



INCA TRAIL + MACHU PICCHU
Checklist

Checklist + Things to Know

1. PASSPORT

- YOU'LL OF COURSE NEED YOUR PASSPORT TO GET INTO PERU, BUT YOU'LL ALSO NEED YOUR PASSPORT WHEN YOU START ON THE INCA TRAIL. THERE'S AN OFFICIAL GOVERNMENT CHECKPOINT AT THE START OF THE TRAIL THAT WORKS TO ENFORCE THE STRICT LIMITS ON HOW MANY VISITORS CAN WALK THE TRAIL PER DAY, AND FOR EVERY FOREIGNER BEGINNING A TREK IT'S REQUIRED THAT A PASSPORT BE SHOWN
- AN OPTIONAL PASSPORT STAMP IS ALSO OFFERED, AND IT'S A VERY COOL WAY TO REMEMBER YOUR TRIP. BECAUSE YOU CAN'T EVEN BEGIN THE TREK WITHOUT IT, YOUR PASSPORT IS AN ABSOLUTE NECESSITY ON YOUR INCA TRAIL PACKING LIST!

2. KEY ITEMS TO TAKE ON THE TRAIL

- LEAVE NO TRAIL - PLASTIC BAGS FOR RUBBISH
- REFILLABLE WATER BOTTLES AND WATER PURIFICATION TABLETS
- ELECTROLYTES + FAVORITE PROTEIN BARS
- TOILET PAPER
- RAIN COAT + LAYERS IN CASE OF DRASTIC TEMPERATURE CHANGE
- "GO GIRL" FOR WOMEN TO PEE STANDING UP (OPTIONAL, "AU NATUREL" WORKS ALSO)
- CASH FOR TIPS AND SMALL PURCHASES ALONG TRAIL - WE RECOMMEND SOME US\$ (C. US\$100) AND SOME PERUVIAN NUEVOL SOL (C. US\$100)



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3. CLOTHING TO PACK

- APPROPRIATE CLOTHING FOR 10 CELSIUS (50F) UP TO 25 CELSIUS (77F) FOR PROTECTION FROM COLD AND/OR RAIN
- THIS MEANS: WINDPROOF JACKET AND TROUSERS, FLEECE JACKET, DRY QUICK CLOTHES, UNDERWEAR, SOCKS, HAT, GLOVES AND SUNGLASSES, AND TOWEL
- YOU WILL PROBABLY WEAR THE SAME THINGS MOST DAYS. TRAVELING LIGHT IS BRIGHT - DON'T OVERPACK!

4. "SMART" TRAIL HIKING

- FIRST OF ALL, KEEP IN MIND THAT YOU WILL EITHER BE SHOWERING JUST ONCE OR NOT AT ALL DURING YOUR FOUR-DAY TREK. THIS MEANS THAT YOU'RE CERTAINLY GOING TO WANT AN AMPLE SUPPLY OF UNDERWEAR AND SOCKS - THE ARTICLES OF CLOTHING THAT TEND TO GET DIRTY THE FASTEST AND ARE THE MOST MISERABLE TO PUT ON UNCLEAN FOR A SECOND TIME!
- AS FAR AS OTHER ATTIRE GOES, THE MOST IMPORTANT THING TO KEEP IN MIND IS THAT YOU WANT CLOTHES THAT YOU CAN LAYER. THE TEMPERATURE IS GOING TO DIFFER QUITE INTENSELY FROM DAYTIME TO NIGHTTIME, AND YOUR OWN BODY HEAT IS GOING TO SPIKE DURING INTENSE TREKS AND DROP WHILST YOU RELAX. YOU NEED CLOTHES THAT CAN HANDLE ALL OF THESE SITUATIONS



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4. "SMART" TRAIL HIKING - CONTINUED

- IDEALLY, YOU'LL HAVE HIKING/ATHLETIC PANTS THAT CAN ZIP OFF INTO SHORTS IF NECESSARY
- YOU SHOULD BRING BOTH SHORT AND LONG-SLEEVED SHIRTS, AND ALSO A LIGHT JACKET. LIGHT-WEIGHT FOLDABLE PUFFY JACKETS ARE A DREAM AT NIGHT
- YOU SHOULD ALSO HAVE SOME COLD WEATHER GEAR FOR THE NIGHTS, INCLUDING HATS, GLOVES, AND SCARVES

