

RECOMMENDATIONS

1. Season and climate: The best time to visit is during the dry season, from April to October. Avoid the rainy months (November to March).
2. Physical condition and acclimatization: This is a demanding trek, with steep descents and ascents (more than 5,500 feet in a few kilometers).
3. It is recommended to train at least 2–3 months in advance with cardio, strength training, and long walks.
4. Acclimatize for 2–3 days in Cusco before the trek to avoid altitude sickness.
5. Hydration and nutrition: Bring at least 2 L of water, purifiers or tablets, and energy snacks such as nuts and granola bars.
6. Respect and sustainability: It is essential to follow “Leave No Trace” practices, not leave trash behind, and respect the archaeological structures.
7. Mental focus and enjoyment: Maintain a positive attitude, manage your energy with adequate breaks, and enjoy the natural and historical environment.
8. It is recommended that you purchase travel insurance for any eventuality.
9. If you take prescription medication, it is recommended that you bring it with you.

WHAT SHOULD I BRING?

Smart packing

- Wear comfortable, waterproof hiking boots with good support. Bring layered clothing: a dry base layer, a mid layer (fleece), and a waterproof/windproof outer layer. Include accessories such as a hat, gloves, sunglasses, and a cap.
*Consider trekking poles—not mandatory, but very useful.

Additional items

- 6kg backpack divided into 3kg for personal items and the remaining 3kg for your sleeping pad and sleeping bag.
- Flashlight—rechargeable batteries, portable charger, waterproof dry bags, and camera or smartphone.
- Hydration and snacks: water bottle, energy bars, nuts, electrolytes.
- Bring high SPF sunscreen and mosquito repellent.
- Rain poncho (waterproof material), compact or quick-dry towels, and sandals for camping or hot springs.
- Documents and money: bring your ID card or passport. Money in soles for extra expenses or tips; some areas only accept cash.