



# Humantay Lake

## P A C K I N G   L I S T

You're heading to one of Cusco's most beautiful lakes, considered a sacred land by the Incas! Now how do you pack? The weather at Humantay Lake can be very unpredictable. We recommend you dress in layers. For example: base layer, tee shirt, jacket/or sweater and base layer cotton bottoms and trekking pants over. In your small day pack, we recommend bringing a poncho, scarf, and gloves in case of rain. The weather can be sunny, windy, rainy, and can even start to hail all within a few minutes so it's best to come prepared dressed in layers. If it gets hot you can take off a few layers and if it gets cold you can add on a few layers.

### Clothing

- Trekking pants
- Trekking shoes
- Long wool underwear (bottom and top)
- Fleece sweater
- Gore-Tex rain/wind shell jacket with hood
- Gloves and hat

### Inside your small pack

- Sunglasses
- Sunscreen
- Lip balm with SPF
- Bottle water
- Snacks
- Coca candy (for altitude sickness)
- Cash in soles (horse ride available)
- Optional: Walking sticks or poles
- Camera