5. PROPER FOOTWEAR

- WHETHER YOU CHOOSE TO BRING HIKING BOOTS OR A HIKING SHOE/BOOT HYBRID, ABSOLUTELY MAKE SURE THEY'RE WATERPROOF! THERE'S A GOOD CHANCE YOU'LL EXPERIENCE SOME RAIN OR MUD AT SOME POINT DURING YOUR TREK, EVEN IF YOU'RE VISITING DURING THE DRY SEASON
- WHEN IT COMES TO CHOOSING BETWEEN BOOTS AND SHOES FOR YOUR INCA TRAIL ADVENTURE, CONSIDER THIS: BOOTS PROVIDE MORE ANKLE SUPPORT WHILE SHOES ARE SIGNIFICANTLY MORE LIGHTWEIGHT
- AND ONE LAST FOOTWEAR RECOMMENDATION - MAKE SURE WHATEVER YOU'RE WEARING FITS WELL AND IS **AT LEAST SOMEWHAT BROKEN IN**, AS BLISTERS ON A FOUR-DAY TREK ARE NO FUN AT ALL
- FINALLY, PACK A PAIR OF FLIP FLOPS FOR AROUND THE CAMPSITE, YOUR FEET WILL THANK YOU!



Checklist + Things to Know

6. SLEEPING BAG

- CONSIDERING YOUR SLEEPING BAG WILL BE THE SOURCE OF YOUR REST AND RELAXATION EVERY NIGHT OF YOUR TREK, YOU SHOULDN'T NEGLECT TO CHOOSE AN APPROPRIATE SLEEPING BAG FOR YOUR JOURNEY
- WE RECOMMEND A BETTER/HIGH QUALITY FOUR-SEASON BAG REGARDLESS OF WHAT TIME OF YEAR YOU'LL BE VISITING PERU
- ALTERNATIVELY, YOU CAN RENT ONE FROM THE EXPEDITION COMPANY FOR **US\$25 (3 NIGHTS)** - AFTER YOU SIGN UP AND PAY, WE WILL SEND YOU A QUESTIONNAIRE TO MAKE YOUR RESERVATION. YOU WILL PAY FOR THIS DIRECTLY TO THE EXPEDITION COMPANY ON DAY 3 IN CUSCO

7. OTHER WATERPROOF GOODS

- WE'LL BE TREKKING AT THE START OF THE WETTER SEASON SO DON'T FORGET RAIN GEAR!
- A HIGH QUALITY PONCHO OR RAIN JACKET AS WELL AS SOME PLASTIC BAGS TO SEPARATE YOUR WET CLOTHES FROM YOUR DRY ONES ARE ABSOLUTE MUSTS FOR YOUR INCA TRAIL ADVENTURE
- PLEASE NOTE THAT "**ANY CHALLENGES ON THE MOUNTAIN**" ARE A PORTAL INTO OUR INNER WORLD. SO, WE WELCOME + EMBRACE STEEP TERRAIN, ROUGH PATHS, RAIN, COLD, FATIGUE AND OUR "INNER BITCH" COMPLAINING ABOUT WHATEVER AS OUR "**RESISTANCE TO WHAT IS**" ALWAYS REVEALS WHERE WE CAN GROW, RISE, AND OVERCOME OURSELVES



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8. TOILETRIES

- ONCE WE HIT THE INCA TRAIL, WE'RE LEAVING THE COMFORTS OF THE URBAN WORLD BEHIND AND VENTURING INTO THE WORLD OF "ROUGHING IT" THAT IS TRAILHIKING THE MOUNTAIN
- THAT BEING SAID, THERE ARE SOME ESSENTIAL TOILETRIES WE CAN BRING TO MAKE THE MOUNTAIN SOMEWHAT COMFORTABLE. THESE INCLUDE:
 - TOILET PAPER
 - MOIST WIPES
 - DEODORANT
 - BIODEGRADABLE SOAP BAR
 - TOOTHBRUSH + TOOTHPASTE
 - SUNBLOCK
 - CHAP-STICK
 - FOR WOMEN - TAMPONS/PADS (AS NEEDED, PLEASE BRING SEPARATE PLASTIC BAG AS YOU CANNOT DISPOSE THESE ON THE TRAIL)

9. WATER + SNACKS

- THOUGH FOOD AND WATER WILL BE SUPPLIED BY THE EXPEDITION COMPANY, YOU'RE MORE THAN LIKELY GOING TO FIND YOURSELF THIRSTY OR WITH SOME HUNGER PANGS AS YOU TREK THROUGHOUT THE DAY. YOUR OWN WATER + FAVORITE SNACKS OR PROTEIN BARS WILL HELP KEEP YOU GOING UNTIL IT'S TIME TO STOP FOR A MEAL



