



# ARCHAEOLOGICAL INSTITUTE OF AMERICA TOURS

## THE BEST OF ANCIENT PERU SEPTEMBER 9 – 24, 2024



## TRAVEL INFORMATION GUIDE

*This document contains important information about your tour. Please read it carefully.*

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## **PASSPORT AND VISA**

*The following information is for U.S. citizens only. Citizens of other countries should contact your local embassy/consulate for entry requirements. All passengers are required to have a valid passport. Your passport must be valid for at least six months after the return date of your program.*

### **U.S. Passport**

A valid passport is the best form of identification while traveling. If you have a passport, please check to be sure it is **valid for at least six months after the end of the tour**. Check your passport to ensure there is sufficient space for entry and exit stamps with **at least one blank page** not including the amendment and endorsement pages. Non-U.S. citizens should consult their governments for passport application requirements and other relevant information.

Please note that as of January 1, 2016, the U.S. Department of State will no longer add visa pages to U.S. passports. Applicants in need of additional pages in their valid passports must obtain a new passport.

If you do not have a passport or need a new one: Apply now! For complete information about obtaining and renewing passports, please visit <https://travel.state.gov/content/passports> to find the nearest location call the National Passport Information Center toll-free at (877) 487-2778. The following tips may be helpful to reduce delays, but will not eliminate them – apply early.

Consider paying the additional fee for expedited service, or apply through a private passport service. Passport Agencies, located in major cities throughout the United States, offer services to travelers who need passports in less than two weeks. Applications are accepted by appointment only. These appointments can be arranged by calling the National Passport Information Center.

Examine your passport carefully, and sign it immediately upon receipt. As of this writing, the [Passport Services Office](#) advises that **processing times take 6-8 weeks for routine processing, 2-3 weeks for expedited processing**.

### **Visas**

For U.S. citizens, visas are free and issued at port of entry. If you are not a U.S. citizen check with the consulates nearest you for applicable regulations and requirements.

### **Non-U.S. Passport and Visa Requirements**

If your passport is issued from any country other than the United States, please immediately contact the passport agency of the country that issued it and the consulate of the country(ies) to which you are traveling to determine any necessary visa requirements. If you have not done so already, please notify our office of your non-U.S. citizenship.

Important Note: Information provided concerning passports and/or visas is subject to change without prior notice by the U.S., governments of all countries visited on this travel program and countries of non-U.S. citizens participating on this program. All costs associated with passports and/or visas are the responsibility of the participant. Although we may provide information regarding passport and/or visa requirements, it is each participant's responsibility to ensure compliance with government requirements at the time of travel.

## **IMPORTANT DOCUMENT REMINDER**

Keep all travel documents, such as your passport and airline tickets, with you before and during your flights. Before you leave home, it is a good idea to scan and email all important documents—your credit cards, tickets, driver’s license, passport, medical prescriptions, and vaccination certificates – to an email account that can be accessed from abroad. You may also want to make photocopies of these documents to take with you on your trip, but carry them separately from the originals. Carry one copy in your hand luggage during your travels, pack another in a suitcase, leave a third at home with a friend or family member, and, when applicable, give a fourth copy to a traveling companion. Bring extra passport photos in case you lose your passport and must replace it.

## **TRAVEL INSURANCE**

We highly recommend the purchase of trip insurance. Many kinds of insurance are on offer from a myriad number of companies. The U.S. Department of State provides some points on insurance coverage while traveling abroad: <https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad/insurance-providers-overseas.html>

We recommend Travel Insurance Select: <https://www.travelinsure.com/select/?pcode=32366>. We ask that you carefully review the information on their site and decide which options work best for you. To view a webinar about Travel Insurance Select, please click [here](#). To download Travel Insurance Select’s Coronavirus FAQ page, please click [here](#).

If you have questions regarding the travel insurance plan offered, please contact the customer service number listed on their website. A representative will be happy to discuss the policy, as well as answer any questions you may have about coverage options.

## **HEALTH**

### **General Health Considerations**

Participants should be active and in a good state of health in order to fully participate in the tour. Any disabilities, required medical apparatus, or special medical needs must be brought to our attention in writing. We reserve the right to decline anyone who fails to furnish this information and/or whose condition, in our opinion, may affect the health, safety, well-being, or enjoyment of other passengers.

