



# Important Travel Guidelines

## ARRIVAL & DEPARTURE

We will send you the recommended flights for your particular rainforest experience. Using flights other than these may mean that your flight will not link up with your itinerary and there will be extra costs involved for private boat transfers.

Once you have confirmed your flights please send us your flight information to and from Puerto Maldonado. All our itineraries start and end at the airport in Puerto Maldonado.

You should arrive in clothes suitable for the rainforest which may get dirty and/or wet. The small daypack listed below is useful for keeping your sunblock, insect repellent, hat and raingear handy at all times.

We recommend that you arrive in Puerto Maldonado with small denomination bills (Peruvian Sol or US Dollar) as you may not be able to get to a bank or teller machine before departure to the lodge.

## WHAT TO BRING

Good binoculars

Camera gear

Tight-weave, light-coloured, long cotton pants

Long sleeved, tight-weave, light-coloured cotton shirts

Ankle-high hiking boots and sneakers

Flashlight or headlamp with extra batteries

Sunblock

Insect repellent

Sunglasses

Extra pair or prescription glasses if necessary

Broad-brimmed hat

Rain suit or poncho

Windbreaker or jacket

Canteen or water bottle for excursions

Small denomination bills in Peruvian Soles and US Dollars for use at the gift shops, lodge bars, laundry bills and tips. Credit cards are not accepted at Posada Amazonas.

Small daypack

Photo copies of your passport and airline tickets in a ziplock bag

Please note: Rubber boots are provided on loan, but please let us know if you take a large size (over 43 or 8.5) so that we can advise on availability.

**Luggage is hand-carried at various stages in the trip for long distance. We strongly recommend you limit your luggage weight to 15 kilograms (32 pounds).**

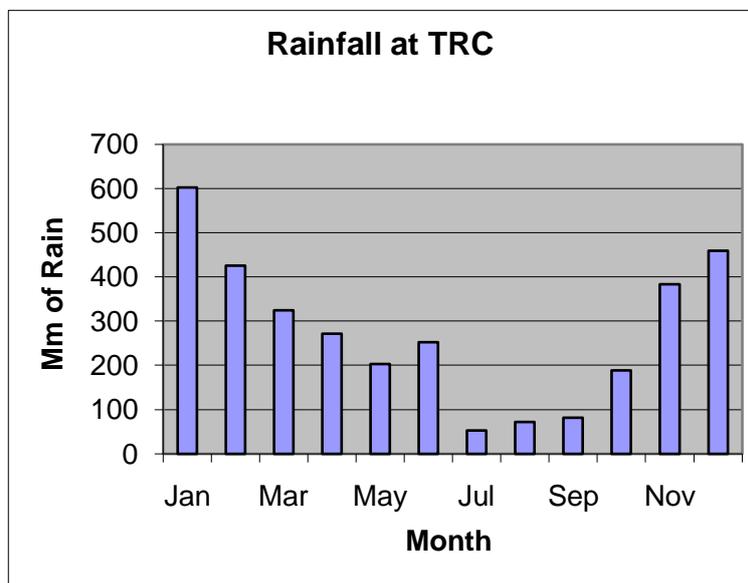
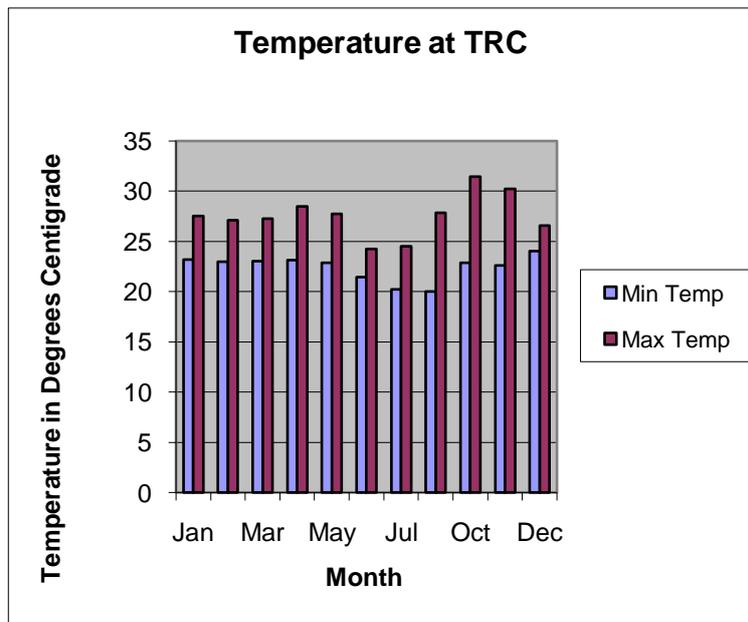
If you are visiting other destinations in Peru that require different kinds of clothing, you can always pack separate bags and safely leave them at our offices in Puerto Maldonado on the first day so we won't be carrying them around needlessly. Your bag will be waiting for you at the airport the day that you leave Tambopata.