Checklist + Things to Know

10. GARBAGE - LEAVE NO TRAIL

- WE WILL EACH COLLECT ALL OUR GARBAGE IN PLASTIC BAGS AND BRING IT BACK DOWN THE MOUNTAIN WITH US
- AT THE END OF THE TRAIL, THE PORTERS/COOKS WILL COLLECT AND TAKE ALL THE GARBAGE BAGS WITH THEM FOR PROPER DISPOSAL
- DON'T BUY OR BRING ANY DISPOSABLE WATER BOTTLES - USE ONLY REFILLABLE WATER BOTTLES AND WATER PURIFICATION TABLETS
- ONLY SMOKE IN DESIGNATED AREAS - BE MINDFUL OF OTHERS WHEN SMOKING, ASK PERMISSION OR OBSERVE A DISTANCE

11. TOILETS

- ALONG THE TRAIL, THE USE OF FIXED TOILETS OR PORTABLE TOILETS WILL BE AVAILABLE
- WHENEVER THEY'RE AVAILABLE, GO!

12. WASHING UP

- USE BIODEGRADABLE SOAP ONLY TO PREVENT WATER POLLUTION
- BRING A SMALL DRY FAST CAMPING/HIKING TOWEL
- BE COOL WITH "ROUGHING IT" A BIT - THIS IS A TREKKING ADVENTURE, NOT A BEAUTY PAGEANT
- YOUR FIRST LONG HOT SHOWER BACK IN CUSCO WILL BE THE BEST ONE YOU'VE EVER HAD!



Checklist + Things to Know

13. TRAIL ETIQUETTE - LEAVE NO TRACE

- LEAVE ALL TRAILS AS YOU FIND THEM ... OR BETTER ... SO THOSE THAT COME AFTER YOU CAN ENJOY ITS BEAUTY ALSO AND TO AVOID ANY DETRIMENTAL EFFECT ON THIS SACRED INCA CULTURAL HERITAGE WHICH IS THE PRIDE + LIVELIHOOD OF THE LOCAL PEOPLE
- PLEASE NOTE THE "INCA TRAIL" IS A MICROCOSM OR FRACTAL OF OUR ENTIRE OUTER WORLD REALITY - HENCE, "**LEAVE NO TRAIL**" IS A PROFOUND SPIRITUAL MAXIM TO LIVE BY AND EMBODY IN ALL AREAS OF OUR LIFE

14. TRAIL ETIQUETTE - WILDLIFE

- LEAVE ALL WILDLIFE ALONE. TAKE A PHOTOGRAPHIC "SOUVENIR" INSTEAD
- DON'T MAKE LOUD NOISES, LIKE SHOUTING AND PLAYING LOUD MUSIC
- DON'T LIGHT FIRES OR BURN ANY GARBAGE
- DON'T CUT DOWN PLANTS AND TREES
- DON'T UNNECESSARILY TRAMPLE ON PLANTS AND FLOWERS
- DON'T FEED WILDLIFE OR LEAVE SCRAPS OF FOOD FOR THEM AS THIS TRAINS THEM TO BECOME RELIANT ON HUMAN CONTACT
- SINCE THE INCA TRAIL IS AT HIGHER ALTITUDE, THERE ARE NO MOSQUITOS, SNAKES OR OTHER REPTILES TO WORRY ABOUT
- THE PORTERS/COOKS ARE LOCALS AND EXPERTS IN THIS TERRAIN, ASK THEM ANY QUESTIONS YOU HAVE ABOUT WILDLIFE, FLORA, OR FAUNA AND THEY WILL HAPPILY SHARE THEIR INDIGENOUS KNOWLEDGE AND WISDOM



Checklist + Things to Know

15. TRAIL ETIQUETTE - EROSION

- KEEP TO FOOTPATHS AND DESIGNATED AREAS, DON'T ENCROACH ON OTHER AREAS OR VENTURE OFF THE TRAIL
- DON'T TOUCH ANY INCA CULTURAL HERITAGE REMAINS OR CLIMB OR SIT ON THEM - OILS AND SWEAT ON YOUR HANDS CAN CAUSE DAMAGE AND THESE ARTIFACTS ARE CONSIDERED SACRED BY THE LOCALS

