



# Important Travel Guidelines

## **ARRIVAL & DEPARTURE**

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.

The lodge bars, shops and other services such as massages are payable by credit card only. Tips for lodge staff can be made in USD or Peruvian soles.

## **WHAT TO BRING**

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  
Light poncho  
Light windbreaker  
Sweatshirt or similar long-sleeve top  
Canteen or water bottle for excursions  
Small denomination bills in Peruvian Soles and/or US Dollars for tips.  
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 44 or US10.5) so that we can advise on availability.

Maximum luggage weight per person 15 kilograms (32 pounds). We provide smaller duffel-bags for repacking if necessary at our offices and you can leave any extra luggage in safekeeping there.

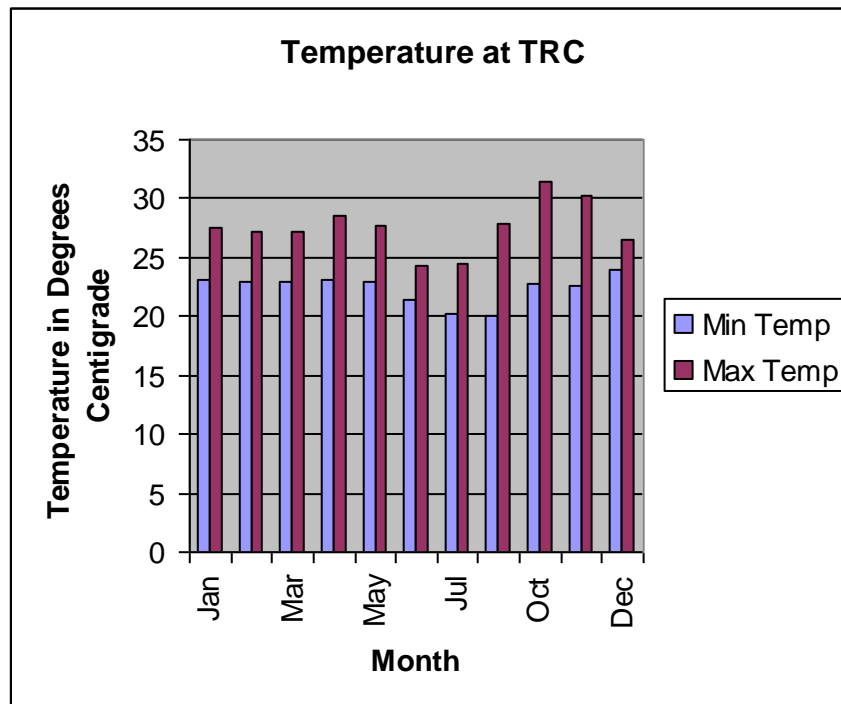


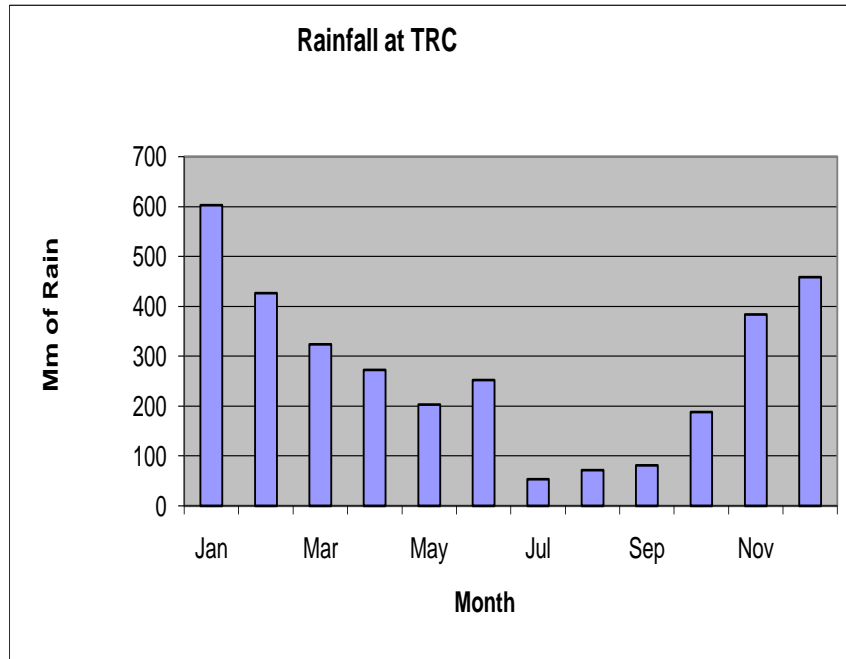
## WEATHER

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.





## **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, but not required, 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.



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## **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 all first-aid certified, which means they 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-run clinic.

## **POWER & LIGHT**

Electrical power at our lodges is run by generators that are on in the morning, around lunchtime, and at night. When you arrive at the lodge, our staff will inform you of the exact hours. Electricity is available all day in Comfort-level and above rooms at the Tambopata Research Center. Hot water is available throughout the day and there are sockets in your room where you can always recharge your devices.

Note that single-voltage 110V appliances will not work in Peru. Most devices today are multi-voltage and can work in the range from 110-220V.

Peru has an electricity supply of 220 Volts and the plug sockets look like this:



## **COMMUNICATION**

The lodges are in daily contact with our offices in Puerto Maldonado and Lima from where we are able to communicate by email or phone with the rest of the world.

Internet wi-fi is available in common lodge areas and within certain rooms types.

## **WATER**

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 for drinking is purified with an ozone treatment. 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.



# Important Travel Guidelines

## **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 and hot-water shower for your convenience. All our lodges are fitted with low-consumption on-demand gas-powered hot water showers. Use of the mosquito netting 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.

## **SOAP AND SHAMPOO**

According to our environmental policies, we only use biodegradable soap and shampoo which you will find in your bathroom. If you are allergic to nuts, please let us know to make sure any traces are not present in toiletries. We wash the towels and bed sheets using biodegradable detergent and we clean the bathrooms with biodegradable products as well.

