



GoBeyond Peru

Packing List

Important Notes

Pack smart and travel light! – For your travel bags, bring no more than the following...

- 1 large bag – This bag should be reasonably sized (~50-70 liter capacity), as students are responsible for carrying their own bags. Wheeled luggage is allowed but should be easy to carry over long stretches of rough terrain (dirt ground, cobblestone streets, stairs, etc.). Oftentimes students prefer either a wilderness-style backpack or duffel bag for their ease of use in various environments abroad.
- 1 small backpack/daypack – This bag will be used for day trips, so should be large enough to carry a few small items (water bottle, raincoat, snacks, camera, etc.).
- 1 small duffel bag (optional) – For some multi-day excursions (typically 2-3 nights in length), you may wish to leave gear you will not need in your larger bag in our primary hotel and travel only with this small duffel and your backpack/daypack.

Weather – High altitude Peru is a place of dramatic weather changes. Nights can be **very cold** with lows in the 30s and 40s (°F). Days are more pleasant with average highs in the upper 60s (°F). Heating is not always available or reliable in our hotels in Peru, so bring warm clothes and sleepwear. For daytimes, bring clothing that can be easily layered to adjust to swings in temperature.

Altitude – Cuzco is located high in the mountains (~11,600 feet in elevation). Occasionally, travelers arriving in Cuzco experience headaches, fatigue, insomnia, nausea and other adverse reactions to high altitudes. To help avoid this, be sure to get good sleep the night before departure, and eat something on your flights. Drink plenty of water and avoid dehydrating, caffeinated beverages. The first few days include low impact activities so we can acclimatize rapidly.

Dress Etiquette – GoBeyond staff will advise students on what to wear throughout the trip based, in part, on local dress etiquette. **Note that sleeveless shirts, low cut shirts, short shorts, and other revealing attire are NOT APPROPRIATE for many of the locations we will visit.** Females in revealing clothing often garner unwanted attention from local males, and are often considered disrespectful by other locals. Students must be respectful of local customs and bring conservative clothes. As noted in the Student Agreement Contract, staff may ask students to change or purchase new clothing with their spending money if they ignore instructions.

Laundry – Students will have at least two opportunities to do laundry during the trip. Before travel, please use a permanent marker to label your items. Any lost, unlabeled items found at the end of the program will be donated to our affiliate organizations. Also, for the service projects and excursions, please pack clothes that you don't mind getting dirty. GoBeyond is a focused community service experience, so clothes can and do get ruined on program!

Valuables – GoBeyond is not responsible for lost, stolen, or damaged items. If you are concerned about losing/damaging an item, then please leave it at home. DO NOT bring tablet computers or laptops. Please see the Cell Phone & Electronics Policy section of the GoBeyond Pre-Trip Packet for more information on what is and what is not allowed on program.

Donations – Every year, GoBeyond donates to our partner organizations on behalf of our enrolled students/families. This includes both tangible items (arts, crafts, sport supplies, educational materials, etc.) as well as a financial donation. Though not required, every summer we find that a few students/families also wish to donate to our partner organizations. If you would like to do so, we suggest that your donation either be financial (www.mysmallhelp.org/donate.php | www.casamantay.org/#!/donate/c1ghi) or “functional” in nature. By “functional” we mean bringing a small amount of basic, purposeful items such as educational materials (pencils, pens, colors, paper, books, etc.), sport supplies (soccer balls, Frisbees, etc.), or simple medical supplies (thermometers, band-aids, etc.). Please do NOT bring large quantities of candy to give to children. Remember that many people we work with lack basic necessities, including adequate dental care.

Travel day – Place necessary travel-sized toiletries, a change of clothes, some snacks, any prescription medication, and other important items in your carry-on, just in case your large bag does not make it onto the same flight as you do. Please pack all toiletries in zip-lock freezer bags, and beware of airline restrictions regarding the size and quantity of liquids in your carry-on luggage.