16. FIRST-AID KIT & PERSONAL MEDICATIONS

- ONCE AGAIN, YOUR GUIDES WILL CARRY A FIRST-AID KIT WITH THEM AT ALL TIMES. THAT BEING SAID, IT CAN'T HURT TO CARRY A BASIC FIRST-AID KIT ON YOUR PERSON DURING YOUR INCA TRAIL TREK!
- BRINGING BASIC OTC MEDICATIONS FOR STOMACH PROBLEMS, HEADACHES, AND ACHES AND PAINS ARE UP TO YOUR DISCRETION.
- PLEASE NOTE WE GENERALLY DON'T ADVOCATE ANYTHING BUT THE RARE + INCIDENTAL USE OF NONSTEROIDAL ANTI-INFLAMMATORY DRUGS (NSAID'S) SUCH AS IBUPROFEN, ALEVE, ETC. AS THEY'RE RUINOUS FOR YOUR MICROBIOME HEALTH WHEN USED MORE THAN SPORADICALLY- AT THE SAME TIME, THE INCA TRAIL IS NOT THE PLACE TO WEAN OFF NSAID'S IF YOU ROUTINELY USE THEM TO PACIFY ACHES + PAINS
- PLEASE MAKE SURE TO BRING AND NOTE IN THE INTAKE FORM UPON SIGNING UP ANY PRESCRIPTION MEDICATIONS YOU TAKE. IT'S VITALLY IMPORTANT WE ARE AWARE IN CASE OF ANY MEDICAL EMERGENCY



Checklist + Things to Know

17. ALTITUDE SICKNESS + ACCLIMATIZATION

- FIRST, THE HIGH ALTITUDE WILL BE REAL FOR ALL OF US (UNLESS YOU LIVE HIGH UP IN THE ROCKIES) AND ALTITUDE SICKNESS IS NO JOKE
- THEREFORE, THE ALTITUDE ACCLIMATIZATION DAYS SCHEDULED IN CUSCO ARE NOT OPTIONAL - WE SIMPLY CANNOT ALLOW YOU TO ENDANGER YOURSELF OR THE WELL-BEING OF THE GROUP
- NOT EVERYONE NEEDS ALTITUDE SICKNESS MEDICATION, BUT IT WORKS VERY WELL FOR MOST AND WE WILL TRUST YOUR DISCERNMENT WHAT'S BEST FOR YOU AND YOUR BODY
- WE RECOMMEND ACETAZOLAMIDE (DIAMOX) TO PREVENT AND TREAT HIGH ALTITUDE SICKNESS
- THE DAY BEFORE DEPARTURE OR UPON ARRIVAL IN CUSCO, START WITH SOME MEDICINE AND TAKE IT EASY + GET LOTS OF SLEEP + AVOID ALCOHOL
- WHILE IN CUSCO + HIKING, DO AS THE LOCALS DO AND DRINK COCA TEA OR CHEW LEAFS. YOU WILL NOT GET HIGH ON COCA LEAVES - COCAINE IS EXTRACTED FROM THE LEAVES BUT IT REQUIRES A LONG CHEMICAL PROCESS INVOLVING ACIDS AND EXTENSIVE DISTILLING. YOUR BODY SIMPLY LACKS THE BIOCHEMICAL CAPACITY TO EXTRACT "COCAINE" FROM THE LEAVES
- ALTITUDE SICKNESS IS BEST ADDRESSED VERY EARLY ON - DON'T BE "RAMBO" AND TRY TO TOUGH IT OUT - WARN US EARLY WHILE WE HAVE REMEDY OPTIONS TO NIP IT IN THE BUD



Checklist + Things to Know

18. FLASHLIGHT

- A HEADLIGHT IS AN ABSOLUTE NECESSITY FOR NAVIGATING AROUND YOUR CAMPSITE AFTER DARK
- YOU CAN BRING ANOTHER FLASHLIGHT BUT WE SUGGEST YOU JUST USE YOUR PHONE

