



## Kutimunki Peru Travel Information

### Kutimunki is Peru for You

Here is some travel information so you can better plan your trip to Peru. Please [contact us](#) if you have any other questions or with suggestions on how we can improve our travel information.

#### Travel Documents

A valid passport is required to enter Peru. No visa is necessary for Australian citizens. Please bring color photocopies of your passport (photo page) since you will need these to cash traveler cheques, possibly for credit card transactions, and so you can leave your passport in the safe of your hotel. It is also a good idea to have copies of all your travel documents both with you and at home.

Upon entrance to Peru you will receive a white piece of paper (the bottom part of the form you filled out on the plane), which has the same stamp on it that you have in your passport. This small piece of paper may seem insignificant but it is **VERY IMPORTANT**. If you lose this you will have to pay a fine when leaving the country. On top of that, if you do not have this document when checking into hotels in Peru, BY LAW you are not exempt from the 19% tax and will have to pay that quantity on top of your hotel costs. For more information regarding travel documents, please visit. <http://www.go2peru.com/webapp>

#### Currency Exchange

The Nuevo Sol is divided into 100 cents. The notes in circulation are S/. 200, 100, 50, 20, and 10. There are coins of S/. 5, 2, 1, 0.50, 0.20, 0.10, 0.05. The exchange rate to the US dollar fluctuates daily. At 01/07/09 the exchange rate is S/. 3.04 per \$1.00 U.S. For daily updated rates, please visit <http://www.xe.com/ucc/>

#### Credit Cards

Visa (the most common), MasterCard, American Express, and Diners Club are widely accepted. There is the possibility of withdrawing funds at ATMs, but it is recommended that you check with your bank before leaving to determine the fees involved and daily limits.

#### Travelers Cheques

Are accepted but not everywhere (established businesses tend to accept them more readily). They will also fetch a lesser exchange rate, but are safe since you will not lose your money if they are lost or stolen. Visa, MasterCard and American Express are the most common. Kutimunki has had very good luck with American Express traveler checks since their customer service is better in Peru than Visa and MasterCard (you may find yourself waiting a long time at some banks to exchange them).

#### How Much Money to Take

This is a subjective issue since we all spend our money differently. Kutimunki suggests you take a combination of cash, traveler checks and credit cards. Your cash should be in newer crisper bills since the exchange offices will not accept old or torn bills (they will however give them to you so don't accept them as others wont). When exchanging money make sure to ask for smaller bills and coins, since you will soon find out that very few people have adequate change, if any at all. When leaving Peru change your remaining Soles to US Dollars. Ensure you have crisp, clean US\$ when leaving as some banks outside of Peru do not accept the US\$ notes with the exchange stamps commonly placed on them in Peru.

#### Shopping

You will find lots of bargains in Peru (more so in the Cusco region). From sweaters to jewelry to tapestries to ceramics, you will find great deals and great products made by local artesans. Beware of the street merchants that roam the main tourist areas. They are relentless and will learn your name and follow you and do not take no for an answer. They are the ultimate entrepreneurs!

#### Airport departure taxes

Domestic trips are about \$6.00 U.S. International (your return trip home) is about \$32.00 U.S. They must be paid in cash upon departure and both soles and US dollars are accepted.

#### Tips

If you feel that you have received a good service we would like to encourage you to tip your guides, drivers, hotel staff, restaurant waiters, etc. This will show your appreciation and recognition for their work and will further enhance the experience of future travelers. Wages in Peru are extremely low in comparison to more developed countries. Tips assist staff with furthering their education and in turn the quality of service offered.

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### Electricity

Electricity in Peru is 220 volts A.C. at 60 hertz. Electricity in the U.S. is 110 volts A.C. at 60 hertz. If you are planning to take a hair dryer or electric razor please make sure that it is designed for 220 volts. Try to find accessories that run on both voltages. Many newer electronics (digital camera chargers, iPods, laptops etc.) can run without problem at 220 volts, but make sure to read everything carefully before plugging it in. Plug adapters are required and most power points accept 2 pins

### Keeping in Touch

Before your departure it is a good idea to leave a list of contact telephone numbers with your family and friends so they can use it should they need to get hold of you. Kutimunki offers 24hr personal service to all our travelers so ensure they have our contact details. As for making phone calls from Peru back home Kutimunki suggest you purchase a calling card from an international service provider. Even better set up a SKYPE account. Please make sure you investigate the cost since it could be very expensive from your hotel. It is also possible to buy prepaid calling cards in Peru as well (from the local telephone company -Telefonica) that let you talk from a landline telephone (not a public phone). We offer direct-dial international calls from most of our hotels, so if you don't get a chance to get a calling card before leaving home you'll still be able to get hold of your friends and family with no hassle at all. There are many internet cafes in Peru and most hotels offer free internet services to their guests.