All participants are encouraged to wear a mask according to their own comfort and risk level. Participants showing signs of illness (cough, cold, flu, Covid-19, etc.) are requested to [wear a mask](#) and be diligent with hygiene, when in close proximity to others. In accordance with the CDC, and host country laws, participants will not be required to isolate but should self-isolate if they are not feeling well enough to participate in daily touring. Your tour manager will then assist you if additional arrangements are needed, such as an extended stay in a current hotel room or a private vehicle (at additional expense). Participants with minor symptoms will be allowed to continue with the group tour, wearing a mask when appropriate, and distancing from others when possible. Testing will not be mandated in accordance with the [CDC recommendations](#).

### **Vaccines and Medications**

As of this writing, no vaccinations are required for this itinerary. However, before you depart you should consult your physician for medical advice. Make your appointment no less than six

weeks before your departure. It is recommended that your tetanus inoculations are up-to-date. **Ask your doctor about vaccination against Hepatitis A, Hepatitis B, Diphtheria, Yellow Fever, and Dengue Fever.** we highly recommend that all participants be fully vaccinated against COVID-19 prior to international travel. A dental check-up prior to departure is also a good idea. For more information on the above-mentioned recommended vaccines, please visit: <https://www.cdc.gov>.

Be sure to bring enough prescription and non-prescription medicines that you take regularly or may need during your trip. When packing, make certain that you have them packed in your carry-on luggage, not your checked luggage. Occasionally, checked luggage is delayed, and you may find yourself without your medication. Carry a written copy of the prescriptions for any such medication you need, given in its chemical (generic) name rather than a brand name.

If you have any special condition or allergy that might require attention, have your physician write a letter describing the nature of the condition and the treatment—send a copy to our office and carry the letter with you. Then, if you happen to need medical care away from home, your temporary physician will be able to treat you more efficiently and effectively.

If you wear prescription glasses or contact lenses, you will want to bring an extra pair in case of loss.

### **Travel Fatigue**

Air travel experts and experienced travelers have various techniques for combating travel fatigue (“jet lag”). Here are some things you can do to reduce travel fatigue:

*Get plenty of rest the day before you leave.*

*Avoid alcohol during the flight,* but do drink plenty of other liquids. According to some experts, dehydration is the most debilitating part of air travel. You should drink at least eight ounces of fluid every hour.

*Eat lightly during the flight.*

*Exercise.* Get up to stretch and walk. There are also simple exercises that will relax your muscles and circulate your blood while you are in your seat. Roll your feet, rotate your head, and contract and relax your leg muscles. Do some deep breathing. Raise your knees to your chest and swing your arms over your head. Stretch out if there are any unoccupied seats. Take off your shoes. Some veteran travelers also wear earplugs and eye masks.

### **Digestive Disorders**

Stomach and intestinal upsets are common travelers’ complaints. They range from mild discomfort to diarrhea and vomiting. Most are harmless and quickly pass. For most people, some digestive upset may be inevitable. Exposure to new flora and minerals in the water causes part of it. A rich diet and changed eating and drinking habits are responsible for much of it as well.

Diarrhea is common among travelers anywhere. When it occurs, there are two things you can do: stop it with medication or let it run its course. Several medications can usually stop it, such as Lomotil. Some physicians argue, however, that diarrhea is nature's way of ridding the system of harmful toxins and therefore shouldn't be arrested prematurely. You should consult your physician on whether, and under what conditions, you should take anti-diarrheal medicine.

### **Recommended Travel Medical Kit:**

- ❑ All prescription medications including copies of the prescription with brand and generic drug names plus any vitamins that you normally use
- ❑ Antacid tablets, Pepto Bismol type medication
- ❑ Aspirin, ibuprofen or other pain medication
- ❑ Imodium or Lomotil (to control diarrhea)
- ❑ Diarolytes (for rehydration after diarrhea)
- ❑ Cough/sore throat medicine
- ❑ Calamine lotion or antihistamine cream
- ❑ Topical antibiotic cream or gel
- ❑ Insect repellent containing DEET
- ❑ Sunscreen with high SPF and UVA UVB protection
- ❑ Assorted band-aids
- ❑ Lip balm and facial moisturizer
- ❑ Liquid hand sanitizer and antibacterial wipes
- ❑ Tissue packets

### **Altitude Sickness “Soroche”**

Headache

Dizziness

Weakness / fatigue

Difficulty breathing

Loss of appetite

Nausea

All the above symptoms can be avoided by following these recommendations:

- -Light food the day before travelling to Cuzco
- -Don't overeat (digestion in the altitude is much slower)
- -Always keep hydrated during excursions
- -Drink coca tea (coca leaves prevent altitude sickness). Hotels will have a tea station for you to drink as much coca tea as you want.