19. BATTERIES, CHARGERS + OTHER ELECTRONICS

- IT SHOULD GO WITHOUT SAYING THAT THERE WON'T BE ANY OPPORTUNITIES TO PLUG IN AND CHARGE YOUR ELECTRONIC DEVICES DURING YOUR INCA TRAIL TREK.
- IF YOU CAN BRING EXTRA BATTERIES, IT'S CERTAINLY RECOMMENDED. AND IF YOU CAN'T, MAKE SURE TO USE YOUR DEVICES SPARINGLY! THERE'S PLENTY TO SEE AFTER DAY 1 AND YOU WON'T WANT YOUR CAMERA/PHONE DEAD BY THEN
- BE MINDFUL YOU WILL HAVE TO CARRY WHAT YOU BRING - WEIGHT IS HEAVY AT ALTITUDE SO GIVE SOME THOUGHT WHAT YOU REALLY NEED AND WHAT'S BETTER LEFT AT HOME OR IN CUSCO
- GENERALLY SPEAKING, WE WILL BE ADVOCATING TO BE TOTALLY PRESENT ON THE MOUNTAIN AND IMMERSE INTO THE EXPERIENCE, THE BREATHTAKING VISTAS + NATURE, AND YOUR COMPANIONS ON THIS ADVENTURE - THAT EMAIL, TEXT, OR CALL CAN WAIT A FEW DAYS (CUSCO IS THE MOUNTAIN ALSO!)



Checklist + Things to Know

20. SMART HYDRATION

- AT MEAL TIMES WE WILL GIVE YOU TEAS OR COFFEES TO DRINK.
- WE'LL COME ACROSS A MOUNTAIN SPRING, FOUNTAIN OR SMALL STREAM APPROX. EVERY 2 HRS ALONG THE TRAIL WHERE YOU CAN FILL UP YOUR WATER BOTTLE - TAKE A BOTTLE OF AT LEAST 1 LTR CAPACITY PER PERSON
- ALTHOUGH THE WATER LOOKS CLEAN, IT IS ALWAYS SAFER TO USE STERILIZING TABLETS OR A WATER FILTER. WITH THESE TABLETS YOU HAVE TO WAIT BETWEEN 30 AND 40 MINUTES BEFORE DRINKING
- BOTTLED MINERAL WATER CAN ALSO BE TAKEN FROM CUSCO, BOUGHT AT THE TRAILHEAD (START OF THE TREK), AT THE FIRST RESTING POINT, AT WAYLLABAMBA (FIRST NIGHT), AT WIÑAY WAYNA (THIRD NIGHT) AND AT MACHU PICCHU (FINAL DAY).

21. MENTAL + PHYSICAL PREPARATION

- THE INCA TRAIL IS A SERIOUS HIKE - **DOABLE BUT CHALLENGING**. THE IDEAL WAY TO PREPARE IS HIKES AT ALTITUDE BUT THAT MIGHT NOT BE FEASIBLE
- TO PHYSICALLY PREPARE, 4-6 WEEKS BEFORE DEPARTURE INTRODUCE CHALLENGING 2+ HR WALKS AT LEAST 3 TIMES PER WEEK. STAIRMASTERS AND INCLINE TREADMILLS ARE GREAT, ADD A WEIGHTED BACKPACK TO ANY OF YOUR WALKS FOR BONUS CREDIT
- TO PHYSICALLY PREPARE IS NOT A CHORE - **WE GET TO DO THIS**. ADD AN AUDIOBOOK, FAVORITE PODCAST, OR MUSIC AND YOU WILL BE GETTING FIT, LIKELY LEAN OUT, AND LEARN AND GROW ALL AT THE SAME TIME!



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21. MENTAL + PHYSICAL PREPARATION - CONTINUED

- PREPARE MENTALLY BY GETTING EXCITED AND VISUALIZING SUCCESS - **EVERYTHING IS MENTAL FIRST IN LIFE**, DON'T ALLOW THE "MOUNTAIN" TO BULLY AND INTIMIDATE YOU BEFORE YOU EVEN SET FOOT ON THE TRAIL!
- IN THE ZOOM CALLS IN THE 3 WEEKS LEADING UP TO THIS EXPEDITION, WE WILL BE **MENTALLY BULLETPROOFING THE WHOLE GROUP** AND GUIDE YOU HOW TO TAP INTO LEVELS OF INNER FORTITUDE AND RESILIENCE YOU DIDN'T EVEN KNOW YOU HAD - TRUST US, **TRUST THE PROCESS**, THIS ISN'T OUR FIRST RODEO AND THERE'S ZERO DOUBT THAT PRIZED INCA TRAIL BADGE IS GOING TO BE YOURS ON NOV 1ST!