### Language

The official language of Peru is Spanish. The highland people also speak Quechua, their ancestors' language, and in Southern Peru (near the Bolivian border) you will find groups that also speak Aymara, another pre-Spanish language. You will find many people who also speak some English.

### Keeping healthy

Peru is known for its food, so make sure you are able to enjoy it all in the healthiest, cleanest ways possible. Two things to remember are that vegetables will probably agree better with you if they've been peeled (tomatoes, cucumbers) or washed in treated water, and that you need to trust your initial feeling of a restaurant. If you walk into a place that doesn't strike you as having a clean back room, stick with that feeling and look somewhere else. If it is empty there is probably a very good reason for it.

Have Imodium (or your preferred diarrhea medicine) at the ready if you are planning to take chances with street food or less-touristy restaurants. If you do come down with a case of a rumbly stomach, there are many pharmacies here that know just what to prescribe the ill traveler and the medicines are generally not too expensive. Kutimunki offers 24hr on call doctors should they be required. Call out cost approx. US\$70.

Bottled water is readily available in Peru. Where possible Kutimunki offers bottle-refill services to prevent more plastic waste. Ask your local adventure store about bottles with filters. Please do not drink tap water and be aware that sometimes the ice in your drinks is made with untreated water, so ask before you order.

### Health, Medical, Inoculations

It is a good idea to consult with your doctor about your physical condition and about any vaccines you may need for this trip. He or She will be best suited to give you these recommendations taking into account your medical history. Common vaccinations include Hepatitis, Typhoid, Tetanus, Yellow Fever (if you plan to visit the jungle) and Measles. A couple of good web sites to visit on this topic are: <http://www.who.int/ith/en/> and <http://www.cdc.gov/travel/tropsam.htm> and <https://www.tripprep.com/scripts/main/default.asp>

### Medical / Travel Insurance

Consult with your medical insurance about your coverage in Peru. Minimum travel insurance is required for all Kutimunki travelers. Make sure that emergency evacuation back home is included and that they are readily available to answer your questions and assist you.

### Personal First Aid Kit

A must for everybody. Do not forget any required medication (if you are taking any), plus a good insect repellent, your favorite sun block and lip balm. We recommend that you bring your own supply of medicine your doctor has recommended for this trip and first aid items for personal use. A good website to visit to view first aid kits is <http://www.rei.com/online/store/>. Consult with your physician on what medications you should take for your individual needs.



## Altitude

### High Altitude Medicine Guide

<http://www.high-altitude-medicine.com/AMS-medical.html>

Arequipa is 2000masl, Cusco is 3400masl, Puno is 3800masl and if driving through the Andes there are passes exceeding 4200masl. People react differently to altitude; some aren't affected at all while others suffer tremendously. It is a good idea to take it easy the first few days, drink lots of water, mate coca and rest as much as you need. You will feel better as you get adjusted to the altitude. In designing itineraries Kutimunki takes altitude into consideration and endeavors to assist you with the acclimatization process.

## Safety

You will be traveling in a developing country and there is the possibility of encountering pickpockets and other thieves. The best recommendation Kutimunki can make is for you to avoid making yourself a target to them. Please do not wear expensive and showy jewelry, do not dangle your camera or backpack from your shoulder while walking, and be aware of your surroundings at all times. Do not display money in the street. Common sense will get you a long way! Don't go it alone, try to stay with your fellow travelers.

## Weather

Be prepared for a little bit of everything. During the April to October we experience the winter in South America. Since Peru is so close to the Equator, "winter" means blue skies with little rain, warm days up to 22°C (depending on the altitude), and cold nights (possibly down to freezing). Pack accordingly, with many layers, a warm jacket, and perhaps a scarf and hat (unless you prefer to buy them here!). Rain is not usually expected during this time, but please be prepared for it just in case. This is the "HIGH" season for travel in Peru. Between October and April we experience the "wet" season in Southern Peru. We will have frequent rain showers with sunny spells in between, still great for travelling. For up to date weather information, visit: <http://www.kutimunki.com/about/weather.php> or <http://www.senamhi.gob.pe/?cboDepa=08&u=index>

