



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.

<p>Footwear:</p> <ul style="list-style-type: none"><input type="checkbox"/> (1) Mountain hiking boots or tennis shoes (wind and water resistant)<input type="checkbox"/> (1) Tennis shoes or crocs (basecamp warm and comfortable footwear). <p>Base Layer:</p> <ul style="list-style-type: none"><input type="checkbox"/> (2) Long underwear pants or leggings<input type="checkbox"/> (5) Short sleeve shirts<input type="checkbox"/> (2) Long sleeve shirts<input type="checkbox"/> (7) Pairs of underwear<input type="checkbox"/> (5) Pairs of warm socks<input type="checkbox"/> (1) Warm hat or balaclava for basecamp and sleeping<input type="checkbox"/> (1) Warm pajama	<ul style="list-style-type: none"><input type="checkbox"/> (1) Headlamp with extra batteries<input type="checkbox"/> (1) Personal hygiene kit: tooth past, tooth brush, hair brush, neutral soap, sunblock, wipies, antibacterial gel, woman's hygiene, etc<input type="checkbox"/> (1) Sunblock (<i>min FPS 40, water resistant</i>)<input type="checkbox"/> (1) Plastic trash bag (75 x 90 cm)<input type="checkbox"/> (2) Big zip-lock bags<input type="checkbox"/> (1) Sports Towel <p>Optional</p> <ul style="list-style-type: none"><input type="checkbox"/> (1) Photo camera<input type="checkbox"/> (1) Hiking poles<input type="checkbox"/> (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 daypack (30 lts).
- (1) Duffle bag (80 lts)

iAttention!

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.