22. TO COME FULLY ALIVE + BEING BLISS ITSELF

- THIS JOURNEY IS CURATED FOR ALL OF US TO DROP OUR MASKS AND BE RAW, REAL, AND VULNERABLE AS THAT'S THE PATHWAY TO COME FULLY ALIVE AND **FEEL THE VIBRANCY OF LIFE PULSING THROUGH OUR VEINS**
- WE WILL EACH (MEL + ROBERT INCLUDED) HAVE RUTHLESS BREAKDOWNS, EXHILARATING BREAKTHROUGHS, SHED A TEAR OR CRY OUR EYES OUT, LAUGH UNCONTROLLABLY, AND EVERYTHING IN BETWEEN
- TO SURRENDER TO ALL OF IT **AS IT WANTS TO COME THROUGH US**, IS TO ACTUALLY DANCE WITH THE INTELLIGENCE OF LIFE ITSELF
- OUR AIM IS TO GUIDE YOU TO NOT JUST HAVE AN EXPERIENCE OF BLISS HERE OR THERE, BUT **TO COME TO KNOW WHAT BEING BLISS ITSELF IS**



Expedition Company Extras

GEAR RENTAL OPTIONS

- SLEEPING BAG
 - US\$25 FOR 3 NIGHTS
- TREKKING POLES
 - US\$25 FOR 4 DAYS
- PRIVATE TENT (SINGLE OCCUPANCY)
 - US\$25 FOR 3 NIGHTS
- HUAYNA PICCHU SUMMIT ENTRANCE TICKET USD 85.00
- PORTER SERVICE
 - US\$85 FOR 4 DAYS -MAX 5KG (11LBS)
 - NOTE: PORTERS/COOKS WILL BE CARRYING ALL CAMPING + CAMPSITE KITCHEN GEAR - YOU WILL ONLY BE CARRYING YOUR PERSONAL BELONGINGS. THIS OPTION IS IF YOU PREFER TO OFFLOAD THE CARRYING OF YOUR PERSONAL BELONGINGS TO A PORTER FOR THE DURATION OF THE INCA TRAIL TREK.
 - THIS IS **A SMART CHOICE** FOR THOSE THAT HAVE ANY DOUBTS ABOUT THEIR OVERALL FITNESS LEVEL; **A WISE CHOICE** FOR THOSE WHO HAVE EVER HAD ANY BACK OR JOINT ISSUES; OR **A LIBERATING CHOICE** FOR THOSE WHO SIMPLY WANT TO BE MORE FREE TO GO WITHIN OR IMMERSE IN THE EXPERIENCE, VISTAS, NATURE, AND THEIR COMPANIONS
 - AT THE SAME TIME, CARRYING YOUR OWN PERSONAL BELONGINGS IS ALSO AN UNIQUE AND EQUALLY VALID EXPERIENCE TO CHOOSE



Expedition Company Extras

GEAR RENTAL PROCESS

- UPON SIGNING UP AND RECEIPT OF YOUR PAYMENT, YOU WILL RECEIVE AN INTAKE FORM TO FILL OUT WHICH PROVIDES US WITH ALL THE INFORMATION WE'LL NEED AS THE LEADERS OF THIS JOURNEY
- ON THIS FORM, YOU WILL BE ABLE TO INDICATE WHICH RENTAL OPTIONS YOU WOULD LIKE US TO MAKE RESERVATIONS FOR (OR NOT)
- WE WILL COORDINATE WITH THE EXPEDITION COMPANY TO MAKE THESE RESERVATIONS ON YOUR BEHALF
- UPON ARRIVAL IN CUSCO, WE WILL COORDINATE THE PICK UP OF THE EQUIPMENT YOU RESERVED AT THE TIME OF THE MANDATORY INCA TRAIL BRIEFING FOR THE WHOLE GROUP
- YOU WILL PAY THE EXPEDITION COMPANY DIRECTLY FOR THE EXTRAS AT THIS TIME (THEY ACCEPT ALL MAJOR CREDIT CARDS)
- AT THE COMPLETION OF THE INCA TRAIL, YOU WILL HAND IN YOUR RENTAL GEAR WITH THE PORTERS/COOKS WHO WILL TAKE IT BACK TO THE EXPEDITION COMPANY BASE IN CUSCO
- NOTE: THE EXPEDITION COMPANY IS A PROFESSIONAL OUTFIT WITH WELL-TRAINED AND EDUCATED STAFF + HIGH QUALITY GEAR ONLY. THEIR ONGOING SUCCESS IS BASED ON POSITIVE REVIEWS SO ALL GEAR YOU RENT WILL BE CLEAN AND IN EXCELLENT CONDITION AND SINCE THIS IS THEIR CORE BUSINESS YOU CAN REST ASSURED IT WILL BE "FIT FOR PURPOSE"





TRAVELING
INSIDE OUT

Presents

PERU

WELLNESS RETREAT

MACHU PICCHU

SACRED INCA TRAIL

OCT
26

NOV
2

LED BY
MELANIE JOLICOEUR









