



Pre-Departure Information

LLAMA TREK PRIVATE JOURNEY



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WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.
- Vaccination Card:** Please send us a photo or scanned copy of your completed Covid-19 Vaccination Card if you have not already done so. Just the front side of the card is sufficient.

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Peru. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS

US citizens do not need a visa for countries visited on this trip. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

The unit of currency in Peru is the nuevo sol. We suggest you carry some of your spending money in US cash, and the rest in ATM or credit cards. Travelers checks are not recommended as they can be difficult and time-consuming to cash. Smaller denominations such as twenty dollar bills are a convenient amount to exchange, as the exchange rate from soles back to dollars is not nearly as good. Make sure your US bills are crisp and clean. Worn, tattered, or torn bills may not be accepted. You may secure your cash and valuables in the hotel safe while you are on trek. For valuable items that you need to keep on your person, we strongly recommend carrying a money belt that can be worn under your clothes. We also suggest you bring along a small pocket calculator to help you exchange money and purchase souvenirs.

Visa, MasterCard, and American Express are widely accepted at major hotels and stores. There are ATMs in the Lima airport and in Cusco. To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

You will need to budget spending money for gratuities, any meals not included in the trip itinerary (approx. \$8-\$15 for lunches and \$15-\$25 for dinners), international and domestic airport departure taxes, and personal items such as beverages.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be:

- Local Agents (assisting with airport transfers): \$5 per agent. If you have a larger group you can add a bit more.
- Trip Leader: \$100-\$140 per trip member
- Trekking Crew (porters, assistant guide, cooks, etc.): \$80-\$100 per trip member (this is a pooled tip that will be divided among all of the crew members).

Your Trip Leader will take care of gratuities for luggage handling, waiters in restaurants, and drivers who are with the group for a short time.

There is an opportunity at the end of the trek to make a group donation to the porters of any equipment or clothing you don't want to bring home with you (socks, shirts, flashlights, etc.). They and their families appreciate this, but it is not at all expected.

Please Note: It is customary to award your Trek Leader at the end of the trip. The crew gratuity is at the end of the trek. Your Trip Leader will organize the crew tip in the evening at Camp 4. Crew tips are appreciated in Peruvian Soles. The Trip Leader and transfer agents can be paid in US dollars.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Time Zone

Peru is 2 hours ahead of California and 1 hour behind New York. Daylight Savings Time in the US may affect these times.

Telephone

The international dialing code for Peru is 51. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at our lodges. Some have one shared public computer while some feature WiFi.

ELECTRICITY

Peru has 220-volt current. Plugs have two round pins or two flat-blade pins. Bring a converter and plug adaptor kit for appliance use. Note: Most newer appliances do not need a voltage converter.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

No inoculations are required for entry into Peru and Bolivia. Entry requirements and international health situations are subject to change; check with the Centers for Disease Control for updates. All shots should be entered on your International Health Card (yellow card), which is provided by the facility giving the shots. Keep it with your passport while traveling. This provides an important personal record for you to refer to when making future travel plans. We recommend you discuss the following with your physician:

Yellow Fever (For Amazon Extension Only): A Yellow Fever shot is strongly recommended if you are traveling to the Amazon rainforest or if you plan to travel to Bolivia. For most travelers, a single dose of yellow fever vaccine provides long-lasting protection and a booster dose of the vaccine is not needed. However, some travelers may require a booster dose. Also, certain countries might require a booster dose of the vaccine; visit the CDC Travelers' Health link (<https://wwwnc.cdc.gov/travel/>) for information on specific country requirements. Have proof of the shot recorded in your International Health Card and carry the card with your passport. Health officials at borders often (but not always) request proof of the shot. For more information, refer to the CDC website at www.cdc.gov/travel/index.htm.

Please note: According to the CDC, people 60 years or older may be at increased risk for serious adverse events following vaccination, compared with younger persons. This is particularly true if they are receiving their first yellow fever vaccination. If you are over 60, please discuss this with your physician. If you are advised to decline the vaccine, please get a written waiver from your physician or travel clinic in case you might need it during the visa application process.

Polio

People who have received the primary series of at least three doses of polio vaccine are considered fully immunized. People who are unsure of their status should receive the vaccine (three doses spaced at intervals).

