

MAVA TRAVEL RECOMMENDATIONS

Suggestions

- It is recommended that you prepare physically at least 6 months before the expedition by doing breathing and cardiovascular exercises.
- It is recommended that you acclimatize your body at least 2 days before the expedition (avoid alcohol).
- The altitude will reach 4,200 meters, so it is not recommended for people with respiratory, heart, or circulatory problems, or for minors. (You are responsible for consulting your doctor to determine if you are fit to take the tour.)
- Light meals are recommended to avoid altitude sickness.
- It is recommended that you take out travel insurance for any eventuality.
- If you wish to have a snack during the journey, it is recommended that it be rich in sugars or nuts.
- If you take prescription medication, it is recommended that you bring it with you.

What should you bring?

- Passport: You must bring your physical passport. It will be checked at the Chachabamba checkpoint and when boarding the train. Make sure it is the same passport you used to book your Inca Trail permits.
- Student ID: If you booked the Inca Trail as a student, you must bring your physical student ID.
- Cape, poncho, or jacket suitable for cold weather (December to March season)
- Light-colored shirts or T-shirts.
- Rain poncho: waterproof material is recommended.
- Sunglasses - Hats
- Earplugs (optional)
- Binoculars
- Gloves
- Flashlight - Rechargeable batteries.
- Sunscreen - Lip balm.
- Insect repellent cream.
- Appropriate footwear for trekking
- Trekking pants
- Toilet paper: The bathrooms at the Wiñaywayna camp and some points along the way may not have toilet paper, so it is a good idea to bring your own.
- If you wish to carry an additional backpack, you can hire a porter who can carry a bag of up to 6 kg, divided into 3 kg for personal items and the remaining 3 kg for your sleeping pad and sleeping bag.
- Bring cash.
- Appropriate footwear for trekking
- We recommend bringing trekking poles, or you can purchase them for an additional cost before the expedition.
- We recommend cotton clothing for sleeping during the camps.
- We do not recommend carrying objects or engaging in any activity that may affect or alter nature during the hike.