

Inka Porter Project



Porter welfare while on the Inka Trail

Hire a porter

Day two is really hard especially if you are not acclimatised to the altitude. As the guides say, you can either treat day two as an endurance test or enjoy it: it's up to you.

Do not give your pack to a porter who already has a full load. If they carry more than 25kg, not only is it bad for their health, but they and the agency will get a substantial fine. If the agency gets fined, the porter generally does not get paid.

Ask your agency how much the porters are paid

The Porters' Law states 120 to 135 soles for the four days but agencies have collectively negotiated 100 soles. However, it is often the case that porters are paid as little as 60 soles. If your trip costs less than \$275, you can be fairly sure that the porters will be not be well cared for.

Let your agent know porters' welfare is of concern to you

Drum the message home: porters need sleeping mats, tents with integral floors, adequate light and enough appropriate food (not just what is left over when tourists have finished).

Spend time with your porter

They can tell you amazing stories. Guides often tell you that porters don't want to talk to the tourists, which may be true if you go barging in when they are eating together or sleeping. But along the trail, offer them coca leaves and learn a few words of Quechua!

Tip your porter

Most groups collect at dinner on the last night of the trail and then give it to the porters. Remember to take adequate small change in order to tip porters individually. Please let your group know that 30 soles per porter is a minimum and it's best to deal separately with porters that carry individuals' bags. It is best to tip porters directly rather than giving the money to the guide or cook. Some tourists feel that this "ceremony" is degrading for the porters but they feel that it shows appreciation of their work.

Make sure that the guide takes care of sick porters

It is required by law to share the first aid kit with everybody in the group, not just the tourists.

Report all instances of neglect or abuse

We maintain a Porter Logbook at our Cusco office, which is shared with the International Porter Protection Group. If you can't make it to the office, please email your comments to porters@peruweb.org

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

- *Questions to ask your agency when booking the Inka Trail from your home country*
- *Guidelines for independent trekking in the rest of Peru*
- *Environmental guidelines for trekkers*

Enjoy your trek!