Hepatitis

The vaccines HAVRIX and VAQTA (two injections, six to 18 months apart) give long-term protection against Hepatitis A and are worthwhile if you travel regularly to developing countries.

Tetanus Booster

It is very easy to get a small cut. A booster is strongly recommended (effective for 10 years).

Typhoid

The CDC recommends the shot or the oral vaccine, Vivotif Berna, a course of four capsules, one every other day for a week, with full effectiveness reached in a week. You may not be able to take the oral vaccine simultaneously with mefloquine (for malaria prevention).

INTERNATIONAL HEALTH CARD

A Yellow Fever vaccination is strongly recommended if you are extending to the Amazon Rainforest. Have the shot recorded in your International Health Card and carry the card with your passport as proof of vaccination.

MALARIA PREVENTION (FOR RAINFOREST EXTENSION ONLY)

Malaria is a serious but preventable disease spread by the bite of an infected mosquito. All travelers to the Amazon are urged to take antimalarial medications, available only by prescription. Please discuss antimalarial medication with your doctor, who will explain various antimalarials and their side effects and recommend a regimen for you. In addition to medication, a further precaution against malaria is to wear long sleeves and long pants at dusk. Thin clothing should be sprayed with insect repellent, especially around the elbows and ankles. Use repellent containing DEET.

If, after returning from your trip, you have a persistent fever with chills, muscle aches, and headache, report to your doctor the possibility of exposure to malaria.

For further malaria information, consult your doctor or the **CDC Malaria Hotline**(<http://www.cdc.gov/travel/malinfo.htm>): 888-232-3228.

STAYING HEALTHY

On trek, our camp crew is well trained in hygienic practices. Our drinking water is filtered and is available each day at camp for filling your water bottles. A basin of washing water is put out before meals so you can wash your hands before eating. In hotels, don't brush your teeth with tap water; use bottled water. Don't use ice in your drinks unless you are sure it was made with treated water. When in doubt, ask your Trip Leader for guidelines.

GETTING IN SHAPE

You must make a concerted effort to get in top physical condition for the trip by engaging in regular exercise well beyond your normal routine. We recommend you do aerobic exercise that causes you to break a sweat for at least 30 minutes, at least three times a week, over the course of a couple of months prior to the trip.

To accelerate your conditioning, try walking faster than 1.5 miles per hour, walking on steeper inclines, and using your gym's stair-climbing machines. As you progress, practice these walks with your loaded daypack (full water bottle, camera gear, jacket). Walks are also a great way to break in your hiking boots. The object is to improve your overall level of fitness and aerobic capacity and get your legs and lungs in shape for the Andes.

ALTITUDE CONSIDERATIONS

Individuals vary widely in their ability to acclimatize. Since physical fitness does not confer any protection or facilitate acclimatization, it is impossible to predict how you will adapt to the altitude. The greatest protection is avoiding rapid ascents and allowing time for acclimatization. Acute Mountain Sickness (AMS) is not uncommon at the altitudes reached in the high Andes. Early symptoms of AMS include headache, nausea, loss of appetite, sleeplessness, vomiting, dry cough, irregular breathing, shortness of breath, fatigue, and swelling of the ankles and eyelids.

It is not uncommon to experience some of these symptoms when you first arrive at high altitude and then have them decrease in severity within a few days. It is important that you inform your Trip Leader immediately of any symptoms or discomfort, however minor, so that he or she can help you monitor the situation. While acclimatizing, avoid pushing yourself too hard, however physically fit you may be or feel. Pace yourself comfortably, rest often. You may find that you hike more slowly than others in the group, or more slowly than you are used to.

Proper hydration is essential at high altitude. You need to drink much more fluid than you are used to. Try to drink even if you're not feeling thirsty. Avoid caffeine, which is a diuretic, and avoid alcohol, which is dehydrating. Cut down on salt. Your appetite will probably decrease, but it is still important to eat well (especially carbohydrates), even if you're not feeling well. Sleeping pills and narcotic painkillers (such as codeine) should not be used at altitude because they depress respiration.

