

Inka Porter Project



Guidelines for independent trekking in the rest of Peru

If you are trekking independently and hiring guides, animal drivers (*arrieros*) or porters (*porteadores*) directly, you need to take responsibility for the welfare of the porter.

Go trekking and hire a porter

Employing a porter is a good way for a trekker to contribute to Peru's rural economy in a positive way. Check with the local Guides' Association which has names of guides registered to work in the area and the going rate for their services.

Don't over-negotiate

An acceptable wage is around \$10 a day. An *arriero* or animal driver will also charge around 20 soles a day for his animal. Porters acting as guides who speak some English should get about \$20 per day.

Make sure your porter is properly equipped

Bring extra waterproofs from home or visit the Inka Porter Project offices to borrow equipment such as tents, sleeping bags and mats. If your porter is carrying a western-style backpack, please make sure he does up the waistband properly.

Select strong and experienced porters for high, remote treks

You will also need to provide sufficient food, equipment and shelter.

Offer porters coca leaves and tea

It's a nice gesture on long or difficult days. Many trekkers treat the *arrieros* as an extension of their group, with everyone taking turns to cook and wash up.

Spend time with your porter

There is much to be learned from these inspiring people and spending time in direct contact with them can enhance your experience on the trail.

Tip your porter

A recommended tip is one day's wage for each week worked, normally paid at the end of the trek.

Take care of sick porters

You are responsible for first aid. Make sure that sick porters are not sent back alone but with someone who speaks their language or understands the problem.

And finally try picking up a load yourself!

If you need any other information or have any questions:

- visit our website www.peruweb.org/porters
- email us at porters@peruweb.org

Other information sheets available

- *Porter welfare while on the Inka Trail*
- *Questions to ask your agency when booking the Inka Trail from your home country*
- *Environmental guidelines for trekkers*

Enjoy your trek!