



Kora Apu Ausangate Cusco, Perú

Climate characteristics:

Our expedition will be carried out during the **winter months**, which coincides with the **dry season** in **Peru**. This is the ideal mountain season in the region since there is less chance of rain and the climate is much more stable. This does not exempt us from the possibility of rain or snow during our journey.

During this season the **days** are usually quite **sunny** and with **cold winds**, and the temperature in a clear day can reach up to 25°C. The **nights** are quite cold, reaching **temperatures below zero** °C. The climate is quite dry due to the lack of rain, the altitude (4200-5300 meters above sea level) and the cold wind, so we recommend wearing clothing that can cover the entire body, leaving a small percentage of the skin exposed to the weather.

In Cusco and Ocongate we will find a similar dry season and winter climate, although the temperatures are not as extreme as in the mountains.

We ask you to **carefully read** the following list of clothing and equipment, trying to **pack** it completely. If any participant does not have the mentioned clothing and equipment appropriate for the expedition, access to it will be denied for security reasons.

In **Cusco** there are a large number of mountain equipment **stores** where you can purchase any of these products.

Footwear:

- ☐ (1) Mountain hiking boots or tennis shoes (wind and water resistant)
- ☐ (1) Tennis shoes or crocs (basecamp warm and comfortable footwear).

Base Layer:

- ☐ (2) Long underwear pants or leggings
- ☐ (5) Short sleeve shirts
- ☐ (2) Long sleeve shirts
- ☐ (7) Pairs of underwear
- ☐ (5) Pairs of warm socks
- ☐ (1) Warm hat or balaclava for basecamp and sleeping
- ☐ (1) Warm pajama

- ☐ (1) Headlamp with extra batteries
- ☐ (1) Personal hygiene kit: tooth past, tooth brush, hair brush, neutral soap, sunblock, wipies, antibacterial gel, woman's hygiene, etc
- ☐ (1) Sunblock (*min FPS 40, water resistant*)
- ☐ (1) Plastic trash bag (75 x 90 cm)
- ☐ (2) Big zip-lock bags
- ☐ (1) Sports Towel

Optional

- ☐ (1) Photo camera
- ☐ (1) Hiking poles
- ☐ (1) Pen and small notebook



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Medium Layer:

- ☐ (2) Sport hiking pants (no jeans)
- ☐ (2) Fleece or polar sweatshirts
- ☐ (1) Swimming suite

Third Layer (Shell):

- ☐ (1) Down parka thick basecamp jacket
- ☐ (1) Windbreaker jacket water resistant
- ☐ (1) Windbreaker pants water resistant
- ☐ (1) Wind and water-resistant gloves
- ☐ (1) Mountain sunglasses (UV protection)
- ☐ (1) Sun hat or cap

Personal Gear:

- ☐ (2) Water bottles of 1 lt. each, no glass nor camel-backs (the drinking straw tends to freeze).
- ☐ (1) Hiking backpack (30 lts).
- ☐ (1) Duffle bag (80 lts)

!Attention!

Articles of **clothing** should be made of **synthetic fiber, wool** or **nylon** so that they remain warm and when wet can dry quickly, **avoid cotton** made clothing. Check labels before packing and pack wisely. Please note that all of these items can get wet or dirty.

If you are undergoing any **medical treatment**, make sure you carry what you need in a **Ziploc** with **dosage** instructions, **schedules**, etc. marked with your full name.