

Traveler's Information Sheet

- Traveling to Peru
- Money
- Food
- Laundry
- Hotels
- Checklist
- Photography
- Weather
- Tipping Guidelines

Traveling:

1. Carry your necessities and a change of clothes in your carry-on bag. It's a long way to Cuzco. You may need to brush your teeth, shave, etc. somewhere along the way. Also, luggage does get lost (but has always arrived eventually).
2. Make sure your carry-on and checked luggage meets your airlines regulations, as to size and weight.
3. In Lima, if you have an overnight layover, you will have to retrieve your luggage and pass through customs, then re-check your luggage in the morning prior to your Cuzco flight. You will not be able to leave your luggage with the airline.
4. You can place your luggage in storage (for a fee) during your brief Lima stay, or take it to the hotel.
5. A taxi and driver will meet you at the Lima airport to take you to the hotel there.
Further details will follow.
6. We will meet you at the Cuzco airport. Look for your One Moon rep just outside the doors after you pick up your luggage.

Money:

1. You don't need to carry a lot of US dollars to exchange. The ATMs in Cuzco and Lima allow you to draw out either US dollars or *Nuevo Sols*, and have good exchange rates. We will show you the location of several ATMs (called *Cajeros* in Peru).
2. You can also change dollars into Sols and vice versa at a *Casa de Cambio*, and you can shop for the best rates. We will also point these out to you.
3. Many businesses will accept your US cash. Your US dollars will have to be bills that are in very good condition, or they may not be accepted.
4. Once we leave for the trek, there are no ATMs for several days, so take some money with you. You should do this the day before, as we leave early in the morning. There is **no ATM at Machu Picchu or Aguas Calientes**. Many places will accept credit cards.
5. On the trek, you will need to carry money to tip your Peruvian guide, cook and porters. We will discuss the recommended amounts in Cuzco.
6. In restaurants, you may tip 10-15 %, unless the tip has been included in the bill.

7. When using credit cards, you will be asked to present a copy or the original of your passport for ID.
8. There are ATMs in Cusco and Puno (Lake Titicaca). **There are no ATMs in Machu Picchu, the Sacred Valley, Chinchero, Urubamba, Ollantaytambo, or Aguas Calientes, or Reserva Amazonica.**

Food:

1. Avoid uncooked food. Especially lettuce and unpeeled vegetables. You can buy fruit and vegetables on the street, and peel it yourself. Better restaurants will wash vegetables with filtered water, and that's OK.
2. Bottled water is available everywhere. You can also get boiled water from our cook during the trek, but the bottled water is preferred. **Make sure the seal is unbroken.**
3. Try everything Peruvian, such as *Ceviche* (lemon pickled fish), *Papas rellenas* (stuffed potatoes), *trucha* (local trout), *and more.*
4. Use hand sanitizer profusely

Laundry:

- There are same- day or next day services many places, including Aguas Calientes (Machu Picchu Pueblo) at the end of the trek.

Hotels:

1. If your room is too cold, ask to rent a room heater, or *calefaccion*.
2. Please tip the staff.
3. Continental breakfast is free; just give your room number if needed.
4. You will have maid service.
5. Hot water may be limited. To protect your friendships, please keep your showers short.
6. Hotels will store your luggage during the trek. We will take everything from our rooms, and place the un-needed luggage in a locked storage area just prior to trek departure.
7. The staff will need to copy your passport for their records. Please have it available on check-in all hotels. It's ok to let them take it.
8. **Don't flush toilet paper** or anything like it. The waste can next to you is for your paper.

Checklist:

1. **Two copies of your passport**, ready to give to your One Moon trip leader on your arrival. Please don't forget!
2. **Another copy** of your passport hidden in your luggage, at home, with a friend, and one copy for when using credit cards.
3. Bug repellent
4. Sunscreen
5. Credit card info in a safe place, and phone numbers to call for lost or stolen cards.
6. Medications.
7. Pepto Bismol: You may want to try the "Pepto Plan", to prevent traveler's intestinal problems. One tablet after each meal, and another when you "feel funny inside".

