



BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS

PACKING LIST FOR INCA TRAIL TREK

The Basics

- ✓ The land cost of your trip is based on sharing a double room. If you are traveling alone, we will attempt to pair you with a compatible roommate. Single accommodation is usually available for an additional charge; ask us about rates.
- ✓ You need a passport, valid for the duration of the trip. The old rule of thumb that the passport must have an expiry date no earlier than 6 months after your scheduled homeward flight from South America seems no longer to be enforced; 3 months or less seems to be the more common pattern. Check with your international air carrier for their policy on passport expiry dates. Since passport renewal can take weeks, if you must renew your passport, start this process now.
- ✓ Visas are not necessary for citizens of USA and Canada to enter Ecuador and Peru. Bolivia currently requires U.S. passport-holders to obtain a visa prior to entering the country. Citizens of Australia, New Zealand, China, India and other nations should check with the nearest Peruvian, Ecuadorian or Bolivian consulate for the current entry requirements.
- ✓ Please ensure that your travel agent has forwarded your flight itinerary to us. You must reconfirm your international reservation several days prior to your flight. Airports are extremely busy – we strongly recommend that you allow extra time for your international check-in. Plan to arrive at least three hours prior to the scheduled departure time for international flights, two hours for domestic flights. Once you have reached South America, our tour staff reconfirm onward flight times if you are on a group itinerary. If you're traveling independently, you must reconfirm your own flight times. Again, allowing 2 hours check-in time for domestic flights, and 3 hours for international flights is prudent.
- ✓ Many of the foods you customarily eat are not available in South America. Cuzco, Lima, Quito and La Paz have vegetarian restaurants, and fresh fish is commonly available. You must advise us when you book your trip of your dietary restrictions or allergies. We cannot accept strict vegetarians on our treks; however, if you do not eat meat and poultry but do eat eggs and (cow's milk) cheese, we can accept you on our trekking itineraries. Review your special dietary needs with your guide early in the tour. See our more detailed discussion of trek menus elsewhere in this booklet.

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Staying Healthy

For the most current and reliable information on inoculations and staying healthy, please contact the Center for Disease Control (CDC) in Atlanta, GA by phone or their website: www.cdc.gov/travel. Tel: 1-877-394-8747; for malaria information 1-770-488-7788. Main number: 1-404-639-3311.

Our adventurous tours in the Andes are active programs, emphasizing moderate to strenuous day hikes in mountainous terrain. While you may find yourself traveling in tour buses, speedboats, canoes, small aircraft, trains and jets, our preferred mode of travel is on foot. Being physically fit before you leave home will enable you to enjoy your trip to the fullest. Start or continue a regular program of running, swimming, cycling, or walking. Many of our passengers tell us that they would have exercised more "if only they had known" what they would be facing on their tour. While the demands of an Andean trek are far more rigorous than one of our hotel-based adventures, in every case you'll enjoy yourself more in the Andes if you are physically fit to begin with.

Verify that your health insurance policy covers outdoor activities overseas. If it does not, we require that you purchase a travel accident insurance policy. These are available from various third-party suppliers; we recommend <http://www.squaremouth.com/21872>. These travel insurance policies customarily provide reimbursement for non-refundable air and land costs if you have to cancel the trip due to personal or family illness either before or during your trip.

You will be traveling in areas where the quality of hospital facilities and medical assistance is far from ideal. The consequences of medical emergencies can be serious. Let us know now about any significant medical condition that might affect your ability to complete and enjoy the itinerary. It is only fair to us, your fellow trip members, and ultimately, to yourself, that you be candid about past or present medical problems. During the trip, the trip leader has the right to disqualify anyone at any time for being a safety hazard to the group. Refunds will not be given under such circumstances.

Have a thorough dental examination before leaving home. A loose filling that suddenly drops out in a remote area is a painful inconvenience.