**We hope this travel information helps you feel better prepared for your trip to Peru. If you have any other questions or comments, or would like to inform us of your experiences while traveling, please feel free to [email us](#) with "Travel Information" as the subject of your email.**

## Bibliography

### Recommended reading about Cusco, Machu Picchu, Incas:

Bingham, Hiram - Lost City of the Incas. New York, 1972.  
Fejos, Paul - Archaeological Explorations in the Cordillera Vilcabamba. New York, 1944.  
Gasparini, Graziano & Margolies, Louise - Inca Architecture. Bloomington, 1980.  
Hemming, John - The Conquest of the Incas. London, 1970.  
Hemming, John & Ranney, Edward - Monuments of the Incas. New York, 1982.  
Kendall, Ann - Everyday Life of the Incas. London, 1973.  
Lee, Vincent R. - Travels Amongst the Incas. Wilson, Wyoming, 1985.  
Rowe, John - The Incas. Washington, 1946.  
Savoy, Gene - Antisuyo. New York, 1970.  
Upton, Gary - At the Crossroads of the Earth and the Sky. Austin, 1981.  
Von Hagen, Victor, W. - Realm of the Incas. New York, 1957.  
Frost, Peter - Exploring Cusco. Lima, 1979.

### Kutimunki Weblinks

Brochure: <http://www.kutimunki.com/tours/brochure.pdf>  
Booking Form: <http://www.kutimunki.com/tours/bookingform.pdf>  
Hot Frog: <http://www.hotfrog.com.au/Companies/Kutimunki>  
Yellow Pages: <http://paginasamarillas.com.pe/viewMore.do?advertiselid=247116>  
DIRCETUR License: <http://www.dirceturcusco.gob.pe/dircetur/detalle.php?editar=20454422768>

### Video Links

Prom Peru Videos – Land of the Inkas: [http://www.peru.info/s\\_ftovideos.asp](http://www.peru.info/s_ftovideos.asp)  
Machu Picchu video: <http://www.youtube.com/watch?v=P2YBVIgqqc0>  
Cusco Video: <http://www.youtube.com/watch?v=xv3Ch9dBy5g>  
Ollantaytambo Video (esp): [http://www.youtube.com/watch?v=Cg0MAIOv\\_o8](http://www.youtube.com/watch?v=Cg0MAIOv_o8)  
Pisac Video (esp): <http://www.youtube.com/watch?v=bBxsfY11Ke4>  
Arwana Cancha Video (esp): <http://www.youtube.com/watch?v=4u6X571oZco>  
Cusco Anthony Bourdain <http://www.youtube.com/watch?v=ZDFEY2OMH6w>  
Lima Anthony Bourdain <http://www.youtube.com/watch?v=9JevjtIDxzU>  
Amazon – Ayahuasca Anthony Bourdain: <http://www.youtube.com/watch?v=ToLE9XdcHDI>  
Amazon – Farm+fish Anthony Bourdain: <http://www.youtube.com/watch?v=kl1xtPEtOwg>  
Cusco Market / Cuy <http://www.youtube.com/watch?v=TZjDbzROidQ>



### WHAT TO DO IN PERU

Bring Clothing for all weather conditions - <http://www.kutimunki.com/about/weather.php>  
 Wear good walking shoes – ankle support recommended  
 Bring your own medication and have it marked with your details  
 Take only registered taxis from your Hotel, Airport or Restaurant  
 Leave Valuables in Hotel safety Deposit Box  
 Arrive at Airport 3 hours before International and 1 hour before National Flights  
 Ensure Luggage is locked for all flights and buses  
 Carry a copy of your passport with you at all times  
 Have copies of your documents / credit cards / tickets etc with you and at home  
 Visa, Master and AMEX cards are accepted in most Hotels and Restaurants  
 Change money at your hotel or Bank – ask for small denominations  
 ATM's are everywhere – you can withdraw US Dollars or Soles  
 Eat well the food is delicious. Most restaurants serve Local and Western Cuisine. Ask your guide or Hotel for recommended places to eat. Try Pisco Sour – the National drink  
 Drinks without ice recommended. Tips are greatly appreciated  
 Drink bottled water – readily available with or without gas  
 Visit the Markets during the morning and barter everywhere.  
 Pedestrians give way to all traffic. Carry backpacks / handbags in front of you  
 When photographing "Locals" always ask first and then tip  
 Reconfirm all flights / tours 24 hours before scheduled departure time.  
 Yellow Fever Immunisation required by most countries - <http://www.who.int/ith/en/>  
**Travel insurance is recommended**