Severe progressions of AMS are high-altitude pulmonary edema (HAPE) and high-altitude cerebral edema (HACE). Symptoms of HAPE include breathlessness that continues at rest, severe cough with watery or bloody sputum, and noisy, bubbling breath. Symptoms of HACE include extreme weariness, vomiting, severe headache, staggering walk, and changes in behavior. If any such symptoms develop, you must notify the Trip Leader immediately and descend to a lower altitude at once.

Medical conditions aggravated or complicated by high altitude include: heart diseases, lung diseases, pregnancy, anemia, and sickle cell disease. Anyone with these conditions should discuss participation on the trip with their physician.

Diamox (Acetazolamide)

The prescription drug Diamox can be used as a prophylactic against the early symptoms of altitude sickness. Consult with your physician for proper dosage. It is usually recommended above 14,000 feet, but for anyone not sleeping well, Diamox can be started before reaching that elevation. Some cautionary notes: Diamox can severely dehydrate you; be sure to drink the minimum 3-4 quarts of water daily if you take it. Diamox is a sulfa drug and should not be taken by sulfa-allergic travelers. It is not effective in dealing with more serious symptoms of altitude sickness. If you are taking Diamox, it is essential that you advise the Trip Leader.

Helpful Information

PHOTOGRAPHY

For most people, a compact digital camera or even a cell phone with a fixed zoom lens work well, and newer point-and-shoots and phones can produce excellent quality pictures. For higher quality images, especially for printing, and the ability to use longer telephoto lenses for closer wildlife pictures, a digital SLR is well worthwhile, though heavier. Lenses of 200mm or 300mm, with image stabilization, allow you to hand-hold the camera with minimal camera shake. A polarizing filter is useful, especially to reduce reflection on water surfaces and to deepen the blue of the sky. Pack your equipment well and use plastic bags to protect it from dust or moisture. Bring wipes and a dust blower to keep your lenses clean. Most digital cameras and phones now have video options, and you may even want to consider bringing a GoPro. Always practice ahead of time with new equipment and bring your manual with you. You may want to consider insuring your equipment. Camera equipment is available for rent from Borrow Lenses with a 10% discount offered to Wilderness Travel clients. Note: Camera tripods are prohibited in Machu Picchu.

We recommend bringing at least two large capacity memory cards. If you take a lot of pictures and save them at a high resolution, it can be helpful to bring a digital storage unit or laptop so you can download your pictures and free up your memory cards for reuse on a regular basis. Bring a backup battery or set of batteries so one is always charged and ready to use, and bring your battery charger (and appropriate plug adapter). If your camera uses replaceable batteries, bring spares with you. Note: for trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger.

When taking pictures of local people, be aware of cultural considerations. Heed your Trip Leader's guidelines for what is appropriate, and always use gestures or simple phrases to ask permission. If people do not wish to be photographed, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which only makes it harder for other travelers to take pictures and to have a meaningful personal interaction with local people.

We find that our clients create wonderful images that really define the unique aspects of our adventures. We would love to make use of your images in our marketing materials and our photoblog, and request that you send us a small sample of your best images and a simple email giving us permission to use the photos. Please email your photos to wtpotoblog@gmail.com. We look forward to receiving them!

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

ENVIRONMENTAL CONCERNS

There is an undeniable fragility to our planet, and tourism can have an impact either as a positive force for increased awareness and change, or as a contributor to cultural and environmental exploitation. At Wilderness Travel, we want to see the positive benefits of travel outweigh or even cancel out the negative impacts of tourism. We have instituted a number of policies designed to reduce the impact our groups have on the areas through which we trek.

Bathing and Washing

Please use biodegradable shampoo and soap. Dr. Bronner's Castille soap is a popular multi-purpose, biodegradable soap.

Toilet Facilities

There is a toilet tent for use at camp. On the trail, you will locate quiet spots for toilet purposes. Try to be at least 100 feet from any water source and bury or cover waste.

Garbage

Please carry a small plastic bag in your daypack to store your garbage throughout the day. Bring all tissues, wrappers, and other garbage with you to camp where the staff can bury or burn them. We ask that you carry your own nonburnable garbage, especially used batteries and plastic products, back home for proper disposal since there are limited facilities in Peru.