Your guides will advise you on local health conditions early in your trip. Meanwhile, please note the following guidelines:

- ✓ **Purify all drinking water** Use bottled water, or iodine tablets to purify all water you use for drinking or brushing your teeth; or bring a personal water filter. Beer and sodas are safe to drink; specify drinks without ice. On our treks, we treat all camp water with iodine to purify it.
- ✓ **Stay well-hydrated** Air travel causes dehydration. Drink plenty of non-alcoholic fluids during your flight to South America -- keep additional water in your water bottle, and drink it regularly. You'll feel much better when you arrive at your destination. Carry purified water in your water bottle even while touring cities so you'll always have something safe to drink. And make a point of drinking it!

- ✓ **Be careful with food** Hot cooked food from better hotels and restaurants is generally safe. Consult your guide about uncooked foods, such as salads, fresh fruit, and dairy products like unboiled milk, ice cream, custard and cream pastries, and street vendors' food.
- ✓ **After the trip** In the unlikely event that you become ill after you return home, be sure to remind your doctor where you've traveled the previous year. This will alert him or her to possibilities not normally considered.

About the Altitude

You fly from sea level to over 11,000 ft elevation in the Andes, and may travel to over 14,000 feet. This altitude affects each person differently. How YOU will feel is difficult to predict unless you have been to altitude before. While some passengers feel no discomfort at all, or only slight lightheadedness, most notice some common symptoms of altitude sensitivity. These include shortness of breath and difficulty with breathing; headaches; nausea; sleeplessness; and loss of appetite.

To prevent altitude sickness, or to minimize its effects, we have planned your tour to allow gradual acclimatization. The most important thing you can do on reaching altitude is to drink plenty of fluids: water, fruit juices, herbal teas (but not caffeinated beverages or alcohol, which cause a net water loss). By lots of water we mean 2 quarts per day. Most hotels are pleased to serve you a refreshing cup of coca tea ("mate de coca"). This natural Andean remedy is a marvelous tonic for the altitude. In addition, you should consult with your physician about using *Diamox*, a drug which is effective in alleviating mild symptoms of altitude sickness.

Take it easy on your first day at altitude – read a book, take a nap, restrain your natural impulse to start exploring.

If you have high blood pressure or heart problems you should discuss the tour itinerary with your doctor before you confirm your tour.

Inoculations

Take your International Vaccination Certificate to your physician or to the nearest public health clinic to update your protection against **Hepatitis A, typhoid, polio, measles, and diphtheria/tetanus**. **Yellow fever** vaccination is mandatory, but seldom checked by border officials, for those traveling between Bolivia and Peru. If you fly into Puerto Maldonado, you will be asked to show proof (by a stamp in your International Vaccination Booklet) that you have a valid yellow fever vaccination. If you are flying to Brazil after your Peru tour, you must show proof of a valid Yellow Fever vaccination before being issued your boarding pass.

Prescription Medications

See your physician for prescriptions and instructions for using the following medications. Bring along adequate supplies of any other prescription drugs which you normally use.

Codeine is effective for severe pain when far from medical facilities.

Lomotil or **Imodium** are useful to alleviate symptoms of moderate gastrointestinal distress when such symptoms are extremely acute or inconvenient, as during flights or bus trips. We do not recommend its use for long periods of time.

Bactrim DS or **Septa DS** are effective against more serious gastrointestinal disorders.

Ciprofloxacin is also very effective in fighting persistent diarrhea.

Acetazolamide ("Diamox") is used prophylactically to reduce symptoms of altitude sickness.

An oral malaria suppressant, is required if you are going to the jungle. **Chloroquin ("Aralen")** is the traditional pill. Take weekly, beginning two weeks prior to your trip and continuing for 6 weeks after you return home. Recently **Mefloquine** and **Malarone** have been introduced for areas in which Chloroquin-resistant strains of mosquitoes are found (such as Puerto Maldonado). Consult your physician for indications, dosages, and side effects.