Tap water in Peru is not generally safe to drink, so please stick to bottled water. You can also drink water served in jars provided by hotels for example in meeting rooms (this water is reliable).

For additional medical information, you may contact The Centers for Disease Control (CDC) in Atlanta. They offer up-to-date information on health precautions. You may reach them at 877-394-8747 or at <https://www.cdc.gov>.

You will want to check with your health insurance provider to see if your coverage is limited while traveling abroad. Medicare will not provide medical coverage outside of the United States.

### **PHYSICAL EXPECTATIONS**

You must be in good physical health to participate in this program. This itinerary features a significant amount of walking. Some sites require strenuous and/or brisk walking or climbing, sometimes with difficult footing, and/or steep, uneven, stone steps. To reap the full rewards of this adventure, travelers must be able to walk at least a three or more miles a day, unassisted, keeping up with fellow travelers. To prepare yourself physically for the program, you may want to consider starting a walking regimen or some other form of daily exercise to help you gear up for this trip.

### **MEDICAL INSURANCE**

Any additional expenses resulting from medical problems or emergencies are your own responsibility. Therefore, we encourage you to check with your insurance agent to make sure that your current medical and hospitalization policies cover you while traveling overseas. If they don't, you might want to take out a separate medical insurance policy that is specially designed for travelers. Please note that Medicare does not offer coverage and is only valid for services rendered in the United States. Please consult the link above under "Travel Insurance" for advice from the U.S. Department of State.

All participants will be covered with MedEvac200 evacuation and emergency medical insurance through USI Travel Insurance Services. This is separate from your own individual comprehensive health insurance plan(s) and covers emergency medical evacuation.

### **MONEY MATTERS**

It's not a great idea to carry large amounts of cash in Peru (dollars or nuevos soles). We do not recommend exchanging money prior to arrival because the exchange rates are typically better overseas. You can simply withdraw money when needed from [ATMs all over Peru](#); Visa is the most widely accepted debit or credit card in Peru; there will be fees associated with each withdrawal.

You should carry your money in a money belt or pouch beneath your clothing, especially in the cities where pickpocketing of foreigners is not uncommon.

#### **Exchange rates**

The basic unit of currency in Peru is the nuevos soles (sol). As of May 2024, 1 Sol = \$0.27 and 1 U.S. Dollar = 3.72 Sol. Check online for current exchange rates before you go.

#### **Currency Exchange**

There are four options for exchanging money in Peru: Banks, street moneychangers, casas de cambio ("exchange houses"), and hotels. Banks often have incredibly long queues, making any exchange a protracted process. Street changers are handy and offer comparatively fair exchange rates, but changing money in the street comes with its own problems. You need to guard against potentially shady deals and the risk of street theft following the exchange. Overall, casas de

cambio tend to be the best option, with good exchange rates, short queues, and a secure environment.

Traveler's checks are not recommended.

Please do not bring any bills that are torn or defaced with ballpoint pen marks, as these will be refused by most Peruvian traders.

### **Gratuities and Tips**

All gratuities to your drivers, local guides, Peruvian tour manager, and hotel and restaurant staff for group services are included in the program cost.

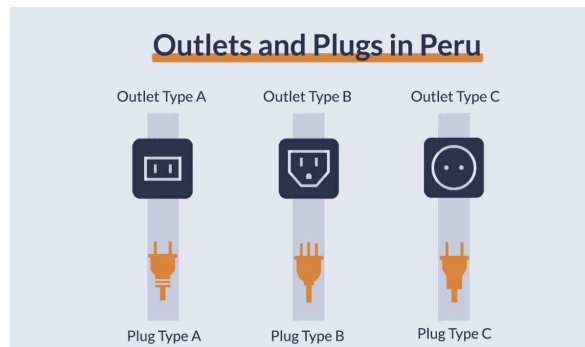
Tipping is not particularly common in Peru, but there are certain situations in which a tip is appropriate. Waiters in higher-end restaurants, tour guides, and staff in top-end hotels often expect a 10 percent tip, whereas taxi drivers and staff in small family-run restaurants may not.

### **TIME**

Time in Peru is the same as U.S. Central Time.

### **ELECTRICITY**

Peru uses **220-volt electricity**, so visitors will need a converter for 110-volt devices. Most plugs in Peru are the two-pronged flat type found in the US, but a three-pronged and a two-pronged circular type are also found. An adapter may be necessary depending on which type your devices use.



