

## **Prepare for your tour**

### **Vaccinations & Protection**

We recommend that each traveler consult with their personal medical provider to assure they have no health issues that might prevent travel to 13,000 feet. Each should make a list of their medications and what they are for to carry with their documents.

Please check with your medical provider for any immunizations they might require.

### **Climate in Peru**

There is a rainy season from Dec – Mar in Cusco, however on the coast it rarely rains. Jun-Oct is damp and misty, but temperatures never drop below 50°F. At high altitudes although there are sunny daytime temperatures that can drop dramatically, and conditions can change suddenly.

### **Altitude Description**

This tour reaches altitudes of 13,000 ft. we strongly recommend that travellers with heart or lung conditions, anemia, asthma, high blood pressure or any chronic condition or /and medication, should seek the advice of their medical provider as to suitability for them.

### **Equipment**

A good insect repellent is essential. Also useful is a small flashlight, sunhat, sunscreen and a small towel (possible thermal baths).

### **Footwear**

Comfortable sturdy walking shoes to navigate the stone stairs and uneven streets.

### **Clothing**

Think layered clothing to add or subtract as needed. Bring a warm fleece or other jacket, thermal underwear for sleeping if desired, warm hat and gloves for cooler Andean nights when temps drop dramatically. Lightweight waterproofs are essential. Bring your swimsuit.

### **Luggage: On Tour**

One main suitcase and a daypack. Bring a small overnight bag for essentials at Machu Picchu – main luggage will be stored at main hotel.

### **Luggage**

20kg / 50 pounds

### **Electric Supply & Plugs for Peru**

Electric power is 220 and transformers are needed for conversion

Outlets use a 2 Pin Flat plug