**SUGGESTED PACKING LIST LAKE TITICACA TOUR**

***Host: Angel Amita Leuna***

~ Hiking boots or good trainers

~ Optional: lighter shoes

~ Rain coat or rain poncho ( poncho can be purchased locally )

~ Windproof jacket (optional)

~ Sunscreen or sun block

~ Sun Hat ~ can be bought in Puno

~ Sunglasses

~ Bathing suit or pants & small towel (for sauna)

~ Two pairs of pants

~ Pants for yoga (I can sell you beautiful harem pants)

~ T- shirts or long- sleeved cotton sweaters

~ Underwear & socks!

~ A warm sweater/ poncho ~ this can be purchased in Puno… very high and good quality beautiful clothes there

~ Small backpack for day trips

~ Notebook & a pen (can be purchased)

~ Camera or phone with camera

~ Chargers

~ Passport

~ Flashlight

~ Battery bank

~ Plug adaptor

~ Water bottle to refill with water (let us save plastic! )

~ Optional: Water Travel Filter. This will help us save plastic and money

~ Any instrument you would like to share for the chanting or bon fire

~ An unlocked phone. We recommend to purchase a local sim card from Claro.

~ Natural medicine… for your holistic being. Some can be purchased locally.

Recommended: Oregano oil, grapefruit seed extract, any bandages, Arnica Montana, Strong probioticsVaccinations not necessary. Taking probiotics a week prior to traveling will prevent stomach upsets during the travel. Our food hygiene is very good, so not much risk of anything happening.

AN OPEN MIND & HEART!

WE WILL PROVIDE YOGA MATS. Please remember that there are plenty of markeds with very beautiful artisans in the areas we visit. Purchasing items is a good way to support locals as well as bringing some very unique, beautiful items home! It is always better and easier to travel light and make room for something new.

Please contact us is you have any questions! [sacredjourneysnow@gmail.com](mailto:sacredjourneysnow@gmail.com)

Looking forward to sharing with you! <3