EXPLORE ON YOUR OWN

We have provided great lists of activities, restaurants, and histories of areas you may want to explore on our website. Please use the following links:

- Explore Cusco**(<http://www.wildernesstravel.com/explore/peru/cusco>)
- Explore Lima**(<http://www.wildernesstravel.com/explore/peru/lima>)

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- International Health Card ("Yellow Card") with proof of Yellow Fever inoculation within the last 10 years (strongly recommended only if you are taking the Amazon Rainforest Extension)
- Expense money

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

- Medium-sized duffel bag or soft-sided roller bag with small padlock (must be unlocked for travel). This bag will be stored in Cusco during the trek.
- Daypack, large enough for a fleece jacket, rain gear, water bottle, camera, and other items you want on the trail. It should be a shoulder pack with a supporting waist belt. Packs with a capacity of 25-35L are recommended.
- Roll-up duffel if you are an avid shopper (can be bought in Cusco). It can be stored in Cusco while on trek.

WEIGHT LIMITS

On internal flights, you are allowed one checked bag with a total weight of 50 lbs, plus a small carry-on with a 17 lb maximum.

NOTES ON CLOTHING

Dress on the trip is very informal, with the exception of two or three city dinners for which you may want to dress up a little (jackets are not required for men). Airline luggage service to Lima is reliable, but you should carry or wear your hiking boots on your flights to make sure they arrive with you. Laundry service is available at most of the hotels. There is no laundry service on trek.

It is very important to have appropriate clothing for trekking. The temperatures on a high altitude trek can drop below freezing, especially at night. It can also get very cold during the day when the sun drops behind a cloud. Trekking can be uncomfortable if you are ill prepared. Even if you do not use each item listed, it's better to be prepared.

LAYERS

Fabrics

Polypropylene, Capilene, fleece, and other synthetic fabrics are excellent insulators and are far lighter than wool; they also have the added benefit of drying quickly. You might want to minimize your use of cotton clothing for hiking. Cotton is not a good insulator. Once it gets wet from perspiration, it stays wet and keeps you cold. Cotton is fine for city wear and touring.

Shell Clothing

Shell clothing includes jackets and pants that protect from rain and wind. Gore-Tex and equivalent fabrics are waterproof and breathable. Shell clothing should be roomy enough to fit over other layers of clothing.

CLOTHING

The list below is just a guideline. For the Inca Trail itself, remember that your sleeping bag, liner, and sleeping pad are included in the 22 lb. weight limit for your duffel; this leaves you 14 lbs. for your clothing (the duffel bag weighs 2 lbs). This is sufficient because for the trek you only need a change of clothes, socks, underwear, and warm jacket/hat/gloves for evenings at camp, plus a small kit of travel-size toiletries.

- Gore-Tex rain/wind shell jacket with hood. A poncho is not adequate raingear for a trek.
- Gore-Tex rain/wind pants , preferably with leg zippers so that they can be taken off without removing your boots
- Down or fleece jacket for evenings at camp. Useful if you easily get chilled
- Fleece sweater or vest
- Hiking pants. Convertible hiking pants with zip-off legs are a practical choice. Some women like wearing a mid-calf hiking skirt with thermal underwear underneath; a skirt also provides some privacy for toilet purposes on the trail. Jeans are not really suitable for trekking because they are made of dense cotton and are slow to dry.
- Lightweight pants or jeans for city wear
- Sturdy hiking shorts
- Polypropylene long underwear, bottoms and tops. An additional set if you really feel the cold. You will appreciate it at camp and when you're sleeping.
- Long-sleeved shirts. Fleece or quick-drying "travel" fabrics like nylon are best.
- T-shirts. Synthetics are best for the trek; cotton will get soggy with perspiration.
- Shade hat with wide brim
- Fleece hat for warmth
- Fleece mittens or gloves
- Fleece neck gaiter
- Medium-weight hiking boots with Vibram-type rubber lug soles and good ankle support
- Running shoes, Texas and/or other comfortable shoes for city wear
- Hiking socks. Thorlo brand (moisture-wicking synthetic with padded toes and heels) is a good choice. Some people like a synthetic liner sock with a wool/synthetic blend outer sock.
- Casual socks for city wear
- Underwear; synthetics dry faster
- Bathing suit (for sauna and soaking opportunities)
- Sleepwear (long underwear can double)
- Casual city/hotel attire

HIKING BOOTS

Your boots must be waterproof, warm, comfortable, and broken in, with an excellent tread! If you are uncertain about the tread quality of your boots, buy a new pair rather than risk slipping on rocky trails and scree. Please choose your boots carefully. It is a sensible precaution to wear or hand-carry your hiking boots on the plane. Nearly everything else can be replaced in case of baggage loss, but not a pair of well-fitted, fully broken-in hiking boots.