### **FOOD AND DRINK**

Meals, with mineral water and/or a hot beverage, include breakfast daily, 14 lunches, and 10 dinners, including welcome and farewell dinners.

Traditional Peruvian cuisine can be divided geographically into three branches: seaside, mountain, and rainforest. Ceviche is a favorite dish of many in Peruvian cuisine and is often the meal of choice for many locals. The coastal sensation is made with freshly caught seafood steeped in onion, chili, and most importantly, lemon or lime juice, resulting in the fish appearing as "cooked". Guinea pig, considered to be a delicacy, is seasoned with spices and grilled on an open fire. Guinea pig (or cuy) has been a delicacy for the Andes people for a long time. This has



raised a few eyebrows in communities where the animal is seen as a pet, but most Peruvians do not consider it any different from pork or beef.

Ever so respectful to the natural surrounding they live in; the highland people are adept in making the most of the conditions. Pachamanca is the perfect example of this mentality. According to the native language, “pacha” means earth while “manca” can be translated as pot. An earth oven is created to cook spice-marinated meat and potatoes. The food is covered with hot stones on the ground. It’s one of those dishes that make you wonder how simple good food can actually be. Peruvians enjoy their own version of fast food. Street food and salchipapas are the dishes you’ll find at every turn in the city. It is self-explanatory, consisting of sausage and potato fries, served with tomato sauce and mayonnaise on the side.

Here is an article describing cuisine in Peru: <https://www.seriousseats.com/essential-peruvian-cuisine>.

**Please let us know as soon as possible if you have any special dietary restrictions or requests, and we will do our best to accommodate you.**

### **COMMUNICATIONS**

All hotels have free wireless internet access.

Communications apps, such as Facebook Messenger, WhatsApp, etc. all work well in Peru.

When making a phone call from Peru to the US, dial 00 + 1 + the phone number.  
To call Peru from the US, dial 011 + 51 + the phone number.

### **CLIMATE**

The winter (May – September) is the driest season and therefore the best time of year to travel, especially if you're planning to visit Cusco or trek to Machu Picchu. You can expect daily average temperatures in the upper 60s, with lows at night around 40°F. In the Amazon, temperatures remain hot year-round. Coastal weather is dry and sunny, and daytime temperatures are a pleasant 65°F in Lima.

Average Temperatures in September						
	Lima	Trujillo	Chiclayo	Urubamba	Machu Picchu Pueblo	Cusco
High	66°F	69°F	76°F	75°F	73°F	69°F
Low	58°F	59°F	61°F	45°F	44°F	39°F

### **CULTURAL ETIQUETTE**

#### **Greetings**

Peruvian people are very friendly and helpful. Shaking hands is the customary form of greeting.

When entering a shop or home, always use an appropriate oral greeting (*buenos días*, or good day; *buenas tardes*, or good afternoon; *buenas noches*, or good night). Similarly, upon leaving,

it is polite to say goodbye (*Adios* or *Hasta luego*), even to shop owners with whom you've had minimal contact. Peruvians often shake hands upon leaving as well as greeting.

### **Personal Space**

Peruvians will stand much closer than you will probably like when in conversation. But it will be considered rude if you start backing away. There is a fair amount of touching between men and men, men and women, and women and women while conversing. This includes hand on shoulders, hand on arms, and hand on hands. It is also common for men to walk arm in arm with other men and the same goes for women with other women, but this is just a sign of friendship.

### **Respect**

Peruvians learn to treat the elderly with respect at a young age. There are separate lines in the banks and supermarkets for the elderly, pregnant women, and the disabled. When riding in full buses, young people will almost always jump to their feet and offer their seats to older passengers.

### **Communication**

Peruvians don't like to "lose face" or make others feel uncomfortable. Avoiding confrontations and maintaining composure at all times are common traits. Most people are very concerned with appearances and do not want to say anything that might reflect badly on them. People may err on the side of diplomacy and say what they think you want to hear, not what they are really thinking.

## **LANGUAGE**

Here are a few key phrases to know.

