

Peru Pre-Departure Travel and Packing Information

Information contained in this document is vital to your trip. Please read all information carefully and let us know if you have any questions. You may want to print this and carry it with you.

This document contains important information regarding:

Luggage Storage
Medical Attention & Availability
Travel Insurance
Hotels
Cash and Banks
Communications & Phones
Guide Service & Recommended Gratuities
Packing Checklist

Additional Expenses - We recommend that you carry \$130 cash on hand for the following expenses.

- 5 Soles - Bag Storage at Machu Picchu** (must be paid in Soles, not USD)
It may be necessary to store a bag at Machu Picchu. You will "check" your bag and receive a claim ticket.
- 1 Sol - Bathrooms at Machu Picchu** (must be paid in Soles, not USD)
Bathrooms are located outside of the park. This is the only bathroom and cost is 1 Sol per person.
- 20 Soles - Recommended for Bathrooms on 4-Day Inca Trail** (must be paid in Soles, not USD)
There will be bathrooms available along the trail and will cost 1 Sol per person.

Passport

- It is **vital** that your passport is easily accessible.
- If you are hiking the 1-day or 4-day Inca Trail, **you must present your passport to enter the hike. YOU WILL NOT HIKE WITHOUT IT.** If you leave it in your hotel, you will not be permitted to enter the hike.
- All check-ins for flights, hotels, etc. are handled electronically. Present your passport to check-in.

Arrival to Peru / Cusco

- It is no longer necessary to fill out immigration forms on the flight to Peru.
- When you arrive in Lima, you will be required to go through Immigration, where they will require you to provide the name of your first hotel. Please have this information ready.
- When you arrive in Cusco, remember the altitude is 11,000 ft. Even in summer, it can be cool. It is a good idea to have a light sweater or jacket easily accessible should you need it.
- Although we make every effort to track your flights so we can be on time for airport transfers, we cannot be responsible if the flights you booked are changed. I included the phone numbers for the local contacts so you can notify them of the changes. In the event that you are not able to notify us and you miss the driver or guide, it may be necessary for you to take a taxi at your own expense
- Luggage lost for flights arriving in Lima will require a long wait to file a claim. It is necessary to provide a local phone number and name for your guide or hotel so the airline can notify them of the arrival time for the luggage. Bags will usually be flown to Cusco the next day. The airline will NOT deliver the bag to you. You will need to arrange transportation to the airport to claim your bag. Having a photo of the bag in your phone may help. It is important that you carry essentials in your carry-on, and if you are leaving Cusco for a hike or activity, you must bring everything you need for that activity in your carry-on.

Luggage Storage

→ When you depart for Machu Picchu, your luggage will be stored at your hotel in Cusco, Ollantaytambo, or the Sacred Valley. Check-in with the front desk. They will collect your bag and give you a claim ticket.

Medical Attention & Availability

→ Given the remote location of the Galápagos Islands, medical and health services are very basic and severely limited. Access to even basic medical care may be at least 48 hours away. Serious injury or illness must be treated on the Ecuadorian mainland. Regulations to preserve the environmental integrity of the islands and local permissions required to permit aircraft to land in Baltra or San Cristobal may delay air ambulance flights, even in the case of serious medical emergencies.

→ We recommend that you drink and brush your teeth with bottled water only or bring your own device to purify water from the sink in your hotel. Avoid beverages with ice.

Notes

→ It is no longer necessary to fill out immigration forms on the flight to Peru.

→ We recommend drinking only bottled water - including when brushing your teeth. (We support TAP - Travelers Against Plastic - <http://www.travelersagainstplastic.org/> - to reduce single-use water bottles. We invite you to carry a reusable bottle & a sterilizing pen.)

→ Toilet paper does NOT go in the toilet. There are bins next to every toilet for this purpose.

→ It is OK to bring cash in perfect condition. Peru accepts US currency & Peruvian soles in most places. Bring small bills for tipping. Use either currency or a combination of both for tips. Cusco has better exchange rates than Lima airport. ATMs are common. We have heard the ATM fees on GLOBALNET are higher than SCOTIABANK.

