



Amazon Rainforest Extension: Reserva Amazonica

PRE-DEPARTURE INFORMATION



Wilderness Travel

Table of Contents

TRAVEL INFORMATION

Passport
Visas & Entry Notes
Money
Tipping
Food
Communications

MEDICAL INFORMATION

Inoculations
Malaria Prevention
Covid-19
Staying Healthy

HELPFUL INFORMATION

Photography

PACKING LIST

Luggage
Clothing
Gear Store

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Peru. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages.

It is a good idea to carry photocopies of your passport's photo page in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS & ENTRY NOTES

A visa is not required for US citizens visiting Peru. A tourist card will be issued to you on the flight to Lima.

MONEY

The unit of currency in Peru is the Nuevo Sol (PEN). Major credit cards are accepted. Cash payment is accepted in both USD and PEN. However, the lodge has no facilities to cash travelers' checks.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. We recommend approximately \$10 per day, per person. Gratuities are collected and split among all lodge staff/guides. You are also welcome to tip a particular guide directly if you'd like.

FOOD

Please reach out to us directly to discuss any dietary restrictions or concerns you may have. We can easily make arrangements for most diets, but please keep in mind that certain cultural differences or logistical limitations can make it difficult or at times impossible to accommodate all requests. With this in mind, please inform us at least eight weeks before your trip if you have a special diet, and any food allergies in particular, so we can do our best

COMMUNICATIONS

There is limited telephone access and no mobile phone coverage at the lodge. In case of emergency your guide can contact the office in town via radio.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the Centers for Disease Control ([cdc.gov/travel](https://www.cdc.gov/travel)). Medical travel products are available from Magellan's Travel Supplies ([magellans.com](https://www.magellans.com)).

INOCULATIONS

Yellow Fever

A Yellow Fever shot is strongly recommended if you are traveling to the Amazon. For most travelers, a single dose of yellow fever vaccine provides long-lasting protection and a booster dose of the vaccine is not needed. However, some travelers may require a booster dose. Also, certain countries might require a booster dose of the vaccine; visit the CDC Travelers' Health link (www.cdc.gov/travel) for information on specific country requirements. Have proof of the shot recorded in your International Health Card and carry the card with your passport. Health officials at borders often (but not always) request proof of the shot.

Please note: According to the CDC, people 60 years or older may be at increased risk for serious adverse events following vaccination, compared with younger persons. This is particularly true if they are receiving their first Yellow Fever vaccination. If you are over 60, please discuss this with your physician.

If you are advised to decline the vaccine, please get a written waiver from your physician or travel clinic in case you might need it during the visa application process.

MALARIA PREVENTION

Malaria is a serious but preventable disease spread by the bite of an infected mosquito. All travelers to the Amazon are urged to take antimalarial medications, available only by prescription. Please discuss antimalarial medication with your doctor, who will explain various antimalarials and their side effects and recommend a regimen for you. In addition to medication, a further precaution against malaria is to wear long sleeves and long pants at dusk. Thin clothing should be sprayed with insect repellent, especially around the elbows and ankles. Use repellent containing DEET. If, after returning from your trip, you have a persistent fever with chills, muscle aches, and headache, report to your doctor the possibility of exposure to malaria. For further malaria information, consult your doctor or the CDC Malaria Hotline: 888-232-3228.

COVID-19

The Public Health Emergency for COVID-19 declared by the World Health Organization and the US Department of Health and Human Services expired in 2023. As of March 2024, we no longer require guests who exhibit cold or flu symptoms to test for COVID-19. Guests who test positive for COVID-19 will be required to follow local health protocols, wear a mask in group vehicles and during indoor activities for the remainder of the trip, and may be asked to dine separately. Any travel companion sharing a room with them will also be required to wear a mask at all times in the shared group vehicles for the remainder of the trip.

We encourage all travelers to actively monitor their own well-being and to use common-sense preventative measures such as regular handwashing (or use of hand sanitizer) and/or wearing a face mask. If you are feeling sick, we encourage you to self-isolate and/or wear a mask to protect your fellow travelers. Guests may be required to wear a mask if the Trip Leader believes the situation warrants it.

Leading up to the trip, we encourage you to do everything possible to stay healthy, including avoiding close contact with anyone displaying cold or flu symptoms and washing your hands often. As always, by traveling with Wilderness Travel, guests agree to be accountable for their own well-being. If you are worried about a fellow traveler's cold or flu-like symptoms, you may opt to wear a mask or distance yourself as needed. It's important to remember that there are inherent risks associated with travel and group settings.

These protocols will be reviewed and adjusted as guidance evolves.

STAYING HEALTHY

The lodge uses filtered river water that can be used for showers but is not safe to drink. Bottled drinking water will be provided to all guests.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. You may want to consider renting camera equipment for your trip from places such as [lensrentals.com](https://www.lensrentals.com). This is an especially good idea for renting large zoom lenses that you may need for just one trip. Adding their extra insurance fee to cover expensive equipment is recommended.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us [@WildernessTravel](https://www.instagram.com/WildernessTravel) on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

Packing List

LUGGAGE

It is important that you bring only necessary clothing and equipment to the lodge in your carry-on luggage. Due to weight and space limitations on the boat, passenger luggage is limited to 22 pounds per person. Additional luggage will be kept in locked storage.

CLOTHING

- Shorts, long pants (quick-drying “travel” fabrics like nylon are best)
- T-shirt and long-sleeved shirt
- Rain jacket, fleece sweater
- Brim hat, bathing suit
- Underwear, sleepwear
- Lightweight hiking boots, Tevas, socks
- Personal toiletries
- Camera, film
- Insect repellents with DEET are recommended for malarial areas. DEET content of about 30% is ideal. High DEET content (90%) can dissolve plastic and damage your camera or binoculars. Aerosol repellents are useful for spraying on clothes.

GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our WT Gear Store (wildernesstravel.newheadings.com).

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