Personal First Aid Kit

Your trek staff carry a medical kit. In addition, we request that you carry certain basic supplies with you.

1 An analgesic (aspirin or Tylenol)

1 Peptobismol (liquid or tablets)

1 mild laxative

1 nasal decongestant

1 Claritin (for allergies)

1 Throat lozenges

1 Moleskin

1 Adhesive tape

3 4"x4" gauze pads

1 Triple antibiotic cream (eg.

Neosporin)

3 Band-aids

1 An elastic (Ace) bandage

Special Diets and Our Trek Menu

Breakfasts. Every morning we serve bread, margarine, jam, coffee, herbal tea and black tea, hot chocolate. In addition we offer one or more of the following: scrambled eggs, bacon, fried eggs, French toast, pancakes, hot cereals. Whole milk powder is placed on the table for those who wish it in their beverages; it is included in the French toast and pancake batter, and to enrich the hot cereal.

For trekkers allergic to cow's milk products, we will prepare a separate batch of hot cereal with no milk when hot cereal is served. On mornings the cooks serve pancakes and French toast, we can prepare eggs, but you will have to eat them either very early or after the main group has eaten, since the cooks are fully occupied in preparing and serving the main meal to the group. We pack extra eggs for passengers allergic to ingredients of our regular meals.

Lunches. Trail lunches prepared by our cooks include delicious regional specialties such as Escabeche de Pollo (Marinated chicken), Papas a la Huancaína (potatoes in a peanut/cheese sauce), potato salad with boiled eggs and olives, tuna and pasta salad. On high and cold days, we prepare soups for lunch, while on warmer days we offer sandwiches (on wheat bread) of cow's milk cheese, with some combination of ham, avocado, tomato, egg salad, tuna salad, sardines. Carrot sticks, olives, and other garnishes. Fruit. Coca tea. Plus a snack pack for the trail which includes milk chocolate, hard candies, dried fruit, nuts.

Dinners. We plan our dinners for omnivores. Each dinner starts with a substantial soup in which the only meat products are bouillon cubes (beef or chicken) as a base. Cream soups include powdered milk. The main course includes meat or chicken, potatoes/rice/noodles, cooked veggies. Vegetarians are usually content with a couple of bowls of soup plus the meatless portion of the main course supplemented by cheese slices. Those who object to eating soups flavored with bouillon cubes must bring food supplements for each trek night dinner.

Desserts frequently include milk products (puddings, sauces etc).

Those allergic to eggs or wheat bread will have to bring food supplements for most meals.

In all cases, you must advise Andean Treks of the dietary restriction, so that the guide and cook can plan ahead as well as from day to day on trek to ensure your needs are met. There are limits to our field staff's ability to cater to individuals while maintaining our service standards for the majority of trekkers. Strict vegetarians cannot be accommodated in a mixed group.

Climate and Seasons

You can tour year-round in the Andes. Each season offers distinct benefits and drawbacks. Andean winter (North American summer) is the peak tourist season, when there are many more trekkers and ordinary tourists than at other times of the year. If you're trying to decide when to go, consider as well what season at home you'd most like to avoid. The "best" time for a trip is often a balance between the push of local climate and the pull of your destination climate. Embrace compromise!

The South American summer (December to March) is a time of intense sun, intermittent rainshowers, relatively mild nights, and muddy trails. Summertime mountainsides are a vivid green, with wildflowers and orchids in bloom. From June to August, the Andean winter promises generally clear, sunny conditions, very cold nights, and dry trails. Spring and

autumn are transitions between these extremes. In the Andean winter you see more of the mountains, but fewer wildflowers and less agricultural activity. Andean farmers plant their fields from September through November, and harvest in April and May.

