

RECOMMENDATIONS

1. Planning and advance reservations: Book in advance (best time: May and September). Spaces and tickets tend to sell out quickly.
2. Physical preparation: Do cardiovascular training, muscle strengthening, and walking on uneven terrain to improve endurance and get used to the effort.
3. Acclimatization to altitude: Spend at least 2–3 days in Cusco before the trek.
4. Stay hydrated and get plenty of rest to facilitate adaptation.
5. Logistics and safety: The trek lasts about four days and covers between 60 and 80 km, with the maximum ascent at Abra Salkantay (4,630 m), which marks the most demanding day. You can rent horses on certain sections, such as at the Abra, directly on the route if you need to.
*Wifi is limited during the trek and is usually only available in Aguas Calientes.
6. Cultural and environmental respect: Do not leave trash behind: practice “leave no trace” to preserve the natural environment. Interact respectfully with local communities and Andean cultures; it is a unique opportunity for connection.
7. It is recommended that you purchase travel insurance for any eventuality.
8. If you take prescription medication, it is recommended that you bring it with you.

WHAT SHOULD I BRING?

Smart packing

- Wear comfortable, waterproof trekking boots with good support. Bring layered clothing: dry base layer, mid-layer (fleece), waterproof/windproof jacket.
- 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.