



## **TRAVEL AND PACKING TIPS**

### **Documents**

Remember your passport! You may also want to make copies of other important documentation you will be traveling with, like credit cards, as a backup.

We highly recommend buying a policy to protect the investment of your trip. Flight delays, missed connections, damaged baggage or inclement weather are all examples of issues covered by a policy but not by AMAZON JOURNEYS.

### **Food and Water**

Peruvian food is hearty and tasty but not spicy. Bottled water will be available throughout the trip. It is also handy to keep a roll of toilet paper or tissues with you for your use, as not all restrooms will provide toilet paper. It is also important that you do not flush used tissue (there is a wastebasket in each stall for this purpose).

### **Altitude**

The elevation at Wayqecha is about 9,000 feet, and Cusco is over 11,000 feet / Manu Biolodge is about 1800 feet / Los Amigos is about 800 feet. Keeping hydrated is important, as is rest and eating lightly. Coca tea is also known to help for altitude, and some have found that high-electrolyte drinks also help. Acetazolamide (Diamox) is the recommended preventative medication.

### **Currency**

Notify your ATM bank and credit card companies that you're traveling to Peru. The exchange rate is about 3.8 Peruvian soles (pronounced SO-lehs) to one dollar. There are ATMs in the Lima airport, at the Costa del Sol Hotel in Lima and in Cusco. You won't need soles at our biological stations, but you may want some for souvenirs or handcrafts in Santa Rosa de Huacaria.

### **Tipping**

Tipping the guide and/or the driver is completely optional.



## **Electricity**

Peru uses the standard 2-prong plugs seen in the US. If you have any electronic devices that have 3-prongs (such as a laptop), we recommend you bring an adapter.

The schedules are as follows:

- Wayqecha from 6pm to 9pm though generator only.
- Manu Biolodge 24 hours electricity.
- Los Amigos has 24 hours electricity through photovoltaic energy.

## **Internet**

Limited internet service is available at all three stations, and shared by all visitors, so downloading videos and images or using skype or similar service is generally not feasible. Service may be disrupted by forces of nature.

## **Climate/Packing**

Bringing a variety of layers for a full range of weather is essential. Wayqecha could be in the 40s or even the 30s at night, and in the 50s to 60s during the day, with sporadic mists to downpours of rain. Manu Biolodge is generally pleasant, warmer in the day to the mid to high 80s, and cooler at night in the 60s. Los Amigos will be hot and muggy during the day, in the high 80s and 90s, and warm at night. Please also be prepared for the rainy season, generally from December through March.

## **Packing list for all stations:**

- Short sleeve shirts
- Light long sleeve shirts
- Lightweight long pants
- Sun cap (good for intense, high-altitude sun and for light rain)
- Insulating layer (for Wayqecha)
- Stocking cap and scarf (for Wayqecha)
- Sweater and/or fleece (a necessity for Wayqecha)
- Rain coat or poncho
- Flip-flops/sandals (personal preference for showering)
- Sturdy, comfortable walking shoes
- Several pairs of socks
- Rubber rain boots (if you do not want to use the ones available at the lodge)



- Small umbrella
- Insect repellent (recommended with DEET) (Manu Biolodge and Los Amigos)
- Small day pack for travel days and short hikes
- Altitude and motion sickness medication for drive or boat trip (if you are prone to motion sickness)
- Personal medications (including for headaches or upset stomach)
- A couple of plastic bags (to store wet or dirty items)
- Water bottle
- Toiletries (including Kleenex or toilet paper)
- Sunscreen
- Headlamp/flashlight
- Binoculars