## WEATHER

The lowland rain forests of Tambopata lie far enough south of the Equator to provide a cooler, drier winter season between May and October. The general weather conditions are warm and humid. In Tambopata the average daytime high temperature is between 78° and 93° F (24° and 31°C) and the average night-time low is between 66° and 78° F (20° and 24°C). Nevertheless, between May and September, cold fronts from Argentina can sweep into south-western Amazonia and push daytime highs down to 50° F (9° C) and the night time lows to 43° F (5° C). It is therefore recommended that during this time of year you always be prepared for cold and drizzle.

During the rainy months of November to April, always be prepared for heavy rain that can continue for hours or days. Around 80% of the annual average of 2400mm falls during this time of year.

TRC = Tambopata Research Center.





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## **HEALTH & MEDICAL CONSIDERATIONS AND EMERGENCIES**

**All participants should be in good health.** If you suffer from heart disease, high blood pressure or weight-related problems please consult your physician before travelling. As is usual in the rainforest, high temperatures and humidity are the norm. Boat journey times vary depending on the itinerary selected and many hours may be spent on the boat at a time. Boarding and departing from the boats is done by wooden planks. At the lodges, trails may be uneven, slippery and muddy and it may be necessary to cross certain parts on wooden planks. Walking times vary, so please ask your guide what to expect before setting out on an activity. It is your responsibility to provide us with accurate information in order to advise you accordingly.

### **YELLOW FEVER INOCULATIONS**

A yellow fever inoculation is recommended for travel to Tambopata.

### **LEISHMANIASIS**

Leishmaniasis is present throughout the rain forests of south-eastern Peru. It is a skin lesion caused by a protozoan transmitted by a certain kind of small biting fly. There is no vaccination against it but it is curable in every case. The selected cure, injections of pentavalent antimony (Glucantime), is uncomfortable. Leishmaniasis is also very easy to prevent by wearing long-sleeved shirts, pants, and repellent on exposed skin at all times, and sleeping under mosquito nets (these are provided at the lodges). If you are interested in receiving complete information on leishmaniasis contact us before your trip.

It should be noted, however, that no cases of Leishmaniasis have yet been reported for our tour program visitors.

### **MALARIA**

Malaria is present but extremely rare. If you wish to take medical precautions against malaria consult your physician or a specialist in tropical medicine.

### **EMERGENCIES**

In case of emergencies we have a first aid kit that is equipped to deal with most cases that may reasonably arise in the area. Our guides are prepared to deal with foreseeable emergencies (broken bones or snake bites, for example) but not complex emergencies (such as an appendicitis). For snake bites we have extractors and an anti-venom at the lodges. In case of evacuation, we need to travel by boat by to Puerto Maldonado. During the day, evacuations take about 20% less time than our regular boats. During the night, evacuations take about 30% more. In Puerto Maldonado there is access to a state clinic.

### **POWER & LIGHT**

The lodges are run mainly on propane. You can charge batteries a few hours a day in the dining rooms, 110v and 220v is available. We recommend a good small headlight or torch for reading after dark and walking around the lodge at night.

Communications are powered by solar energy and wireless internet may be available at night at some of the lodges.

Every room has kerosene lamps on the walls and candles on the night-stands. Please do



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not handle kerosene lamps and always blow out the candles before sleeping or leaving your room. Electric lighting is provided in the superior rooms at Posada Amazonas & Refugio Amazonas until 10pm along with an outlet to charge your batteries or appliances. We use electric bulbs in public areas at night.

## **COMMUNICATION**

The lodges are in daily internet, satellite phone and HF radio contact with our offices in Puerto Maldonado and Lima from where we are able to communicate by email, fax or phone with the rest of the world. When there is no internet availability, radio communication is used.

## **WATER**

We provide natural spring water 24 hours per day. Please use the water wisely. We advise you not to drink the water from the river, lake or any of the taps. Consumable water can be found throughout the lodge from many dispensers and pitchers as well as a variety of other beverages available.