For this trip, you need medium- to heavyweight hiking boots designed for on- and off-trail hiking with multi-day hikes in mind. Lightweight boots don't offer the high degree of ankle support and foot protection you need. Full-grain leather is extremely water-resistant and durable and is preferable to split-grain leather or nylon. Remember that full-grain leather boots tend to be stiffer and will need a break-in period. If you are shopping for new boots, ask your store about boots with built-in Gore-Tex-type waterproof barriers that enhance water-resistance. If you have old full-grain leather boots, coat them with silicon waterproofing material to increase their water resistance. Waterproofing materials wear off over time and need to be re-applied. Gore-Tex boots are considered waterproof for one year unless the membrane is punctured.

If you're buying a new pair of boots, make sure a qualified salesperson gives you proper guidance in determining fit. Don't buy any boots that you are not permitted to return after wearing for several hours around the house. Blisters caused by improperly fitted or insufficiently broken-in boots are the most common and painful problem normally encountered on hiking trips. Before you depart, you should be able to wear your boots for a full, active day with no discomfort. Even boots you have owned for years can sometimes produce blisters when you are doing this amount of hiking. Limber up feet and boots before departure, and bring a good supply of Second Skin.

Running shoes are not sufficient for the hiking conditions you'll encounter, although they are comfortable to change into at night.

EQUIPMENT

- One or two sturdy reusable water bottles (preferably Nalgene), 1 qt. capacity. Wide-mouth bottles are easier to fill. (Water bladders that are built into daypacks work well too. If you are using a water bladder, always use a cover on the mouthpiece. Mouthpieces are easily contaminated with bacteria and can cause sickness.)
- Trekking poles with rubber tips—highly recommended! Hiking with a collapsible hiking pole helps to distribute your body weight, takes pressure off your knees, and improves your balance. Most hikers like using one pole, and some hike with two poles. Note: The Peruvian government prohibits the use of hiking poles on the Inca Trail unless they have rubber tips as metal tips are destructive to the Inca paving stones. Hiking poles are prohibited within Machu Picchu unless required because of physical disabilities.
- Good quality sunglasses with UV protection. A spare pair of sunglasses is invaluable should your first pair be broken or lost.
- Personal toiletries, biodegradable soap, small mirror
- Quick-drying travel towel
- Strong flashlight or headlamp and extra batteries; cold temperatures are tough on batteries. Bring a spare bulb as well.
- Sturdy plastic bags to use as a duffel liner for rain protection and to collect your garbage in during the day
- Toilet paper (Kleenex pocket packs are handy)
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.

PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Sun screen SPF #30 or higher. At high altitudes, we recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Lip balm with sunscreen
- Aspirin, ibuprofen, or Tylenol for muscle pain or headache, Tylenol PM for sleep
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Insect repellent. There are a few places on the Hidden Inca Trail with no-see-ums and there can be mosquitos in the cloud forests. Repellent with DEET content of about 20-30 percent is ideal. Sawyer makes a 20% controlled- release DEET repellent that is odorless and very effective (available at REI). Very high DEET content (90%) can dissolve plastic and damage your camera or binoculars and is not recommended. Carry repellent in a plastic bag to avoid spills. Aerosol repellents are useful for spraying on clothes. Contact lens wearers should be careful not to get DEET in their eyes.
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. "Liquid band-aids," such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Moisturizing cream, Vaseline for nose/lips (for dry air at altitude)
- Anti-bacterial gel for hand washing
- Antihistamine such as Benadryl and cold remedy such as Sudafed
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, please consult your physician.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses
- Electrolyte tablets or powder