## **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. For those guests with specific dietary requirements please ensure we are notified prior to arrival. We can accommodate most requests but need advance warning to do so.

## **LAUNDRY**

This service is only available on sunny days. Please ask for the rate at the lodge. Clothes are hand-washed using 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.



# Important Travel Guidelines

## **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 in the lodge areas.

## **INSURANCE**

Travel and health insurance are essential and are not included in your tour cost.

## **GRATUITIES**

You will find tip boxes at most of the lodges. These are for staff tips. Tipping is not compulsory. To tip your guide, wait until the end of the trip, and do so personally. Tipping guidelines we suggest are US\$10-12 per person per day for the guides and US\$5 per person per day for the lodge staff.

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

1. No smoking.
2. Please listen to the lodge staff and guides. The safety precautions need to be taken seriously, and strictly adhered to.
3. Never walk on your own outside the lodge without a guide and stay on the trails.
4. Observe animals silently and with a minimum of disturbance to their natural activities.
5. Loud talking can frighten the animals away.
6. Never attempt to attract an animal's attention. Don't imitate animal sounds, clap your hands, or throw objects.
7. Please respect your guide's judgment about proximity to animals.
8. Litter tossed on the ground can choke or poison animals and birds and is also unsightly plus environmentally unfriendly.
9. Only smoke in the designated areas.
10. 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.
11. Please separate your trash in the proper trash bins. All non-biodegradable trash is taken to Puerto Maldonado. Please take batteries back with you.
12. 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.
13. Do not leave candles unattended and locate the nearest fire extinguisher.
14. Never go swimming in the Tambopata River without a guide.
15. Always use life jackets supplied on the boat, and wear light shoes that are easy to take off. Never have rubber boots on when in the boats.



# Important Travel Guidelines

16. When taking people photos, ask first.

17. The use of drones for entertainment and unauthorised photography/filming is prohibited.

## **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.