

# HIKING THE INCA TRAIL TO MACHU PICCHU

5 Things To Know Before You Go

IT WILL CHALLENGE YOU, BUT IT WILL BE WORTH IT.



## PACK YOUR BAG, THEN BRING HALF

For clothing, prioritize a variety of layers (not quantity) and keeping them dry. Keep your daypack as light as possible with only the essentials.

## ACCLIMATE AS MUCH AS POSSIBLE

The only way to prepare for altitude is exposing yourself to altitude. You need at least three full days in Cusco prior to departure. Drink as much water as possible and rest up.



## BE WARY OF FANCY GEAR



You don't need an expensive daypack, hydration system or special hiking pants. Spend your money on a nice jacket and shoes and that's it.

## KNOW WHERE THE TRAIN STATION IS

The trains leave Aguas Calientes on time from the station (not from the platform at street level), so be sure you get there early. Take the Vistadome if you can for a great time.



## TREAT YOURSELF TO A NICE HOTEL

After four days hiking and wearing the same clothes, nothing can replace a clean hot shower and a comfy bed to come home to.