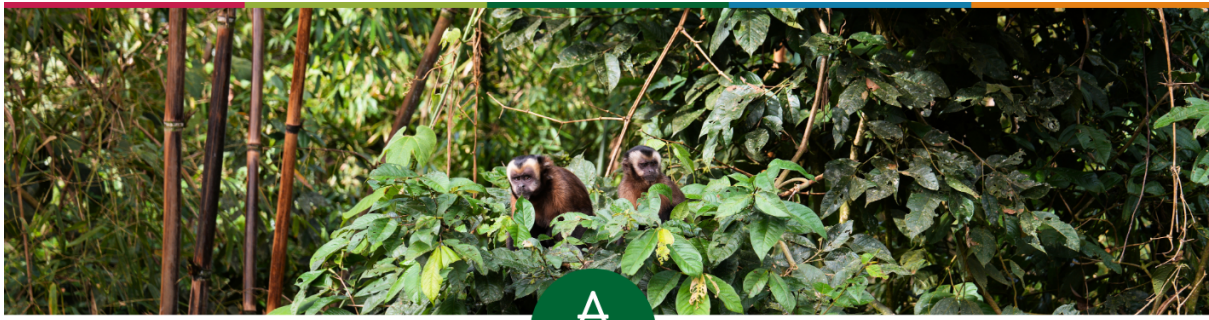




RAINFOREST

AMAZON RAINFOREST LODGE EXPERIENCE:

The jungle lodge provides full board, all guided tours and transportation. It is well worth investing in a good pair of binoculars to get the most out of your rainforest visit.

The rainforest is usually a hot and humid 30°C. But torrential rain showers are frequent to keep it so green.

Also common are cold weather fronts from Argentina (Friaes). When these pass through, the temperature can drop to a chilly 10°C for 48 hours. So please bring a jumper or jacket just in case. In the jungle, both on and off the river, we recommend you wear long-sleeved shirts and trousers to avoid the strong tropical sun and any potential diseases from insect bites.

- A set of long-sleeved, lightweight shirts & trousers for trekking through the jungle.
- A clean set of long-sleeved, lightweight shirt & trousers for evenings
- Boots for walking in the day (Wellington boots are provided in the rainy season, Nov-April)
- Change of shoes or sandals and socks for evenings
- Raincoat
- Poncho
- Binoculars (8x32 to 10x42)
- Filter Water-bottle
- Suntan lotion & After sun
- Sun hat with retaining string, for boat rides
- Personal toiletries and medication.
- Fleece jacket
- Sunglasses / lenses with retaining string
- Telephone / Camera & chargers
- Strong flash-light / head-torch
- Insect repellent & After-bite
- Bedclothes

Note: Synthetic thermals are far superior to cotton shirts. Cotton has no thermal properties when wet and tends to rot in the jungle. Light-coloured clothes do not attract the sand-flies as much as dark-coloured clothes.

PLEASE NOTE:

- Guests should arrive in clothes that they do not mind getting slightly dirty or wet, and should wear footwear that is suitable for walking on a rainforest trail. Sun cream, insect repellent, hat and waterproof clothing should be carried in hand luggage and kept accessible for the journey to the lodge.
- It is not necessary to bring all of your luggage with you to the jungle lodge. You will enjoy your trip more if only the essentials are brought. We highly recommend you prepare your day pack a day before the trip. Your main baggage can be left in our storage room at our office in Puerto Maldonado.
- Though we have never heard of a tourist contracting yellow fever in Pto Maldonado, it is still highly recommended to receive a vaccination against it before your trip. This vaccination, which is valid for 10 years, must be administered AT LEAST 10 days before you arrive in Peru. Vaccination cards are currently not required on arrival at the airport in Puerto Maldonado, but this may change at short notice with local epidemics.
- Clients are advised to keep covered and avoid insect bites at all times, malaria, leishmaniasis, onchocerciasis, lymphatic filariasis, rabies, chikungunya, oropouche, Zika, ehrlichiosis, hookworm, leprosy, Chagas disease and dengue, whilst not common, are out there.
- If the flight from Lima or Cusco to Puerto Maldonado is cancelled owing to bad weather or maintenance of the aircraft, then the guest loses the first night in the lodge. No refund can be given, and the guest is responsible for the costs of the additional night in Lima or Cusco.
- If the plane is cancelled from Puerto Maldonado to Cusco or Lima, the guests must pay for any additional costs incurred during this extra night and boat transportation.

AMAZON: MANU or TAMBOPATA RIVER RAFT

AMAZONAS EXPLORER SA: Avenida Collasuyo 910, Miravalle, Cusco, Perú.

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On the Tambopata river expedition, we will be experiencing all extremes of the Peruvian climate, from freezing Altiplano to steamy rainforest. In the jungle, both on and off the river, we recommend you wear long-sleeved shirts and trousers to avoid the strong tropical sun and persistent sand-flies. Baggage that is not required on the river will return with the support vehicle to meet you at the end in Pto Maldonado.

General:

- | | |
|---------------------------------------|---------------------------|
| - Comfortable clothes for journeys | - Smart clothes for towns |
| - Sunglasses with an attached string | - Peaked cap |
| - Filter Water- bottle | - Socks / underwear |
| - Suntan lotion factor 15+ /After sun | - Lip-balm |

Road Trip:

- | | |
|------------------------------|-------------------------------|
| - Trekking trousers | - Long-sleeved T-shirts |
| - Warm fleece or down jacket | - Warm hat, gloves, scarf |
| - Raincoat | - Good, worn in walking boots |

Rafting: Helmets, Life-jackets and splash jackets are provided

- | | |
|--|---------------------------------------|
| - Complete thermals (top & long John's) | - River Shorts (fast drying) |
| - River sandals / old trainers | |
| - Socks for under sandals- (insect protection) | |
| - After river change of clothes & shoes (lightweight and long-sleeved) | |
| - Spare set of clean clothes for jungle lodge | - Fleece jacket |
| - Raincoat / Poncho | - Sleeping bag (0°C) & sleeping sheet |
| - Insect Repellent (High DEET) | - Small towel |
| - Head torch & spare batteries | - Swim suit |

Note: Synthetic thermals are far superior to cotton shirts. Cotton has no thermal properties when wet and tends to rot in the jungle. - Light-coloured clothes do not attract the sand-flies as much as dark-coloured clothes.

Personal gear:

- | | |
|-----------------------------|---|
| - Binoculars (8x32 - 10x42) | - Camera & solar charger |
| - Pocket knife | - Book, Notepaper & Pen (optional) |
| - Spare Glasses / Lenses | - Money belt |
| - Personal toiletries | - Personal first aid kit to include: painkillers, |
- plasters, moleskin, antiseptic cream, after-bite, antihistamine, anti-diarrhoea tablets, throat lozenges, rehydration salts & personal medication. (We carry an extensive first aid kit & oxygen on all trips, but these are generally for emergencies only)