Trek:

1. You will be provided with a duffel bag for the porters to carry your things. The **weight limit for this duffel is 7 kilos**, or 15 pounds. This is for your sleeping bag, extra clothes, toiletries, etc. Everything else, such as raingear and cameras, you will carry in your daypack.
2. The hotel can store your extra luggage while we are gone.
3. The Peruvian trail guide is the absolute authority on the trek. What he or she says **goes**.
4. Pack it in-pack it out.
5. There are showers at camp, but cold.
6. Don't waste food; the porters enjoy leftovers.
7. The porters sleep in the dining tent. If you stay up late, please vacate the dining tent.
8. On the last night, we tip the cook and porters. I'll guide you on this subject.
9. Be friendly to the porters and cook; learn their names, give them your extra Harvest bar. They are good natured and polite, but shy.

Photography: There are endless photo ops.

1. You should always ask permission to take a photo of a person. They will often require "un sol", or "propina" (a tip). This is may even be asked when you shoot a photo of their llama!
2. Bomb scanners will ruin your film, regardless of the protective foil film pack. Don't risk it, carry it with you, or buy and develop it there.
3. Digitals are safe from the scanners. You can have your photos downloaded to a CD in Cusco.

Weather:

1. Expect mostly sunny in Cuzco, with highs around the 60-70s, and lows in the 40s. Cold weather or heavy rain can occur. In 2004, we were even "snowed in" on a June trip.
2. On the trek, it will be warmer the first day, getting cooler as we trek along, with highs 50-70 degrees, and lows near or even below freezing. Cloudy days and rain can be expected at some point (hence the name "Cloud Forest") and snow is not unheard of at the higher passes.
3. Altitudes range from 7000 ft to over 14,000 ft, with Cuzco around 12,000. Dress accordingly for burning sun and very cool evenings.
4. Lima is at sea-level, but still not particularly warm.
5. Puno weather and altitude are similar to Cuzco.

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Tipping Guidelines, per person, treks and train :

Items **in green** are pertinent to the trek, and should be presented on the last night of the trek. You will need to have this money with you as you depart for the trek.
If you still have questions, or your situation is not mentioned, please ask your tour leader.

Inca Trail (or other treks) Guide*- \$10-20 USD, per trekker (example 10 trekkers x \$10 each = \$100)

Porters- get 30-35 Soles each (example 10 porters get 30 soles each, total from group of 8 trekkers = 300 soles divided by 8 = trekkers give 37.5 soles each) The total is then given to the Cook, who will be responsible for dividing it amongst all.

Cook – 50-65 Soles (example- 10 trekkers give 5 soles each for group total 50 soles)

Assistant guide (if needed) - each trekker gives 10 soles.

Horsemen, Caballeros (on other treks, not Inca trail)- group total 50 soles for head honcho, 30 for helpers/porters total

Guide for Train to Machu Picchu + tour - 10-15 soles

Sacred Valley tour guide- 10-15 soles per day.

Bus or van driver, please give 2-5 soles each day

Cusco half-day tour Guide- 5- 10 soles from each person.

Lake Titicaca tour guide: 10-15 soles per day

People posing for photos- One Sol for *each person in the photo*. Tipping a llama is not necessary.

Weaving Cooperative, home visit, other demonstrations- Tip 2-3 soles if you do not purchase something

Hotel workers- use your own discretion

Restaurants- 10% or 15% max, check to see if a service charge is already included on the bill

Taxis- no tip usually, only in unusual circumstances. Taxis in Cusco are 3 soles, no more exception is to the airport.

One Moon Tour Leaders- Donation to HoPe Foundation or to the Inca Porter Project.

*If the same guide is used for the Sacred Valley and trek, tips may be combined and given after the Sacred Valley tour.