



PERU HIKING CHALLENGE 2013

Everything you need to know...

Bags & Packing

Please refer to the kit list sent with your fundraising pack. This will be invaluable when packing.

You need as a minimum, a 3 season sleeping bag as it gets cold at night. A cotton (or silk) liner is also advised – it keeps your sleeping bag clean and gives extra warmth.

You will also need to bring a sleeping mat. Therm-a-rests are a great investment as they give comfort as well as protecting you from the cold but a cheaper foam-type mat will do the trick too.

Hold Luggage

Take 1 large rucksack, soft holdall or suitcase containing everything you want while you're away. Airline allowances vary but if you keep to 20kg you can't go wrong. But you really shouldn't need to take this much. This bag will be left securely in Cusco while we hike with all your non-trekking gear inside. During the hike you will be given a...

...Trekking holdall

This will be given to you by the Discover Adventure team while in Cusco for you to pack all your trekking gear inside. The weight allowance for this bag is just 6kg as the porters will carry it for you and have strict restrictions as to the amount they are allowed to carry. You don't need to take much with you on the trail so don't panic – it will all fit! They will take this bag ahead to camp each evening.

Hand Luggage (day pack)

Take a 25 -35 litre rucksack with a wide hip band as your hand luggage. This will also double up as your personal day pack on the hike, which will carry your water, snacks, waterproofs etc (i.e. anything you might need whilst trekking during the day).

Other top packing tips:

- Wear your hiking boots on the plane (these should have been bought and well-worn in by now!)
- Bring plastic bags to keep your clothes dry within your holdall and zip-lock type bags for valuables such as your camera or ipod.
- Make sure you can carry at least 2 litres of water with you on the hike, either in bottles or in a platypus system within your rucksack.
- Bring spare batteries for torch, camera etc
- Don't forget you can get a discount off full-priced kit when purchasing from our partners, Cotswold Outdoors (quote AF-MACCS-NC) and Snow & Rock.





Inca Trail Permits

Picking up the permits on the first day of the trek is very bureaucratic and extremely time-consuming. Please be prepared for a wait. **Please remember that if your passport has changed since we confirmed the details with you in January, you must bring your old passport with you to gain access to the trail.**

Life on the Peru Challenge

Discover Adventure have put together a presentation on what you'll be getting up to and experiencing on each day of your epic challenge. Check it out on your [Peru resource page](#).

Camping

You will be camping in large 2-person tents, which will be put up for us by the local crew. The group will be split into 2/3 smaller teams while in camp to allow the local crew to look after you more easily.

NB Ear-plugs can be a godsend if you're a light sleeper!

Toilets/washing

Whilst in camp, you have the luxury of basic chemical toilets – unheard of on most challenge events! Don't forget a head-torch for night-time visits and anti-bacterial hand-wash for hygiene purposes.

During the day, you will need to go off the track and find a quiet spot. Please remember not to leave any toilet paper on the ground. Scented nappy sacks are useful for used paper, which can be thrown away once at camp.

Our local crew will bring a warm bowl of water to your tent in the mornings (another luxury) and wet wipes are invaluable for freshening up after a tough day's trek.

Water

The water will be purified and completely safe to drink. You will be able to top up each morning and sometimes at lunch but for the majority of the trek you will need to carry enough with you to get you through the day (i.e. at least 2 litres).

Food

All the cooking and washing up will be done for us. The meals the local crew produce for us are fantastic - tasty, varied and plentiful. Here's an idea of what you'll get...

- Breakfast – porridge, bread, jam, cheese, eggs
- Lunch - variety of salads, cheese, meats, fish, bread and fruit
- Upon arrival at camp - tea, coffee, biscuits (and popcorn if you're lucky!)
- Evening meal – casseroles, vegetable dishes, rice, pasta, potatoes (even chips sometimes!), fruit and desserts
- Snacks will be provided throughout the day to keep your energy levels up but feel free to bring a small supply of your favourite pick-me-ups to keep you going.





Fitness and Terrain

Don't forget to keep referring to your Training Guide to make sure you're keeping up with the programme. Being fit will definitely increase your enjoyment of the challenge.

The terrain out in Peru will be varied, from gentle grassland paths to steep cloud-forest trails that may be stepped, uneven and muddy. There will be sheer drops and gullies to the side of the paths at some points, but there will always be a helping hand available from the crew if anyone is anxious. Altitude will, of course, add to the challenge.

Altitude

Once you land in Cusco, you will almost certainly feel the effects of altitude. You may experience headaches and feel woozy on the first day so take it easy and use the day to relax, recuperate and hydrate. Please don't worry, it is all perfectly normal. However, once on the Trail, if the effects worsen, you must listen to the advice of the doctor and crew and descend the trail if they think it necessary.

Emergency descent of the Trail

If you are unable to complete the Trail due to altitude sickness or any other reason, you will descend the trail with a Peruvian guide and take the train to Agua Calientes to stay. Depending on your health you can join the rest of the group in Machu Picchu on the final morning of the trek or alternatively meet everyone back at the hotel in Cusco. Please have at least \$100 with you on the Trail to cover any train and accommodation costs should the unlikely need arise.

Spending money

We recommend you take a minimum of £150 with you in US dollars in small denominations. You can either change these in Lima or Cusco or they can also be accepted as currency.

There will be little to buy once you are actually trekking (other than the odd beer), however it's very easy to spend in Cusco where you might want to buy souvenirs.

Costs you will incur whilst on the trip are:

- We collect a discretionary tip to show our appreciation for our local guides and crew at the end of the hike. We suggest \$40 - \$60 each.
- Celebration dinner on Day 8 and two other meals

Weather

The weather should be hot during the day but the higher we get the colder it gets and temperatures can plummet at night.

<http://www.bbc.co.uk/weather/3941584>





Support

Macmillan Rep

Sue from the Macmillan Challenge Team will accompany you on the trip. She'll meet you at Heathrow and will be trekking with you throughout the challenge. Sue's there to help in whatever way she can, so please feel free to approach her at any stage for a chat or to learn more about Macmillan.

Discover Adventure Leader and Assistant Leader

The trip will be led by two highly experienced leaders from Discover Adventure. They will have a proven track record in the outdoor and/or adventure travel industries and are there to make sure you have the most amazing time. A leader really can make or break a trip and we are extremely lucky to have some of the best people in their field working for DA.

Doctor

We will also be accompanied by two UK based doctors. They will look after your health and well-being and carry a comprehensive medical kit to deal with all eventualities.

Communication

There will be radio-contact between the leaders and doctors so the DA team will always know what's going on in the group. The leader will also have a satellite phone and can make calls at any time if outside help is required.

Local support

Along the way we'll be supported by a huge team of local support crews. They'll carry our kit, put up our tents, cook our meals, clean up after us and provide expert local knowledge and, often, the evening entertainment! They're a fantastic bunch of hard-working, enthusiastic people so please take time to get to know them.

You

The best thing about Macmillan Challenges is the camaraderie and team spirit amongst you and your fellow trekkers. Our hiking challenges are not races. The aim is for everyone to complete the challenge at your own pace and have a great time. There's no medal for coming first so encourage and help each other along the way.

Most of all have a fantastic time and enjoy every moment!

