

The Peru Birding Packing List

From the Pacific coast to 4,800 m puna and the Amazon - what actually earns its place in your bag

Peru compresses coastal desert, high Andes and Amazon rainforest into one trip - which means three climates in one duffel. This is the list we hand our own guides. Quantities assume laundry roughly once a week.

Optics & camera

- ☐ Binoculars 8x42 (the all-round choice for forest and open country)
- ☐ Camera with your longest comfortable lens - 400 mm+ rewards you at clay licks and feeders
- ☐ Spare batteries and cards - cold puna mornings drain batteries fast
- ☐ Dry bags or rain covers for everything optical
- ☐ Compact power bank for long vehicle days

Clothing - think layers, not outfits

- ☐ Quick-dry shirts, long-sleeved (sun and insects beat T-shirts)
- ☐ Fleece or light down layer - pre-dawn Andean starts sit near freezing
- ☐ Waterproof shell jacket (garua drizzle on the coast, real rain in cloud forest)
- ☐ Convertible or lightweight field trousers x2
- ☐ Warm hat and light gloves for 4,000 m+ mornings (Marcapomacocha, Abra Malaga, Junin)
- ☐ Sun hat with a real brim - highland UV is fierce
- ☐ Broken-in waterproof walking shoes or light boots; rubber boots are provided where lodges need them

Health & altitude

- ☐ Sunscreen SPF 50+ and lip balm - non-negotiable above 3,000 m
- ☐ Insect repellent for Amazon legs
- ☐ Personal medication plus a basic kit (blister care, rehydration salts)
- ☐ Ask your doctor about altitude medication if your itinerary sleeps above 3,300 m
- ☐ Motion-sickness tablets for pelagic days - calm seas are never guaranteed

Paperwork & practical

- ☐ Passport (90-day visa-free tourist entry for most nationalities)
- ☐ Travel insurance details on paper
- ☐ Some US dollars and Peruvian soles in small notes
- ☐ Headlamp - lodges and pre-dawn starts
- ☐ Reusable water bottle - we carry refills in the vehicle

Rule of thumb: if you are debating an item, leave it. Vehicle space is generous but airline connections are not - and everything above covers 95% of situations we have seen in the field.