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### CAMPING TRIP SURVIVAL GUIDE

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Sometimes even fabulous city girls need a little survival handbook- such as when they've decided to pack up their beauty closet into a ZipLock bag and head off for a 4 day hiking trip in the wilderness. I recently did just that when I braved the Andes Mountains for 4 days on the classic trek to Machu Picchu. It was a memorable experience in many ways and I came home armed with a bunch of tips for the next TDO reader to hit the Inca Trail.

**1. Airport regulations are still in effect.** Some frequent travelers told me that they no longer care about the 3.4oz/Ziplock bag rule but that is a lie. They care..a lot. Due to my own laziness, I got my dry shampoo and sunblock confiscated before I even left New York. I paid for it dearly with dirty hair and a peeling sunburn.

**2. Pack light but bring enough changes of socks and underwear.** Mostly you'll have to carry your own goods so less is more. I wore the same pair of black lululemon pants throughout my hike but I did bring a pair of jeans to relax into when I was at the campsite every night. There are no showers so you'll have to do some mental adjustment but when you're on the trail a clean change of underwear and socks feel like the best thing in the world. I changed at night before bed and felt fresh enough the next morning to continue.



**3. Hand Sanitizer is the Cleanest you're going to get.** I can't stress how much this helped me retain my sanity throughout the trek. Running water exists once every 3 shobhalrs and soap is nowhere to be found. Bathrooms are squat toilets (holes in the ground) and you never know what types of dirty things you come across. I recommend sanitizer by Shobha. It's small enough that it'll fit in any pocket and one spray is all you need to clean your hands. Another big plus it that it's unscented! My friend brought along some Apple Martini scented hand gel which I'm sure only the jungle mosquitoes found attractive.

**4. Learn to bathe from a box.** Cleansing wipes will be the closest thing you'll get to a shower on the trail. I wiped myself down with this every night at camp and (would like to) think that I smelled OK even after 4 days. It's also important to find one that is gentle enough for your face so you can wipe off your makeup (yes, I did wear some even while I was on the hike). Once again I favored Shobha Freshening Cloths due to the fact that they are unscented and come in this great container with a snap close lid so they don't dry out.



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