



# GUIDE TO TREKKING IN PERU



*Whether you are hiking the Inca, Lares or Salkantay trek or exploring other parts of Peru on extended multi day treks, we want you to be prepared and ensure you have everything you need.*

## GENERAL INFORMATION

Most multi day treks travel through remote parts of Peru and we believe our clients should be aware that while this makes the trips very special, a certain degree of flexibility is required. Trips may need to be adjusted due to weather conditions and other factors and you should be prepared for potential delays or alterations.

## TREKKING IN PERU

Most treks in Peru cover high passes of 4,000m and can have steep descents on old Inca steps. We suggest people have a reasonable level of fitness and some experience trekking. You may want to try and prepare prior to your trip by doing some longer hikes closer to home or by spending time at altitude if possible.

## DIETARY & MEDICAL REQUIREMENTS

Most dietary and medical requirements can be catered to, but please ensure you advise us of these well in advance, preferably at the time of booking.

## ALTITUDE SICKNESS

At heights of 3,000m or above you may experience symptoms of altitude sickness such as a shortness of breath, increased heart rate or headache. You should monitor for signs of Acute Mountain Sickness or AMS. Ensuring you have some time at altitude (such as a few days in Cusco) before your trek will help. You can rest, drink plenty of fluids and take it easy while you acclimatise. Avoid alcohol,

cigarettes and heavy food. Some hotels have rooms with oxygen and your guide will have access to oxygen if required on your trek.

## TRAVEL INSURANCE

**Please note that travel insurance is mandatory for all trips booked with Viva Expeditions.** We suggest you ensure your insurance has sufficient coverage for adventure activities and trekking at altitude and to cover medical evacuation in the case of an emergency.

## PRE-DEPARTURE MEETING

Prior to most treks from Cusco, you will attend a pre-departure briefing the evening prior to beginning your trek. This will either be at your hotel or at a pre-determined meeting point. The briefing is a chance for you to meet your guide and other trekkers if you are doing a shared tour and you will be given an outline of what lies ahead. You will need to provide your insurance information and your passport information and sign an indemnity form. If needed, you will be given bags for items to be carried by your porters and sleeping bags. For the Inca Trail the included weight that can be carried by your porter is generally 5kgs if you have booked a Standard/ Shared Inca Trail Trek, or 7kgs if you have booked a Private/Superior Inca Trail Trek. If in doubt about baggage limits please check with your booking agent. Anything else that you take with you will need to be carried by you. We suggest you leave what you can in Cuzco, and it will be stored at your hotel until you return.



## CAMPING

During many multi-day treks your accommodation will be in tents. On the Inca Trail you will have meals (breakfast lunch and dinner) prepared for you while trekking and snacks/drinks will be provided. You will generally camp at established camping sites with other trekking groups. These have shared bathroom facilities and may not have hot water in all camp sites or at some times of the year. We suggest that you bring your own toilet paper, however your trek may include this depending on the option you have booked. Depending on the standard of the trek you have booked you may be provided with camping beds or mattresses, or you may just have a sleeping bag. If in doubt, please refer to your booked itinerary or clarify these details with your booking agent.

## TIPPING

Please note that while tipping is optional, we do recommend tipping guides and porters for good service. They are paid a set minimum wage, and this is enforced by the government, but they do rely on tips as part of their regular salary. We recommend you carry local currency or USD for tips and small denominations so it can be split between guides and porters.

### A guide for tipping is as below:

Guides: US\$15-\$25 per person per day.

Porters: US\$10-20 per person per day.



## VISITING MACHU PICCHU

Treks such as the Inca Trail, Lares and Salkantay generally include entrance to Machu Picchu. There are multiple circuits for seeing Machu Picchu and you will have a guided tour of the ruins on the specified circuit. If you want to visit Huayna Picchu or do anything other than the included tour – which often includes parts of the citadel or a short overview of the site, then we suggest you may want to add additional entrance tickets. This is at an additional cost and may require that you spend more time at Machu Picchu. Please contact your booking agent to discuss. We suggest you arrange this as far in advance as possible, ideally at the time of booking. Entrance tickets are limited, and you often cannot purchase additional entries locally or on the day.



## INCA TRAIL PACKING LIST

On the Inca Trail treks you are likely to experience all extremes of Peruvian climate, from freezing Altiplano to extremely hot sunshine. During the day it is often sunny enough for shorts and t-shirts, though having a fleece and rain gear handy is advisable. It gets cold, especially in the evenings (as low as  $-5^{\circ}\text{C}$  whilst camping) so a warm fleece jacket, a good waterproof and some warm clothes including thermal underwear, gloves, scarf and wool or fleece hat are recommended.

### WHAT TO BRING:

- Small daypack with rain shelter (30- or 40-liter capacity).
- Soft trek bag (Up to 5kgs for standard/shared tour/7kgs for superior/private tour - this will be given to the porters with the belongings you don't wish to carry with you while hiking such as sleeping bag, mat, extra clothes, toiletries). Alternatively kit bags are available for use during the trek
- Waterproof clothes for warm and cold weather (waterproof jacket/poncho & trousers).
- Warm layers (e.g. fleeces and/or lined jacket)
- Long and short sleeved t-shirts.
- Socks/underwear/thermal underwear
- Trekking shoes.
- After trekking trousers/shirt/sandals
- Sunglasses
- Sunscreen, insect repellent, lip balm, disinfecting gel alcohol, toilet paper & small towel.
- Flashlight/torch & spare batteries
- Gloves, scarf and wool/fleece hat
- Water bottle and sterilising tablets
- Broad-brim or peaked cap
- Camera (in plastic bag or dry sack) with spare memory cards, batteries
- Cash (for minor purchases on trek, tips, souvenirs, lunch in Aguas Calientes etc.)
- Some snacks to eat during the trek (recommended: chocolate, dried fruits).
- Original passport that matches the details you used to book your permit

### OPTIONAL ITEMS

- Trekking poles (optional) – must be rubber tipped
- Book, notepaper & pen (optional)