OPTIONAL ITEMS

- Rain cover for your daypack to protect the contents from getting wet (or Ziploc bags)
- Sturdy hiking shorts
- Fleece neck gaiter
- Casual socks for city wear
- Converter/plug adaptor for appliance use in hotels. Peru has 220-volt current. Your hotel in Cusco provides 110 and 220 outlets and hairdryers.
- Camera, spare batteries, flashcards
- Bandanas; good for protecting your neck from the sun and for use as handkerchiefs
- Reading/writing material
- Binoculars
- Travel clock
- Small pocket calculator
- Biodegradable wipes for washing
- Small camping pillow (not included with sleeping bag & pads)
- Trekking gaiters (keeps dust and small rocks from entering your boots)
- Trail Snacks—There is plenty of food on the trip but you to bring a small supply of your own favorite trail snacks, such as raisins, hard candies, M&Ms, dried fruits, chocolate bars, granola bars, decaffeinated tea/coffee, powdered drink mixes, trail mix, and energy bars (do not bring a lot of these items as it is a short trek).
- Carbohydrate Energy Gels & Chews—At high altitudes, we find that high energy chews are key (easy to digest and high calorie). Clif Shot Bloks or Gatorade Prime Energy Chews are both good options. Again, you don't need a lot of these items.
- Knee Support—If you anticipate knee problems, bring ACE bandages or knee braces for the descent.

Reading List

ESSENTIAL READING

Lost City of the Incas

Hiram Bingham

2003, 286 PAGES

This first-rate adventure story by the man who brought Machu Picchu to the attention of the world is not just a gripping tale of exploration and archaeology, it also sets the scene for any visitor to the site.

Inca Trail: Machu Picchu, Sacred Valley, Cusco Map

Lima 2000

2009, BEST SELLER

This fact-filled map shows the whole of the Sacred Valley, from Cusco to Ollantaytambo and Machu Picchu, on one side, and, on the reverse, the area surrounding the sanctuary in splendid, topographic detail (1:50,000).

The Incas

Carmen Bernard

1994, 192 PAGES

Featuring archival drawings and photographs, a chronology and chapters on Atahualpa, the Conquistadors and Hiram Bingham, this handy book (previously published as *People of the Sun*) illuminates the daily life, monuments and history of the Incas.

The Inca Trail, Cuzco & Machu Picchu

Alexander Stewart

2013, 394 PAGES

An excellent overview of local culture and history, including chapters on exploring Cuzco, the Sacred Valley and Lima. Fifth edition.

ALSO RECOMMENDED

Cloud Forest, A Chronicle of the South American Wilderness

Peter Matthiessen

1987, 280 PAGES

Matthiessen recounts with wit, insight and style his odyssey to the Amazon and Andes, including Machu Picchu and Tierra del Fuego.

Insight Guide Peru

Insight Guides

2015, 368 PAGES

Panoramic in scope, this illustrated overview brings Peru to life in color photographs and vivid essays on history, archaeology and culture.

Altitude Illness: Prevention and Treatment

Stephen Bezurucka

2005, 128 PAGES

Bezurucka, a mountaineer and M.D., includes case studies, frequently asked questions and simple methods of diagnosis and treatment in this indispensable pocket guide.

Peru Map

Borch Maps

2014

A detailed laminated relief map of Peru at a scale of 1:1,750,000. This is a very clear, colorful map, which also features detailed insets of Lima and Cuzco and even a site plan of Machu Picchu.

Conquest of the Incas

John Hemming

1970, 641 PAGES

This classic prize-winning history of the Inca struggle against the Spanish invasion weaves wide-ranging, scholarly material into a gripping narrative.

Art of the Andes, from Chavin to Inca

Rebecca Stone-Miller

2012, 224 PAGES

This authoritative and concise illustrated survey of Andean art and architecture covers not only Machu Picchu and additional Inca monuments, but also Chan Chan, Nasca and other archaeological sites and cultures.

The Bridge of San Luis Rey

Thornton Wilder

2014, 154 PAGES

The classic tale of Franciscan missionaries in 18th-century Lima, Peru by the Pulitzer Prize-winning novelist. First published in 1927.