Required / Recommended Items

- Your GoBeyond shirt
- 5 other t-shirts
- 3-5 long-sleeve, lightweight shirts for protection from the sun and insects
- 3 warm sweatshirts/sweaters or 2 thick fleeces for cold Andean nights
- 2 pr long-sleeved thermal underwear
- 1 rainproof jacket (rain pants optional)
- 3 pr warm pants (sweatpants, etc.) for cooler nights
- 2 pr work pants for projects and hiking excursions
- 2 pr work shorts (shorts should come to just above the knee or lower...Capri style is great!)
- 2-3 dress-casual outfits for our nicer dinners and closing program
- 1 pr warm gloves
- 1 pr sturdy, leather work gloves
- 1 scarf
- 1 warm hat that covers the ears
- 1 sun hat, baseball cap, or visor (required! – it is very easy to sunburn at 11,000ft in elevation)
- 6 pr socks (at least 3 pr should be thick and warm for cold Andean nights)
- 2-3 pr warm sleep wear
- 1 swimsuit (For hot springs near Machu Picchu. Girls, please bring full-coverage bikini bottoms. No thong or cheeky bikinis.)
- Any underwear quantity desired
- 1 pr rubber-soled sandals such as Tevas/Chacos/Reefs/etc. with heel strap
- 2 pr sport type shoes with good support to walk and work in (will get wet and muddy!)

- Toothbrush, paste, and floss
- Soap or body wash
- Shampoo
- Deodorant
- 1 tube of Chapstick or similar sun block lip crème
- 1 bottle of waterproof sun block (SPF30 or higher)
- Travel size laundry detergent for hand laundry
- Any personal, misc. toiletries you need not on this list
- Any sanitary items needed (you will not find your usual brand or type of feminine hygiene supplies in Peru)
- Valid Passport
- Peruvian Visa (Not required for U.S. citizens; All others, please see the passport and visa section in the GoBeyond Pre-Trip Packet)
- All pertinent flight documents and information (e-tickets, itineraries, etc.)
- Copy of medical insurance card
- Travel and reserve cash envelope (\$200+)
- Spending money (~\$300)
- 1 Photocopy of other important documents (see Copy Important Documents section of the GoBeyond Pre-Trip Packet)
- Medications (clearly identified, labeled with instructions) needed over the course of the program
- Insect (mosquito) repellent with DEET
- Cell phone for travel days and possible use in Peru (**NOTE: ALL CELL PHONES will be collected at the beginning of the program, even if the phone doubles as the student's music player, camera, gaming system, address list, etc. No exceptions!** Cell phones will be made available at designated times throughout the program for making calls home.)
- 1 towel and 1 washcloth
- Small Ziploc bags (for carrying a small supply of toilet paper when out)
- 1 or 2 rolls of toilet paper and/or facial tissues (Peruvian restrooms do not provide toilet paper, so be sure to carry around a small supply with you at all times)
- 1 water bottle (32oz)
- UV protected sunglasses
- Spare glasses and/or contact lenses
- Small flashlight or headlamp with extra batteries
- Mesh laundry bag labeled with name
- Travel alarm clock (you will not be able to use your cell phone for this function)

Optional Items

- 1 pr flip-flops or slippers for the hotel/hostel
- Antibacterial hand sanitizer (the kind that works without water is great)
- Battery powered razor or blades
- Student I.D. or additional identification
- List of emergency phone numbers and addresses for postcards
- Personal first aid kit (see the Student Medications section of the GoBeyond Pre-Trip Packet)

- Locks for luggage
- 1 journal and 2 pens – for logging project hours and activities
- Camera
- Small items or games for activities with Peruvian children (GoBeyond provides some things too, but we'd like to see how creative you can be! Think of things for young children and toddlers.)
- Travel binoculars
- Ear plugs and/or sleep mask (can help ensure a restful night!)