### **Spanish**

Hello/Hi (informal)

Hola (*OH-lah*)

Have a good day

Que pase un buen día (*keh PAH-seh un BWEHN DEE-ah*)

How are you? (*informal*)

¿Cómo estás? (*KOH-moh ehs-TAHS?*)

How are you? (*formal*)

¿Cómo está usted? (*KOH-moh ehs-TAH oos-TEHD?*)

Fine, thank you

Muy bien, gracias. (*MOO-ee byehn, GRAH-syahs*)

What is your name? (*informal*)

¿Cómo te llamas? (*KOH-moh TAY YAH-mahs?*)

What is your name? (*formal*)

¿Cómo se llama usted? (*KOH-moh SAY YAH-mah oos-TEHD?*)

¿Quién es usted? (*KYEN ehs oos-TEHD?*)

My name is \_\_\_\_\_

Me llamo \_\_\_\_\_ (*MEH YAH-moh \_\_\_\_\_*)

Nice to meet you

Encantado/a (*ehn-kahn-TAH-doh/ehn-kahn-TAH-dah*)

It's a pleasure to meet you  
    Mucho gusto. (*MOO-choh GOOS-toh*)  
Please  
    Por favor (*POHR fah-BOHR*)  
Thank you  
    Gracias (*GRAH-syahs*)  
You're welcome  
    De nada (*DAY NAH-dah*)  
Yes  
    Sí (*SEE*)  
No  
    No (*NOH*)  
Goodbye  
    Adiós (*ah-DYOHS*)  
    Hasta luego (*AHS-tah LWEH-goh*)

## **TRANSPORTATION**

While transportation is included for all group excursions and activities, the following information may be helpful during your leisure time. In addition to walking, you may find other means of transportation convenient.

### **Buses**

Buses are the go-to method used by most locals, and they are the most inexpensive option for getting between cities. The tricky part is that many private companies operate buses in Peru. Which bus you choose depends on where you are going, how fast you want to get there, and your travel style (i.e., how comfortable you want to be).

### **Trains**

There are only a few train lines in Peru. The most popular are [IncaRail](#) and [PeruRail](#), which people use to get from Cusco (or the nearby town of Ollantaytambo) to Machu Picchu.

### **Taxis and Combis**

The two main options for getting around within cities are taxis and a local form of transportation in Peru called a *combi*. Combis are micro-buses, usually covered in stickers and packed tight with passengers, that zoom around town between specific destinations. They're inexpensive and crowded, but widely used and reliable—just hold on tight, they tend to be a wild ride.

You can flag down a combi from anywhere and disembark whenever you want on the route as well. Just look for the destination written on the windshield or listen for the attendant shouting it from the doorway. You pay once you get on the combi—just make sure you tell the driver or attendant where you're headed and they'll make sure you get off at the right spot.

Taxis in Peru can be a bit dodgy. Public taxis aren't regulated, don't use a meter, and often aim to rip off travelers. Private taxis are a safer way to travel. You can call private companies, like [Taxi Seguro](#) in Lima, and arrange a pickup time and location. They're reliable and usually only a few dollars more expensive than a public taxi. Your hotel staff can also assist you with taxi booking.

## **SHOPPING**

There may be some time set aside during your program for shopping. A wide variety of local goods can be purchased very reasonably in Peru (llama and alpaca wool sweaters, gold or silver jewelry, pottery, reproductions of Inca artifacts, etc.) Prices in shops are generally fixed but market traders will expect you to bargain. You will often end up paying about half of the price originally quoted.

### **Bargaining**

Bargaining is common in Peru, especially in situations where a price is not clearly labeled. This includes items for sale in traditional markets and taxi fares. Always bear in mind that prices quoted to foreign tourists tend to be inflated, so don't be afraid to negotiate for what you believe to be a reasonable price. At the same time, don't bargain to the extent that you strip a poor artisan of all their profits.

## **SAFETY AND SECURITY**

You should take care of any personal belongings such as handbags, wallets, cameras and jewelry particularly when in crowded areas including hotel lobbies, airports, shops, city streets, markets, etc. We suggest that you leave the bulk of your money and valuables in a safety deposit box at your hotel room.

If you need a taxi, we recommend that you book one through your hotel. Some private cars operate as unofficial taxis and robberies have been known to occur.

To minimize the risk of loss or theft, we recommend the following:

- Make two photocopies of your passport: send one to our office and keep one in a safe place separate from your passport and other documents. This will provide a backup in case yours gets lost or stolen and will make checking into hotels quicker and easier.
- Make copies of the credit cards that you plan to take and keep the copies in a safe place.
- Don't bring any credit cards that you don't need.
- Don't carry your wallet where it can easily be stolen (e.g. hip or rear pocket).
- Don't bring valuables on the trip. It is a good idea to travel with a cheap watch and leave any jewelry (except wedding rings) at home. The only thing of value you should have is your camera, which we recommend to keep that with you at all times.