### WHAT NOT TO DO IN PERU

DON'T Drink the tap water  
 DON'T Take taxis from the street  
 DON'T Change money on the streets  
 DON'T Carry Valuables without need  
 DON'T Walk alone at night  
 DON'T Give money to beggars  
 DON'T accept large notes when changing money as they are not readily accepted  
 DON'T Leave personal items unattended in public places  
 DON'T Take photos of Police or Military  
 DON'T Carry packages for anyone  
 DON'T Eat street food

### MAIN ATTRACTIONS

**Lima** – City Tour, Gold, Archeological and National Museums, Pachacamac Ruins, Architecture, Food  
**Ica** – Paracas Islands, Wineries, Huacachina Dunes,  
**Nazca** – Nazca Lines, Chauchilla Cemetary, Maria Reiche Museum  
**Arequipa** – City Tour, Santa Catalina Convent, Campiña Tour, Mundo Alpaca, Colca Canyon  
**Cusco** – City + Ruins Tour, Sacred Valley, Machu Picchu, Inca Trail,  
**Puno** – Lake Titicaca, Uros, Taquile, Suasi, Sillustani Ruins  
**Puerto Maldonado** – Amazon Jungle, Manu, Tambopata.



### ADDITIONAL SERVICES

**Tour Conductor** – we can arrange for a tour escort to travel with you from arrival until departure. Our Tour Conductors are experienced and bilingual and assist you with all your needs 24 hours a day.  
**Vehicle and Driver** – we can arrange a vehicle and driver to be at your disposal 24hrs a day.  
**First Aid** – a first aid kit is carried on all transport and treks. Oxygen is carried at Altitude.  
**Doctor On Call** – we have contacts in all places visited.

**Kutimunki – Custom designing Peru for You**

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### What to Bring

Generally speaking you should pack as lightly as possible. You will certainly find plenty to fill your luggage during your visit. Most travelers to Peru carry their luggage in a backpack. We recommend your bag has carry straps as your luggage will be required to negotiate hotel, bus and railway station steps. Suitcases are not recommended. Please also keep in mind that you may be required to carry your own luggage. You will also need a day pack to carry water and a camera etc for day walks and day trips. You may also require a pack with capacity for 4 days if travelling to the Amazon Jungle or Inca trail. The sale of bottled water contributes to an enormous environmental problem around the world. A large proportion end up in limited landfill or discarded in waterways and natural environments. Bottles with filters built into the cap are lightweight and easy to use. You may also refill bottles from water dispensers provided at some of our hotels. **As an environmentally diverse country, Peru can have very diverse weather conditions.**



### Check list

Travel documents: passport, visas, travel insurance, air tickets, vouchers  
 Money: traveller's cheques/cash/credit card and money pouch  
 Any Vaccination Certificates required  
 Medication/prescriptions (it is a good idea to have a doctors letter if you are carrying a large amount of medication), travel sickness tablets if required  
 Prescription glasses and contact lens solution if required  
 First aid kit  
 Day pack to carry your personal needs  
 Comfortable walking shoes  
 Alarm clock  
 Torch/flashlight  
 Travel plug/international adapter  
 Refillable water bottle and water purification method  
 Sunscreen, Insect repellent, hat and sunglasses  
 Swimming costume  
 Lightweight travel towel  
 Ear plugs/eye mask  
 Spanish language phrase book  
 Camera, film and/or memory cards with spare batteries  
 Personal audio player with spare batteries  
 Waterproof jacket  
 We recommend the use of a neck wallet or money belt when travelling for the safe-keeping of your passport, air tickets, cash and other valuable items. Many of our hotels have safety deposit boxes, which is the most secure way of storing your valuables. Please leave your valuable jewellery at home. A lock is recommended for securing your luggage.

### Recommended for the Inca Trail:

Inner sleep sheet (for sleeping bag)  
 Sleeping bag (this can also be hired locally for approximately US\$5 per night)

### Altitude sickness

has the potential to affect all people from 2000m and higher. It is important to be aware of the normal altitude symptoms you may encounter

- Periods of sleeplessness
- Occasional loss of appetite
- Vivid, wild dreams at around 2500-3800m in altitude
- Unexpected momentary shortness of breath, day and night
- Periodic breathing that wakes you occasionally
- Your nose becomes bunged up
- Dry cough develops
- Mild headache

If you are feeling nauseous and dizzy be sure to let your tour conductor know so that they can monitor your condition. More details will be given to you at your briefing on arrival to Peru.