Temperatures vary far more with altitude than with seasonal changes. Cuzco, Quito and La Paz are warm and sunny during the days (you'll feel much warmer in direct sun and cooler inside buildings or under cloudy skies). Temperatures descend at night to near freezing in the Andean winter months. The following climate tables offer a rough guide to customary weather patterns. At any time of the year, the weather can change dramatically and abruptly, so the prudent traveler always keeps handy an extra layer of clothing, including rain gear.

Temperature and Precipitation in Cuzco:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Ave Max	66	66	67	68	67	67	67	68	68	70	69	69
Ave Min	44	44	44	41	37	34	34	34	39	42	43	43
Net Days	12	11	10	6	4	3	4	3	2	2	1	5

Temperature and Precipitation in Lima:

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
Ave Max	77	79	79	75	66	63	63	63	63	66	68	73
Ave Min	66	68	66	65	61	59	57	56	56	57	61	63
Net Days	0	0	0	0	1	1	1	2	1	0	0	0

What to Bring

Apart from climatic extremes, you must plan your clothing for cultural extremes ranging from reasonably civilized city dining to knocking about on muddy trails and clambering on Inca ruins. You'll find the equipment we recommend here sufficient for a comfortable and casual trip. If you want a splashy evening in one of the fancier restaurants in the capital city, add a few dressier clothes, or keep one set of casual clothes looking clean. While most hotels offer overnight dry cleaning service, prices are shockingly high. Getting some laundry done during your trip for reasonable rates (for example, by taking advantage of wet-laundry services in major cities) takes a bit of planning, but is do-able. Your guide can suggest how to accomplish this and recover the clothes you've left at the laundry.

The following list includes clothes suitable for both trekking and touring. In light of the sermon above, regard the list as quite possibly exceeding your simplest needs. There are portions of your tour where porters and bellhops are few and far between, leaving the job of schlepping your gear to the person who packed the bag. Pack accordingly.

If you're planning to visit the Amazon basin for a few days before, during or after your highland travels, you won't need all of your gear. You'll be more comfortable taking only the items marked below with an **A**.

- Comfortable city walking shoes. (Sneakers are best for the Amazon)
- A sturdy lightweight hiking boot New Balance, Asolo, Nike, Merrill and many other manufacturers compete with a bewildering range of styles. Spend some time searching for a best fit if you're shopping for a new pair. Since you're carrying only a daypack, low-cut boots are sufficient for most of our travelers. If you buy new boots, soften them up by hiking in them several times before you travel. If your boots are relatively new, you are at risk of developing blisters. Pay close attention to your feet – take your boots and socks off at each rest stop, and look for tender areas. Apply moleskin or adhesive tape before a blister develops.
- A** Sneakers for around camp
- A** Several changes of underwear and T-shirts.
- A** 4-5 pair heavy wool socks (we love our Smartwool hiking socks). Many passengers pack liner socks.
- A** Hiking pants. Supplex nylon garments are rugged and lightweight, perfect for rain forest and highlands, with the wonderful advantage that they dry quickly. Convertible pants which serve double duty as shorts are useful in these environments where you encounter major changes in temperature over the course of a day – that is to say, all of our treks and most of our tours. Taking into account current weight restrictions on Inca Trail treks, we suggest basic needs are reduced to two pair – an everyday pair, and a clean pair for camp use.
- A** 2 long-sleeved cotton shirts, 1 short-sleeved shirt.
- A** Swim suit.
- A** Hiking shorts.
- A** A Polarfleece jacket.
- A** Wide-brim sun hat. A baseball cap is minimally adequate, but you'll have more protection from the tropical sun with a hat with a full brim.
- Wind-proof shell, or light parka. A down-filled parka works best in cold, dry conditions. Since on most Andean tours you'll encounter some rain, we recommend a parka with synthetic insulation (eg. Thinsulite). If you don't have one, we suggest you bring an extra Polarfleece warming layer. When the temperature drops below freezing, you should be comfortable with two warm layers under a wind-proof/waterproof outer shell.

