**PACKING LIST SACRED VALLEY RETREAT**

***Suggested items to pack:***

~ Hiking boots or good trainers

~ Trainers/ lighter shoes

~ Rain coat or rain poncho

~ Windproof jacket ( optional )

~ Sunscreen or sun block

~ Sunglasses if you like to use that

~ Bathing suit or pants & a small towel

~ Two pairs of pants

~ Pants for yoga ( I can sell you as well )

~ T- shirts or long sleeved cotton sweather

~ A warm sweather ~ this can be purchased in Peru.. very high and good quality beautiful clothes there

~ Notebook (can be purchased in Peru…)

~ Camera or phone with camera

~ Chargers

~ Passport

~ USD or Euro Cash

~ Visa cards…

~ Torch ~ flashlight

~ Plug adaptor ~ plugs here fit both European and US/ Canadian plugs

~ Smaller backpack for day trips and Machu Picchu & a water bottle to refill with water

~ Natural medicine…

Recommended: Oregano oil, grapefruit seed extract, any bandages, Arnica Montana, Strong probiotics

Vaccinations 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.