera Huayhuash campsites tend to be colder – we recommend a sleeping bag rated to minimum minus 18deg. C for night time warmth

*Sleeping bag liner (recommended – to keep inside of your bag clean)

*Day backpack – to carry your things for the day. Raincoat, warm fleece, lunch, water bottle, camera etc

*Large trek bag or backpack – to carry your main gear on donkeys. A sports bag, divers gear bag or duffel or a soft frame backpack are good. (a hard suitcase is **not** suitable)



*Line backpacks and trek bags with a waterproof plastic liner to keep belongings dry if there is rain OR pack all your belongings in to waterproof plastic bags inside your trek bag



Outdoors sports shops sell large backpack liners which are ideal for lining trekking bags, or you can use large heavier grade plastic bags or garbage bags

We have trek bags available to borrow if you do not have your own (must be returned after trek or you can buy for US\$50). Please bring your own plastic liners to make sure sleeping bags & belongings are kept dry if heavy rain



- *Hiking boots (Comfortable and well worn in)
- *Gaiters (optional)
- *Waterproof raincoat and overtrousers
- *Warm wool or fleece hat
- *Gloves

- *Trekking poles (optional)
- *Water bottle 2lts recommended (needs to be able to take hot water) OR a camelback
- *Trainers or sports sandals for wearing around the camp
- *Fast drying trekking trousers or shorts (NOT jeans)
- *Tee shirts or fast dry hiking shirts for walking in
- *Thermal underwear (long underpants & long undershirt), or microfleece garments
- *Fleece top for walking in
- * Down Jacket (recommended) or Thick warm fleece jacket to wear at night (it can be VERY cold, especially in the Cordillera Huayhuash)
- *Fleece Trousers (to wear at night)
- *Socks – for walking, and warm pairs for at night
- *Sunhat or cap
- *Small towel
- *Sunglasses
- *Sunscreen & lipscreen
- *A small bottle of hand disinfectant, for hand washing during the hiking day
- *Earplugs are a good idea!
- *Small roll of duct tape
- *Insect Repellent
- *Head torch and spare batteries + bulb
(Camera (+spare batteries))

Note – batteries in digital cameras become flat very quickly with the cold and altitude. It is not possible to recharge batteries during the trek. Consider carrying an additional supply of batteries.

*First Aid Kit. – if not sure – ask your doctor

We carry a basic first aid kit for accidents and emergencies, but you also need your own personal kit and drugs

**** There are some drugs available that can help with acclimatisation / for treating mild altitude sickness symptoms (eg Diamox) and for stomach problems – ask your doctor.

*Good books

*Roll toilet paper

***Cordillera Huayhuash Full Circuit Treks** – The 09 to 15 day Full Circuit Treks camp at Viconga is close to thermal baths. Bring a swimsuit if you will enjoy a hot bath

Other General

*Travel Clothes

*Lockable travel bag – you can leave surplus gear you don't need on trek in your hotel in a lockable bag for safekeeping.

*Money belt or pouch

*A few spare pens are nice to carry – to give to kids you meet on the way.

Also

Copies of passports and travel insurance certificates (you need to carry a copy of your passport on trek)

See booking form for requirements for travel insurance.

Hire Gear:

Hisao Morales of Peruvian Andes Adventures has a limited number of North Face & other international brand sleeping bags for hire + also some other equipment. There are also several gear hire shops in Huaraz. We can help you organise hire gear if you need it. Ask for a list of hire prices

Note: That being hire gear it is well used and generally not in new condition, although cleaned and maintained. If you have your own sleeping bags and equipment and do not have travel weight constraints – you may prefer to bring your own

GENERAL INFORMATION

Gear on Trek:

Donkeys carry your main trek bag with your sleeping bag, mattress, clothes etc. You need to provide your own trek bag (see gear list above)

Please keep weight to **15 kgs maximum** in your trek bag

Pack all belongings and sleeping bags inside waterproof plastic liners or bags inside your trek bag

Safe Storage

All hotels and guesthouses have safe storage where you can leave excess equipment and clothes you do not want to take on trek.. Most also have a safe where you can leave money, passports, documents and air tickets safely while you are on trek.

You can also leave valuables and documents safely at our office

Safety in Huaraz

While we consider Huaraz and the surrounding areas to be very safe, the local people are warm hearted and welcoming to tourists, it is important to understand that many of the local people are extremely poor and struggle to obtain the basic necessities of life. To avoid any disappointment, take the same basic precautions that you would when travelling in any foreign country:

*Do not “flash” around money, expensive cameras and such things. Keep them discretely inside a bag out of sight

*Do not leave bags or packs, laptops etc unattended, including when seated at cafes or restaurants.

*When in the street or hiking, leave passports and most of your cash at your hotel. Carry passport copies and a small amount of cash with you

*Walk in well lit streets, stay out of small dark alleys

*Be careful when withdrawing cash from ATM money machines. Take care with your card and keep your hand on the cash slot

With just some simple common sense travel precautions you will have a fantastic time in Huaraz and find the local people to be extremely helpful and welcoming

Passport

It is necessary to carry a copy of your passport on trek.

