



CONTINGENCY PLAN FOR THE INCA TRAIL IN PERU

1. Risk Assessment

Natural hazards:

- Climate (heavy rainfall, low temperatures).
- High altitude

Human Risks:

- Accidents (falls, injuries)
- Health problems (altitude sickness, diseases)

2. Preparation and Training

Necessary equipment:

- First aid kit
- Recommendation to wear appropriate clothing for the climate
- Oxygen bottle
- Communication equipment (radios)
- Water and food supplies
- Maps

Training:

- First aid training
- Certified specialist guides
- Emergency and evacuation protocols
- Environmental conservation

Detail the form or procedure to provide first aid:

The guides are specifically trained for the Inca Trail guiding service and are the only ones who receive certification after being trained by the professional staff of INRENA, a governmental entity. This certification is only awarded to professionals from institutes or universities with studies in tourism. These guides have experience on the Inca Trail and know botany, zoology, entomology, hydrology, anthropology, and many other disciplines.

1. The guides of each activity will evaluate the emergency according to the knowledge of the first aid course.
2. According to the preliminary diagnosis, the corresponding decisions will be taken according to the seriousness of the accident:

Mild Accident: Vomiting, minor aches and pains, fatigue, bruises, bites, minor injuries.

Action: Use first aid equipment to alleviate discomfort and continue the activity. Constantly monitor for improvement.

Critical Accident: Dislocations, falls from different levels, nosebleeds, stomach pains.

Action: Use first aid equipment to relieve discomfort and continue the activity. Constantly monitor for improvement.

Serious Accident: Polytrauma, compound fracture, shock, burns.

MAVA TRAVEL SERVICE SRL

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Action: Use first aid equipment and evacuate quickly with the help of our support staff to the nearest local hospital.

ACTIONS TO BE TAKEN IN THE EVENT OF A SERIOUS ACCIDENT

1. We will use elements available according to the seriousness of the accident, such as rucksacks, walking sticks, bandages, and cords, to secure or immobilize the injured person.
2. With the help of all the participants in the activity, we will mobilize the injured person.
3. The injured person will be taken to the nearest medical center.
4. As a last resort, one of the guides will go down to the nearest village and ask for the necessary support. Identification and location of the organisations and people to contact in case of emergencies.

IMPORTANT ABOUT THE INKA TRAIL

It is essential to note that Mava Travel provides a Briefing on the first day of arrival before commencing any trekking activity.

Day 1 Acclimatisation walk

This hike is intended to assess the physical fitness of the passengers, involving a 6-hour trek that gradually ascends to 3,700 meters above sea level. The guides play a crucial role in evaluating the passengers' endurance and identifying any potential issues from the very first day of trekking before embarking on the main Inca Trail trek.

Day 2 Start of the Inca Trail Trek

On the first day of the Inca Trail trek, passengers will experience a long day of hiking, lasting 6 to 7 hours. At the end of the day, there will be a briefing where the guide will evaluate each passenger and highlight any difficulties encountered.

The guide will then ask those experiencing difficulties if they wish to continue. This inquiry is made because the second morning of the trek will be the only opportunity to return to the nearest town, Aguas Calientes, at an altitude of 2,800 meters, for those needing rest and health stabilization. If passengers do not make a decision during the guide's consultation, they will have to continue the trek until reaching the citadel of Machu Picchu.

"At **Mava Travel**, the safety and well-being of our passengers are our top priority. That's why we want to assure you that, in case of any unforeseen event during the trekking, our team will be fully prepared to provide you with all the necessary care and ensure that you receive the proper support.

To ensure that their trip is as safe as possible, we recommend that your passengers bring travel insurance that covers any accidents or illnesses that may arise during the adventure.

We are committed to offering you all the necessary support so that they can enjoy the trip of their dreams."

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