## **PACKING**

### **LUGGAGE**

We recommend to pack light and bring one checked bag and a backpack which can be used for a day-pack while on tour.

Airline luggage allowance policies are set by individual airlines and are subject to change. Airlines may impose fees for excess luggage which are the responsibility of the individual participant. Please contact your airline(s) for their current luggage allowance policies and fees.

A small daypack can come in handy to carry items such as snacks, camera equipment, and assorted rain gear.

**Internal flights' Luggage Allowance:** There are four internal flights during this program. You may have one checked suitcase not weighing more than 50 pounds and one carry-on not weighing more than 11 pounds.

**Train to Machu Picchu Luggage Allowance:** Your travel ticket allows you to carry one piece of carry-on luggage per person, with a maximum size of 62 inches (height + length + width) and a maximum weight of 11 lbs. in total, as they have limited space for luggage. Your remaining luggage can be safely stored during this portion of the tour, and your tour manager will help you navigate this process.

## **CLOTHING**

City casual dress is suitable for travel in Peru. It is practical to wear layered clothing that can be added to or taken off according to temperature variations. Easy-care clothing will serve you best. Dining rooms at the hotels do not require elegant clothing.

## **FOOTWEAR**

You will want footwear with good ankle support, which can make a difference when you are walking over uneven, rocky ground, hiking boots may come in handy for some of the excursions like the optional Huayna Picchu hike. In addition, you will want a pair of comfortable walking shoes or sneakers and something comfortable to slip on in the mornings and evenings.

## **LAUNDRY**

Laundry service is available. Check directly with the hotel for drop-off and pick-up times.

## **HAIR DRYERS**

Hair dryers are available at all of the hotels.

## **CAMERAS**

Bring a camera that you are familiar with and that is in good working order. You will also want to bring plenty of camera memory cards and batteries or a charging cable.

## **GENERAL PACKING TIPS**

Never pack valuables in bags that you are planning to check. Such items include (but are not restricted to) cameras, credit cards, jewelry, medications, personal computers or other electronic equipment, and travel documents.

- If you are travelling with someone, it is a good idea to put half of your things in each other's checked baggage in case one bag gets delayed or lost, you will still have half of your clothes.
- To have a varied travel wardrobe—yet keep your luggage light—we recommend you select a color scheme and pack color-coordinated pants, shirts, skirts, sweaters, etc. that can be mixed to create different outfits.
- If you must check an item of value, purchase excess-valuation insurance. Ask in advance to make sure the item is covered.
- Pack appropriate-sized toiletries (for updated information, please check the TSA website <https://www.tsa.gov/travel> and some clothing appropriate to your destination in your carry-on luggage. If your checked bags are delayed, you will at least have a change of clothing.
- If your bags are lost, liability insurance is quite limited and tends to cover clothing and clothing-related items only. For international travel, the amount an airline is liable for is based on weight.
- If your luggage doesn't appear upon arrival, fill out a claim at the airport immediately. Be sure to list everything that is missing. If you add items later, you will not be compensated. Do not leave the airport without your lost baggage claim form.
- Bring a photocopy of the information page of your passport with extra passport photos and keep it in a separate place from your passport in case of theft or loss.

### **Suggested Packing List**

Everyone has personal preferences when it comes to packing; for this reason, the information below is offered as a general guide and not a definitive list.

#### **Clothing:**

- 2 pairs of walking shoes, one a little dressier, the other should be sturdy with ample tread
- Non-iron trousers (linen, cotton, light rayon, or quick-dry synthetic), or skirts
- Lightweight, long and short sleeve, non-iron shirts (linen, cotton, light rayon, or quick-dry synthetic)
- Scarf (for sun/wind protection)
- Lightweight rain jacket/windbreaker with hood
- Light cotton or wool sweater
- Underwear, socks, and handkerchiefs
- Hat with brim
- Pajamas
- Swimsuit (optional for hotel pools)
- A set of dressier clothing for farewell dinner (optional)

