



CULTURAL ACTIVITIES

WHAT TO BRING?

On this expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to extremely hot sunshine. We recommend bringing a layered system of clothes. The expression 'Four seasons in one day' is very applicable in Peru.

During the day, it is usually sunny enough for shorts and T-shirts, although always having a fleece and rain gear handy is advisable. It will get especially chilly in the evening, so bring a warm fleece jacket, a good waterproof and some warm clothes as well as one set of smarter clothes for Cusco.

The sun's rays are very strong in Peru, especially at the altitudes you are travelling. Sunburn can be a serious problem if you do not use high-factor sunblock.

Machu Picchu does have some sand-flies, and clients are advised to wear long trousers and long-sleeved shirts to avoid bites.

Whilst there are no strict dress codes in Peruvian establishments, clean trekking clothes and walking boots are appreciated as a sign of respect.

GENERAL:

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| - Smart clothes for nightlife | - Comfortable clothes for journeys |
| - Fleece /down jacket | - Raincoat / poncho |
| - Long-sleeved T-shirt | - Trekking trousers |
| - Day sack & rain cover | - Good, well-worn-in walking boots |
| - After trekking shoes (sandals) | - After trekking trousers & t-shirt |
| - Socks / underwear | - Warm bedclothes / full set of Thermals |
| - Sunglasses with an attached string | - Peaked cap |
| - Water bottle (with filter) | - Flashlight |
| - Suntan lotion Factor 40+ / Lip balm | - Swim suit |
| - Cell-phone, Camera and Chargers | - Money belt |
| - Book, note paper & pen (optional) | |
| - Personal toiletries, medication & first aid kit. | |

(We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only)

PAPERWORK:

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| - Passport – valid for six months | |
| - Credit cards / USD Cash | - Insurance details |
| - Flight tickets | - Contact numbers |

PLEASE NOTE:

- The price is based on twin share accommodation. Single supplements are available on request.
- For the majority of the days, this is a vehicle-supported trip, so any spare clothes or equipment can be stored in the support vehicle when not in use, leaving you to walk freely. Please bring a small daypack to facilitate this.
- We have an extensive tipping document available. www.amazonas-explorer.com/about-us/faqs/.
- At every hotel check-in and at your trip briefing, you will be requested to provide your passport to be photo-copied. This is required by law, for tax purposes.

MACHU PICCHU DAY TRIP

Does have some sand-flies, and clients are advised to wear long trousers and long-sleeved shirts to avoid bites. -

Passport (must match the entrance and train ticket)

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|------------------------------|-------------------------------------|
| - Trekking trousers | - Long-sleeved T-shirt |
| - Warm fleece or down jacket | - Raincoat / poncho |
| - Socks / underwear | - Good, well-worn-in -walking boots |
| - Insect repellent | - Sunscreen (factor 35+) |
| - Sunglasses | - Peaked cap |
| - Water bottle | - Camera |

Note: Luggage on the Machu Picchu train is restricted to 5 kg / 20 litres (11lbs) hand luggage only. Your extra luggage and/or large suitcases can be left at your hotel in Ollantaytambo or returned to your Cusco hotel.

LIMA, NASCA & PARACAS

The desert coast is one of the driest in the world. Please bring lightweight clothes to protect from the sun, also a jumper in case the wind picks up or sea fog draws in.

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| - Short/lightweight trousers | - Long-sleeved T-shirt |
| - Jumper | - Swimming Costume |
| - Sandals | |

AREQUIPA

2,800m - It is in the desert, so whilst rain is very rare, the temperature varies from 5°C to 25°C.

COLCA CANYON & CUSCO

3,300m - The mountain air is fresh with temperatures from 0°C to 20°C. The dry season should bring bright blue skies with burning sun, but rain showers are always lurking.

LAKE TITICACA

At an altitude of 3,800m, the air temperature can feel cool. Clients are advised to wear long trousers and long-sleeved shirts to protect from the strong sunshine and wind.

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| - Trekking trousers | - Long-sleeved T-shirt |
| - Warm fleece or down jacket | - Raincoat / poncho |
| - Good, well-worn-in walking boots | - Socks / underwear |
| - Sunglasses with an attached string | - Peaked cap |
| - Water bottle | - Camera & Charger |
| - Suntan lotion factor 40+ | - Lip-salve |
| - Personal toiletries & medication | |

MACHU PICCHU OVERNIGHT TRIP

Machu Picchu does have some sand-flies, and clients are advised to wear long trousers and long-sleeved shirts to avoid bites.

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|---|--|
| - Passport (must match the entrance and train ticket) | |
| - Trekking trousers | - Long-sleeved T-shirt |
| - Warm fleece or down jacket | - Raincoat / poncho |
| - Socks / underwear | - Good, well-worn-in -in walking boots |
| - Insect repellent | - Sunscreen (factor 35+) |

- Sunglasses
- Water bottle
- Clean clothes for Hotel stay
- Personal toiletries & medication
- Peaked cap
- Camera
- Book, note paper & pen (optional)

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