Leave your Passport in safekeeping at your hotel or our office

Temperature

On trek if the weather is fine, the days can be often sunny and warm as high as 18 deg. C or sometimes more. It can be warm enough to walk in a tee shirt, but you need warm layers to put on as soon as you stop walking, there is always a cool breeze coming from the mountains. If it is raining or cloudy, it can be cold – as low as 5 Deg. C during the day near the passes. Nights often can be cold with morning frosts and temperatures can occasionally fall to as low as –8 deg to -10 deg. C in the higher camps – especially in the sheltered camps in the Cordillera Huayhuash.

You do need to be prepared with layers of warm clothes. It can be very cold in camp when the sun goes down in the afternoon & there is no form of heating or fires at campsites.

Water

On trek the crew will boil all drinking water for you, and supply boiled water for filling drink bottles & camelbacks.

In the towns, only drink bottled water or water you know has been boiled.

It is best to also use bottled / boiled water for brushing teeth.

Washing Water

At the camp hot water in a plastic bowl is provided morning and afternoon for washing

Food

AVOID:

- any fish, meat or chicken that is not fully cooked
- fresh milk (use powdered or evaporated in cans)
- ice cream, chicken & meat foods from street stalls raw fruit and vegetables that cannot be peeled, unless you know they have been washed with boiled or treated water (ask in restaurants)
-
- *we have a list of recommended restaurants where we have checked kitchens and food hygiene practises, we will give to you in Huaraz

ON TREK:, all fruit and vegetables and salads are washed in cold boiled water or in treated water

Hygiene on Trek

Our cooks are meticulous with food handling and preparation.

When outside it is unavoidable that your hands will come into contact with different bacteria & there are animals everywhere that you will be hiking

It is important that you always wash hands thoroughly before eating anything (including snacks & sweets).

In the camp we have hot water with soap outside the dining tent for hand washing, and have hand washing facilities at lunch times when you are trekking.

Hand Disinfectant:

It is possible now to buy hand sanitising lotions or gels which are cheap and light to carry, and **we recommend that** you bring some of this with you so that you can clean your hands at any time before eating where we are unable to provide soap & water. This includes when eating snacks or sweets

Toilet

Cordillera Blanca treks

We have a toilet tent at camp with hand washing water

We provide toilet paper at the camps, but you should also carry a roll in your day pack.



Toilet Tent

Cordillera Huayhuash treks

In the Cordillera Huayhuash the local communities provide toilets in the designated camp sites. It is not permitted to use toilet tents

Altitude

All treks from Huaraz go up high quickly & there is always risk of altitude illness, especially on the first day & night of the trek.

Mild altitude symptoms can include headache, nausea, lack of appetite, laboured breathing.

It is important to have some acclimatisation day(s) in Huaraz before commencing your trek.

To minimise altitude problems you can:

*keep well hydrated, drink plenty of water

*avoid too much alcohol

*on your first night in Huaraz, eat a light meal – soup is good, (avoid a lot of meat & spicy meals – hard to digest)

*when hiking, walk slowly at an easy pace for you trying to keep breathing controlled

*take short breaks to drink water

*it can help to elevate your back & head slightly when sleeping if you have laboured breathing or coughing at night

Diamox: the drug Diamox is recommended by some doctors to minimise altitude problems or treat mild altitude symptoms.

Below is information published by UIAA Mountain Medicine Centre Information:

Please consult with your Doctor about use of Diamox

DIAMOX

Diamox (acetazolamide) a drug often used in the treatment of the eye condition glaucoma is useful in the prevention of Acute Mountain Sickness (AMS). AMS occurs commonly during visits to 3000-4500m and usually causes a severe headache, exhaustion and feeling generally unwell. Rarely (but even at these altitudes) the condition progresses to cause more serious problems which are potentially fatal - Pulmonary and Cerebral Oedema.

Diamox reduces the headache of AMS and helps the body acclimatize to the lack of oxygen. It also probably reduces the incidence of the complications of AMS mentioned above.

Whether or not one takes Diamox is obviously a matter of personal choice: travel to high altitudes is quite possible without it. I do not recommend the drug as a routine, though there is variation of opinion about this.

How to take Diamox

If you decide to use the drug, I suggest Diamox 250mg (one tablet) is taken twice daily as a trial at sea level for two days several weeks before a visit to altitude.

Assuming no unpleasant side effects are experienced, take the drug in the same dose for three days before staying at 3500m and thereafter for two or three days until you feel acclimatised, for about five days in all.

Side Effects

Like all drugs Diamox may have unwanted effects. Tingling of the fingers, face and feet is the commonest; it is not a reason for stopping the drug unless the symptoms are intolerable. Dizziness, vomiting, drowsiness, confusion and rashes have all been reported but are unusual. It makes many people (including myself) feel a little "off colour". Exceptionally the drug has caused more serious problems with blood formation and/or the kidney. Those who are allergic to the sulphonamide antibiotics may also be allergic to Diamox. Carbonated drinks taste strange when you are taking Diamox.