#### **Miscellaneous:**

- Passport and airline tickets,
- Cash
- Credit cards/ATM card

- ❑ Safety Wallet and/or money belt
- ❑ Photocopies of documents/tickets (kept separately from the originals)
- ❑ Spare eyeglasses
- ❑ Sunglasses
- ❑ Sun-blocking Chapstick
- ❑ Cell phone, charger and adapter(s)
- ❑ Binoculars (*optional*)
- ❑ Walking stick (*optional-should be packed in your checked suitcase*)
- ❑ Notebook and pen
- ❑ Sewing kit (*must be packed in your checked suitcase*)
- ❑ Pocket tissues
- ❑ Zip-lock bags
- ❑ Reusable water bottle
- ❑ Camera and/or video camera and memory cards
- ❑ Snacks
- ❑ Plug adapters/converter
- ❑ Inflatable pillow for on the bus or plane
- ❑ Extra foldable bag for extra space for souvenirs/purchases
- ❑ Headphones for headset system (*if you prefer to use your own in flight or on tour*)

#### **Medications & Toiletries:**

- ❑ All prescription and non-prescription medications, including copies of the prescriptions with brand and generic drug names
- ❑ Optional antibiotics with a copy of the prescription
- ❑ Pepto-Bismol or similar
- ❑ Aspirin or other pain medication
- ❑ Imodium or Lomotil (to control diarrhea)
- ❑ Assorted band-aids
- ❑ High SPF UVA UVB sun block
- ❑ Hand sanitizer and wipes
- ❑ Insect repellent
- ❑ Personal toiletries such as toothbrush, toothpaste, soap, and shampoo

#### **AIRPORT CHECK-IN AND SECURITY**

Please arrive at the airport **at least two hours before your scheduled domestic flight departure and three hours before an international flight departure** to allow yourself enough time to check in and pass through security. **Remember to hand-carry your passport.** Participants will not be allowed to check-in without proper identification.

Be certain that the check-in agent properly tags your bags through to the correct destination, and that you have all baggage receipts attached to your airline ticket. The airport code for Jorge Chávez International Airport is **LIM**.

Many U.S. domestic carriers will automatically transfer your luggage to an international carrier if requested. “Interlining” is a convenient way of having the airlines handle your baggage, and saves you from having to claim your baggage at the end of each flight segment and re-check it

onto the next flight. Although interlining may increase the probability of your bag going astray while being transferred at airports, most people feel that the convenience outweighs the possibility of lost luggage. To help prevent misrouting, remove all previous airline tags from your luggage before check-in.

For security reasons, all checked and carry-on bags are subject to X-ray and a physical search by the TSA (Transportation Security Administration) personnel. Travelers may be required to remove their shoes so they may be X-rayed with their carry-on bags. To minimize potential damage to your bags, we recommend that you do not lock your checked luggage. If you prefer to lock your checked luggage, we recommend that you purchase a lock from a manufacturer recognized by the TSA.

We recommend you avoid wearing clothes with metal grommets or fittings on flight days, as you may be asked to remove them or be subjected to further security checks in airports.

### **Duty-Free Shopping**

You must show your international boarding pass and passport when making purchases in duty-free shops. Please allow enough time for security checks as you proceed to the boarding gate.

## **CUSTOMS**

### **ENTRY/EXIT RESTRICTIONS**

Returning US residents are allowed to bring back acquired articles to the fair retail value of \$800 free of duty. On the next \$1,000 worth of purchases, a flat duty rate of 10% is charged.

Keep a record of your purchases. Get receipts, particularly for expensive items you may be asked to authenticate. Have them on hand for verification of your Customs declaration.

Only an oral declaration is required for less than \$800 total. Family members may make a joint declaration of \$800 each. Two quarts of alcohol are permitted duty-free for persons 21 years or older re-entering the US.

You are permitted to send any number of gift packages to friends and relatives in the U.S. up to a value of \$100 each, on which the recipient will not be required to pay duty. You may also send packages to yourself up to a value of \$200. In order to be duty-free, these packages are limited to one per person per day. You will have to list the contents on the outside of the package. Give the retail value and indicate that it is either for personal use or is an unsolicited gift. Such gifts are not included in your \$800 exemption.

If you should bring home an object made of ivory or a product that originally came from an animal classified as an endangered species, you have an imperiled purchase. It can be seized without compensation by US Customs. Included in this category are such items as alligator shoes and handbags, and articles made from tortoise shells, whalebone, and certain skins or furs.

Ignorance is not considered an excuse; so do not rely on the assurances of the store where you made your purchase. You will be out not only the item you bought but also the cash you paid.



No matter how good they look, do not be lured into buying any sausages, fresh meats, fruits or vegetables to bring home. They are strictly forbidden by US Customs and will be seized. You can, however, purchase with impunity and bring into the US bakery goods, candy, hermetically sealed canned products, and cured cheese.