→ Scan all documents, credit cards, & itinerary; e-mail to yourself. If luggage were lost, you could access information from any computer.

Authenticity of Purchased Goods

→ Please utilize the guides for verification of authenticity when purchasing “handmade” goods, especially when visiting Chinchero Weavers’ Village. They are able to identify whether or not a product is authentic, and they can confirm the material used and the expected price. Alpaca fir, Baby Alpaca fir, and Llama fir will all carry different price tags.

Travel Insurance

→ We strongly recommend all travelers purchase travel insurance covering material losses, accidents, delays, air ambulance services, and life loss. Adios Adventure Travel & its representatives and partners **do not include travel insurance** with the programs (either on the Galápagos Islands or on the mainland). The programs offered by Adios Adventure Travel do not include coverage for accidents or events beyond our control.

→ You are free to choose any provider including, but not limited to:

- **World Nomads Adios Adventure Travel Insurance:** <http://www.worldnomads.com/travel-insurance/#axzz2qllikAZa>
 - InsureMyTrip.com - good place to compare policies online
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4-Day Inca Trail Notes

→ The first half of the trail will have toilets frequently along the trail. As the trail progresses, the toilets become more scarce.

→ Temperatures will vary each night of the trail, so be prepared for very cool and very warm nights.

→ Items left out overnight will not dry - even in the dry season.

Cash and Banks

→ ATM machines and banks are located in the Cusco City Center. Your guide can take you to exchange cash for soles.

→ We highly recommend bringing cash in small denominations.

Communications & Phones

→ Although WiFi may be offered, it is subject to interruptions and this is beyond the control of anyone.

→ Even if you have international texting and cell phone service, you may or may not get texts and messages.

→ Guides have local phone service, but it is subject to the same gaps and interruptions.

→ *Expect to be “off the grid.”*

Recommended Gratuities

Tipping Guide - can be paid in USD, Peruvian Soles, or combination of both. (USD in Ecuador.)					
Who	What You're Paying For	Traditional Tours (with no hiking)	Tour w/ Day Hikes	2 Day Inca Trail	Multi-Day Hikes (4/5 Day Inca Trail, Salkantay, Lares)
Guide	Cultural Expertise, Experience, Knowledge, Time, Personal Assistance	\$10 USD pp/day	\$10 USD pp/day	\$10 USD pp/day	4 Days: \$100 per group 5 Days: \$120 per group
Driver	Time, Knowledge, Fuel, Vehicle Maintenance	Full Day: \$5-10 USD per group Partial Day: \$5 USD per group or less	Full Day: \$5-10 USD per group Partial Day: \$5 USD per group or less	\$1-2 USD pp	\$1-2 USD pp
Airport Transfers	Time, Fuel, Vehicle Maintenance	Cusco: \$1/bag Lima: \$2/bag	Cusco: \$1/bag Lima: \$2/bag	Cusco: \$1/bag Lima: \$2/bag	Cusco: \$1/bag Lima: \$2/bag
Porter	Carry & Manage Equipment Set Up/Break Down Camp	N/A	N/A	N/A	\$25-\$30 pp per porter 80-90/s. pp per porter (2 porters per hiker)
Cook	Culinary Expertise Experience Time	N/A	N/A	N/A	\$50-\$55 per group 160-170/s. per group (divided by # of hikers)

Please Note: Gratuities above are recommendations only. Tips should always be given at your own discretion. Please feel free to adjust the gratuity based on the quality of services received. We suggest tipping drivers after each transfer or tour, as there is a chance you will not see them again. Porters and cooks can be tipped at the conclusion of your hike. It is ok to ask guides when you will last see them and tip them in full at the end of your interactions with them. It is not necessary to invite your guide to eat with you. However, if you choose to do so, it is customary to treat your guide.

When dining, it is important to check your bill for gratuity. Some restaurants will include 10% gratuity automatically. Tipping for meals is the same as in the United States - 10-20% depending on level of service received. If you find that 10% has already been included, feel free to add additional gratuity if you think your wait staff has earned it.