

HIGHER PLACES. BRIGHTER DAYS.

ACCLIMATIZE. THEN EXPLORE.

A smoother first 72 hours in Cusco.

**PAUSE**

Headache with nausea, dizziness or unusual fatigue.

ACT NOW

Breathlessness at rest, confusion, poor coordination or repeated vomiting.

YOUR HACK KIT

WHAT IT INCLUDES. HOW IT HELPS.

Simple travel essentials, gathered before you arrive.

01

WATER

Supports regular hydration during your first hours.

02

COCA TEA

A familiar local drink for comfort and a slower pause.

03

HAND SANITIZER

Useful before snacks, transfers and excursions.

04

SUNSCREEN

Helps protect exposed skin in strong Andean sun.

05

SICKNESS BAG

Easy to reach if nausea appears in transit.

06

ENERGY CHOCOLATE

A convenient snack when you need quick energy.

07

SLEEP MASK

Supports rest after travel or an early arrival.

HACK TRAVEL ADDS

Portable oxygen, an energy bar and coca candies for longer stays and higher routes.

HACK contains practical travel items—not medication or a substitute for medical care.

LISTEN TO YOUR BODY

KNOW WHEN TO ACT.

01

MILD SYMPTOMS

Headache with nausea, dizziness or unusual fatigue. Rest at the same altitude and do not ascend until symptoms resolve.

02

URGENT SIGNS

Breathlessness at rest, confusion, extreme drowsiness, poor coordination or repeated vomiting. Seek medical help and descend safely.

THE ONE RULE TO REMEMBER

If you have altitude symptoms, do not ascend higher.

01 PAUSE

Stop, rest and tell someone how you feel.

02 GET HELP

Seek professional medical care if symptoms are intense or worsen.

03 DESCEND SAFELY

For urgent signs, arrange a safe descent and medical attention.

General orientation only. This guide does not replace diagnosis or treatment by a qualified medical professional.