A Photographic Guide to the Birds of Peru

Clive Byers

2007, 144 PAGES

This handy shirt pocket guide samples 252 species of common and spectacular birds of Lima, Cuzco, Machu Picchu, Manu and other popular destinations. Each gets a large color photograph and description but, alas, no range map.

Peru Mammals

Rainforest Publications

2005

A handy, double-sided laminated card depicting over 60 commonly encountered mammals of Peru. Beautiful and accurate full-color illustrations.

The Last Days of the Incas

Kim MacQuarrie

2008, 522 PAGES

MacQuarrie tackles the personality, aspirations and greed of Francisco Pizarro in this vivid account of the conquest of a continent.

Machu Picchu, Unveiling the Mystery of the Incas

Lucy C. Salazar

2008, 256 PAGES

Burger and Salazar vividly evoke the art, architecture, culture and society of Machu Picchu in this illustrated, up-to-date survey. With Hiram Bingham's original report, archival and modern photographs and excellent chapters on recent archaeology at the site.

The Heights of Machu Picchu

Nathaniel Tarn

1972, 71 PAGES

Machu Picchu and the Inca civilization inspired this celebrated epic poem, an expansive and introspective hymn to the Americas by the great Pablo Neruda, winner of the 1971 Nobel Prize in Literature. Bilingual edition

Birds of Peru

Dan Lane

2010, 668 PAGES

Gorgeously illustrated, this authoritative guide covers nearly 20 percent of the world's birds.

Peru, Travellers' Wildlife Guides

Les Beletsky

2004, 500 PAGES

Featuring 500 illustrations of the birds, amphibians, reptiles, mammals and insects of the Amazon, Andes and Pacific Coast.

Explore the Inca Trail

Roy Davies

2011, 64 PAGES

A brief, ingeniously designed guide to trekking in the Sacred Valley from Cusco to Machu Picchu with color photographs, a fold-out map of the route, site diagram of Machu Picchu and a camp-to-camp overview of the Inca trail.

Lonely Planet Quechua Phrasebook

Serafin M. Coronel-Molina

2014, 228 PAGES

This shirt-pocket guide is a surprisingly thorough introduction to not just the language but also the customs and culture of the Andes.

The Machu Picchu Guidebook

Alfredo Valencia Zegarra

2011, 188 PAGES

With maps and site plans, a segment on new discoveries, a wildlife section and a fold-out full color painting of the city as it may have looked during a solstice celebration in 1530.

The Monkey's Paw, New Chronicles from Peru

Robin Kirk

1997, 215 PAGES

A fascinating, multi-faceted portrait of the nation as shown through the travels and interviews of journalist Robin Kirk in Peru of the 1980s and 1990s.

The Incas and their Ancestors, The Archaeology of Peru

Michael Moseley

2001, 288 PAGES

An outstanding illustrated survey of the archaeology of the Inca, Moche and Nasca civilizations. With hundreds of color illustrations and line drawings, it's an in-depth look at the ancient cultures and history of Peru. A great general introduction.

Footprint Cuzco & the Inca Heartland Handbook

Stephen Frankham

2011, 352 PAGES

Comprehensive and up-to-date, this exceptional guide covers Cuzco and surroundings, including Machu Picchu and the Sacred Valley, Tambopata, Manu Park and Lima in detail.

Peru in Focus

Jane Holligan de Diaz-Limaco

2006, 95 PAGES

This slim guide focuses on the history of Peru, its cultural heritage and current political, environmental and economic challenges. With maps, photographs and some travel information.

The Discovery and Conquest of Peru

Pedro de Cieza de Leon

1999, 501 PAGES

A detailed account of the Spanish occupation of Peru, told by a seasoned Spanish chronicler who interviewed living witnesses years after the events involved. Perhaps the most thorough of the contemporary chronicles told from the point of view of the conquerors.

The Peru Reader, History, Culture, Politics

Orin Starn

2005, 524 PAGES

Lively and literate, this meaty anthology ranges from historical accounts to modern analysis.

Peruvian Wildlife

Barry Walker

2007, 144 PAGES

Written by resident bird legend Barry Walker and two colleagues, this compact photo guide introduces the habitats, plants, birds and animals of the Central Andes.

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