All the water that the lodge provides is purified. We also suggest that you use this water to brush your teeth. Please turn off the water flow while lathering and soaping up to reduce unnecessary water usage.

## **ROOMS**

Our open and spacious rooms offer lots of natural light and fresh air while providing a safe but close contact with the forest environment. Each room is also equipped with a private bathroom (except at TRC) for your convenience. All our lodges are fitted hot water showers. Use of the mosquito netting supplied on each bed is strongly recommended to ensure your comfort and safety. We try to be as eco-friendly as possible so we request that you only change towels when really needed. After 9:30pm we kindly ask that you lower your voices to allow all guests to enjoy the sounds of the forest at night. At Posada Amazonas and Refugio Amazonas there is now the option to upgrade from the classic to the new superior rooms offering extra facilities like electric lighting and a socket to charge your electronic items until 10pm, free internet, special décor & amenities.

## **SOAP AND SHAMPOO**

According to our environmental policies, we only use biodegradable soap and shampoo which you will find in the bathroom. The soap may contain brazil nut extract, so if you are allergic to nuts, please let us know and we will provide you with a lemongrass soap. We wash the towels and bed sheets using biodegradable detergent and we clean the bathrooms with biodegradable products as well.



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## **MEALS**

Breakfast time depends on your scheduled activity but starts from 4:30am onwards. Lunch is served at 1:00pm and dinner is served at 7:00pm. Please let us know if you are vegetarian or have any special dietary needs. We do offer a special menu for children.

## **LAUNDRY**

This service is only available on sunny days. Please ask for the rate at the lodge. Clothes are hand-washed using White Swipe biodegradable soap and are sun dried in order to protect the environment.

## **SMOKING**

Smoking is allowed in the lobby and bar except at meal times. Please do not smoke in your room, the dining rooms, boats or during activities.

## **SAFES**

We ask you to keep your valuable belongings and documents in the room safe. Do not leave valuables in plain view. Equally, if you have food or sweets/candies please keep them in the safe. Do not leave them outside. This way you will avoid attracting insects and other animals. We recommend that you do not travel with expensive jewellery or other accessories if at all possible. We cannot be held responsible for any lost or missing items. Ask the lodge manager or guide to inform you about the proper use of the safety box.

## **RUBBER BOOTS**

Around the lobby you will find racks with rubber boots arranged by size. You can use these boots for our walks or outings into the forest. Please remember ALWAYS that when walking inside the lodge facilities and in order to prevent bringing mud inside, you must walk without boots or any muddy shoes. Use only sandals, socks or clean sneakers.

## **INSURANCE**

Travel and health insurance is highly recommended and is not included in your tour cost.

## **GRATUITIES**

You will find tip boxes at each of the lodges. These are for staff tips. We suggest US\$3 per person per day. To tip your guide, wait until the end of the trip, and do so personally. We suggest US\$10 per person per day for the guides.

## **GUEST'S CODE OF CONDUCT AND SECURITY RECOMMENDATIONS**

1. No smoking in the forest, or in the boats (which carry gasoline).
2. No littering.
3. Do not harass wildlife – when sighting wildlife follow your guide's instructions.



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4. No wildlife collection or manipulation, unless specifically authorized by Inrena. If you should come across hurt wildlife, leave it be. It is part of the natural process of the wilderness.
5. Please separate your trash in the proper trash bins. All non-biodegradable trash is taken to Puerto Maldonado. Please take batteries back with you.
6. Please keep it quiet. Our rooms are not sound proof and guests come to listen to the sounds of nature. If you should want to listen to music outside the bar area, please use headphones.
7. The lodges are highly flammable. Do not leave candles unattended and locate the nearest fire extinguisher.
8. Never go swimming in the Tambopata River without a guide.
9. Stay on the trails and take to the trails only with a guide. If for some reason you are separated from your guide, you can return to the lodge using your map and the trail markers.
10. Always use life jackets on the boat, and wear light shoes that are easy to take off. Never have rubber boots on when in the boats.
11. Use rubber boots when heading to the forest or gardens at night. They reduce the risk of snake and other bites.
12. When taking people photos, ask first!

### **CONDUCT SPECIFIC TO THE TAMBOPATA NATIONAL RESERVE (TAMBOPATA RESEARCH CENTER)**

1. No fishing.
2. Tambopata Research Center has the presence of Leishmaniasis (uta) – see medical considerations for a description of the disease. To prevent it you should use long pants and long sleeved shirts from dusk until dawn, at the very least, and apply insect repellent regularly.