Vaccinations

You need to check with your doctor about what vaccinations are required, we cannot advise on this

We can note for you:

*There is no malaria in the Huaraz area. Unless you are going to the rainforest regions or lowland areas, malaria medication is not necessary (You DO need to check if you are going to some of the semi tropical rainforest areas around Cusco & Machu Picchu)

*It is recommended that your vaccinations are current for tetanus, polio, hepatitis

Money

The Official currency is the Nuevo Soles

US dollars are accepted in some bigger towns and large hotels, but you need soles for small hotels, shops and in villages.

Taxis, shops and street stalls in Huaraz and small towns do not carry any change. It is necessary to always have coins and notes in small denominations in soles with you.

1 US\$ = around 3.0 nuevo sole

US \$\$

Bring most in small notes – 10's and 20's, 50's

US\$ Can be changed in Casa de Cambios in Lima and Huaraz (open until late evening), and at banks.

In Lima US\$ can be changed in some hotels, but not in Huaraz.

Get some soles in coins and small notes – 1's, 2's, 5's, 10's 20's.

Euros

Euros can also be changed easily in Lima and Huaraz for soles. Generally Euros can only be changed at banks or change houses (not hotels)

There is a bank agency in the customs hall of Lima airport. You can change US\$ and Euros for soles there on arrival

Warnings:

***Damaged notes:** Agencies, shops and hotels in Peru will not accept any notes of any denomination or currency that are damaged, have marks, stains or tears on them or are very old. Only accept notes that are in good condition.

***US\$ notes series CB:** In the past there have been a lot of counterfeit notes in circulation with the serial series CB. Because of this some agencies will not accept US dollar notes series CB

ATM / Money Machines

There are cash machines in Lima and Huaraz. Don't totally rely on them though for all of your cash. Sometimes they are not functioning or will not accept certain cards. Some have a maximum withdrawal each time of around US\$500 depending on the bank

ATM machines do not accept some debit cards.

Cash cards, credit cards or debit cards must have the PLUS or CIRRUS symbol to be accepted by ATM machines

Major Credit Cards

Accepted in some hotels & restaurants in Lima, Cuzco and other tourist areas – but check first.

Credit cards are NOT widely used or accepted in Huaraz and a bank fee up to 8% extra may probably be added to use credit cards

Digital Cameras

There is no opportunity to recharge batteries during the trek. The cold weather and the altitude cause camera batteries to go flat very quickly. Bring extra batteries with

you. Keep your camera wrapped up in something warm when not in use and limit time checking and editing photos while on trek to preserve battery life.

Electricity

The Peruvian system is 220V, 60 cycles AC

Power points generally are two points, some accept flat and others round plugs.

Adapters sometimes can be difficult to find in Huaraz, it can be advisable to bring your own

Mobile Phone Coverage

There is good mobile phone coverage in all areas around Huaraz. On trek, mobile phone coverage is limited or non-existent. There is mobile coverage from some sites on some Cordillera Blanca treks when passing close by villages, but none in the Cordillera Huayhuash except for a couple of sites near a village. On trek, you should consider that you will have generally no mobile coverage

Meals in the Cities / Average prices

Most hotels / guesthouses in Lima & Huaraz will include breakfast in the room price

To give you an idea of how much you may need to allow for other meals, based on a nice standard of café or restaurant:

Lima: Lunch, one course from US\$12 to US\$25 / Dinner two course US\$20 to US\$35

Huaraz, one course from US\$8 to US\$12 / Dinner two course US\$12 to US\$25

Peruvian Andes Adventures Community Project

In many areas of the Cordillera Blanca and Cordillera Huayhuash there are families and children living in poor conditions, with very basic housing, no medical care, many hours walk from the closest school or village, inadequate diet, and no available cash to buy clothes, school books and pens.

In 2006 **Peruvian Andes Adventures** has started a fund to aid some of the poorer communities in the Cordillera Blanca and Cordillera Huayhuash.

Each year Peruvian Andes Adventures will donate a percentage of trek profits towards the fund, and also donations from clients are very welcome.

Funds will be used to purchase warm clothes for children in the poorest communities and to supply notebooks, pens and pencils for the schools. Many of these families do not have the cash to buy new, warm clothes or school supplies for their children.

At the termination of the trekking season each year, we travel with some of our key staff to visit the communities we have chosen to help this year to distribute clothes and school equipment to those who need help the most.

You are welcome to donate clothing, school supplies or cash to this fund and you can be assured that your generous donation will be received by children in need.

Tipping

You may feel that you would like to give your trekking crew a tip if you consider that they have given you good service and you have enjoyed their company. This is entirely discretionary and there is no obligation. It is always difficult to suggest appropriate tips when people ask us. All we can say to people is that the crews do work very hard to make everything as perfect for you as possible, and they only have

around four months in the year during the trekking season to earn an income for their families for the whole year. They greatly appreciate anything, even clothing or equipment that you feel you can leave behind, but it is not expected and as we say, is entirely at your discretion

If you would like some idea or guideline on tipping, you can ask at your trek briefing in Huaraz or email us

This information has been prepared by and is confidential to Peruvian Andes Adventures. We are aware that several agencies in Huaraz have copied and plagiarised information that we have invested considerable time and financial resources in developing to provide quality information to our clients