

Misti Volcano Packing List

Essential gear for the two-day hike



PREPARATION

First and foremost, before you attempt hiking the Misti Volcano, adjust to the high altitude for at least two days.

Secondly, this is a serious hike that reaches almost 6,000 m in altitude. If you start to feel unwell and your symptoms don't improve, turn around.

PACKING LIST

- ✓ Your best hiking shoes (good grip is necessary)
- ✓ Backpack 40-70 L
- ✓ A small day hiking backpack for day two
- ✓ Camp gear
- ✓ 4-6 liters of water (you can't get water anywhere during the hike)
- ✓ Electrolytes
- ✓ Warm layers for the summit
- ✓ Gloves
- ✓ Sun protection
- ✓ Sunglasses
- ✓ Hat or cap
- ✓ Headlamp (for the early morning start at day two)
- ✓ Maps.me app and the offline map downloaded
- ✓ Nuts, bars, chocolate or fruits
- ✓ Dinner, breakfast, lunch
- ✓ Gas stove
- ✓ Hiking poles. For this hike I'd absolutely recommend them

RENTING GEAR

If you don't have your own gear, don't worry. There are plenty of rental shops in Arequipa where you can find everything you need for the Misti Volcano hike.

In fact, rental prices are quite reasonable. On average, you can expect to pay around €70 (about \$80 USD) if you rent all the essential items. For example, this typically includes transportation, clothing, trekking poles, a tent, sleeping mat, sleeping bag, gas stove, headlamp, and hiking shoes.

A few good options in Arequipa are:

- [Waiky Adventours](#)
- [Quechua Explorer Andean Mountains](#)
- [Camping & Equipment](#)

GROUP TOURS

Besides going solo, you can also choose to join a group tour. Several operators in Arequipa offer guided trips, including Waiky Adventures and Quechua Explorers Andean Mountains. You can message or visit them to check on which dates they still have availability.

There has to be a minimum of three people, or you'll have to pay for the open spot(s).