Agricultural items, such as seeds and plants, may be held at US Customs for inspection or quarantine.

### **ARRIVAL & DEPARTURE TRANSFERS**

A group airport transfer will be provided for those arriving in Lima (LIM) on September 9<sup>th</sup>. Please arrive by 8:30 pm to join the group arrival transfer. If you arrive earlier in the day and prefer to book a private transfer, that can be arranged for additional cost. Check-in at the Pullman Lima Miraflores Hotel is at 12:00 pm. On September 24<sup>th</sup>, the group flight from Cuzco to Lima will arrive in the late afternoon. Connecting flights should depart after 8:30 pm that evening.

### **OTHER TRAVEL RESOURCES**

To help you prepare for your trip, some useful websites follow. While we make every effort to provide complete and current information, it is important for you to be an informed traveler. Travel information frequently changes, so it is strongly recommended that you verify the information before your trip.

#### **U.S. Embassy Lima**

Avenida la Encalada cdra. 17 s/n  
Surco, Lima 33

**Telephone:** + (51) (1) 618-2000

**Emergency After-Hours Telephone:**

+ (51) (1) 618-2000

**Fax:** + (51) (1) 618-2724

**Email:** LimaACS@state.gov

#### **U.S. Consular Agency – Cusco**

Av. El Sol 449, Suite #201  
Cusco, Peru

**Telephone:** + (51) (84) 231-474

**Emergency After-Hours Telephone:**

+ (51) 984-621-369

**Fax:** + (51) (84) 245-102

**Email:** CuscoACS@state.gov

#### **The U.S. State Department:**

We recommend that you visit this website for complete current travel information. Choose your destination country from the drop-down list to view specific country information, as well as tips for a safe journey. <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

#### **U.S. State Dept. Background Notes**

The U.S. State Department issues *Background Notes* to provide an overview of each country's land, people, history, government, political conditions, economy and relations with the United States and other countries. *Background Notes* for the countries to be visited during this travel program can be read on or printed from <http://www.state.gov/r/pa/ei/bgn/>.

**Library of Congress** Locations in Country Studies: <https://www.loc.gov/collections/country-studies/index/location/>

**Centers for Disease Control:** [www.cdc.gov](http://www.cdc.gov)

The site offers updated information on immunization requirements as well as detailed information on specific diseases, the area of outbreak, and a summary of health information for international travelers. Visit them online and select "Travelers' Health."

International Association for Medical Assistance to Travelers (IAMAT): [www.iamat.org](http://www.iamat.org)

The site provides a list of English-speaking doctors around the world, and information on immunization requirements and climates to its members. Membership is free, though a donation is requested. For more information, contact: IAMAT, 1623 Military Rd. #279, Niagara Falls, NY 14304-1745; Telephone: (716) 754-4883.

U.S. Customs and Border Protection: <https://www.cbp.gov/travel>

This site provides detailed information on U.S. Customs regulations, duty rates, trusted traveler programs, etc.

Transportation Safety Administration: <https://www.tsa.gov/travel>

This site provides information on airline travel and security, including regulations on checked and carry-on luggage, prohibited items, current restrictions, and news about travel warnings.

U.S. Department of Agriculture's (USDA) Animal and Plant Health Inspection Service (APHIS): <https://www.aphis.usda.gov/>

*Travellers' Tips on Bringing Food, Plant, and Animal Products into the United States* is a free publication. In general, fresh fruits and vegetables, meat, potted plants, pets and other items are prohibited or restricted. To request a copy, write to: USDA-APHIS, Public Affairs, 4700 River Road, Unit 51, Attn: AQI Publications, Riverdale, MD 20737.

Money and Practical Matters

Oanda Currency Converter [www.oanda.com/currency/travel-exchange-rates](http://www.oanda.com/currency/travel-exchange-rates)

For calling the United States while abroad

AT&T's USADirect: (800) 428-8468

For cellular phone use abroad

[www.ustronics.com](http://www.ustronics.com)

[www.cellularabroad.com](http://www.cellularabroad.com)

For local weather

[www.weather.com](http://www.weather.com) or [www.wunderground.com](http://www.wunderground.com)

ATM Locator

<https://www.mastercard.us/en-us/personal/get-support/find-nearest-atm.html>

[https://www.visa.com/atmlocator/#\(page:home\)](https://www.visa.com/atmlocator/#(page:home))

[https://network.americanexpress.com/en/atm\\_locator/](https://network.americanexpress.com/en/atm_locator/)