- A** Good quality rain pants and jacket. Breathable fabric such as Goretex and its many imitators has come a long way from the early days when it was rarely as water-resistant as the manufacturer and your retailer claimed. These days, breathable-fabric garments from top manufacturers justify the astonishing prices. Be sure the seams are sealed. Test your raingear in the shower before you leave home. If you don't stay dry here, you won't stay dry there.

If You're Joining a trek:

- Balaclava hat, or ski hat.
- Long underwear, tops and bottoms, made of synthetic, non-absorbent material (Capilene is good; Duofold is bad). It's cold at night in our high camps: a good strategy on arrival into camp is to change out of your hiking set and change into clean camp clothes, starting with a full-length base layer.
- Gloves. We frequently wear fingerless gloves on cold mornings and evenings in camp. For high altitude treks (eg. Vilcanota Llama Trek) bring winter-weight gloves.
- A sleeping bag (warmest is a mummy-style bag with drawstring), designed to keep you cozy on a frosty 0° F. night. Most "three-season" bags are sold with a rating down to 20°F; our experience is that these bags are not sufficient to keep you warm on our typical treks. If you are unsure if your bag is suitable, you can rent one of our winter-weight bags. Please request a bag as early as possible, as we can only guarantee availability for those who have pre-paid the rental fee. We provide a sheet liner with each of our winter-weight mummy-style rental bags, and launder the liner between each rental.
- A stuff sack. Put a plastic garbage bag **inside** the stuff sack as extra insurance to keep your sleeping bag dry.
- We supply you with a full-length 1" thick Thermarest sleeping pad.
- Hand Towel

General Equipment (for trekking and touring)

- A** A spacious day pack. During the day you carry rain gear, camera, water bottle, snacks, sun-screen, and anything else you need. Everything else is carried by porters or pack animals.
- Large duffel or wheeled suitcase, lockable for general travel. For the trek, we supply you with a heavy duty duffel, while your city clothes are safely stored in the hotel in your locked luggage. For duffel weight limits on specific treks, see the detailed itinerary.
- Mid-sized roll-up duffel, for short trips. This third piece forms an essential part of your packing strategy on many of our itineraries. For example, if you're going to an Amazon lodge,

leave your main gear in storage in the lodge office at the gateway access town, and pack only what you need in your day-pack and mid-sized duffel. A similar strategy applies to an overnight trip to Machu Picchu, where the train company restricts carry-on luggage. This third piece is an invaluable asset for bringing home souvenir purchases at the end of your trip.

- Small padlocks for your luggage. While you're supposed to leave your luggage unlocked for check-in at U.S. airports, once in South America lock everything when you travel.
- A** Water bottle. A 1-liter, wide-mouthed type is best; "Nalgene" is an excellent brand. If you prefer to avoid the controversy over hard plastic bottles, bring a stainless steel bottle. *Make sure the bottle is leakproof before you leave home.* Adequate hydration is essential for staying healthy.
- A** Headlamp or flashlight with extra alkaline batteries and spare bulb.
- A** Sunscreen. The high altitude sun is strong and exposure frequent, so even if you don't usually burn you need a sun cream with Sun Protection Factor 15.
- A** Sun-blocking lip cream. Chapstick 15, A-Fil, Labisan etc. Essential.
- A** Dark conventional sunglasses with good UV and infrared protection.
- A** Spare prescription glasses for eyeglass wearers. Contact lenses can be worn successfully; be sure to bring a sufficient supply of solutions, including in-the-eye lubricants.
- A** Eyeglass straps if you are going whitewater rafting.
- A** Camera. You can recharge digital camera batteries in your hotel by borrowing a voltage converter from hotel reception. Photo shops in the major tourist centres can download your photos and burn them onto discs to free up memory.
- A** A digital watch with an alarm and a black plastic strap is good. If it's water-resistant, even better.
- A** Toilet articles. We suggest toothbrush and paste, shampoo, biodegradable soap in plastic container, nailbrush, small mirror, comb or brush, small packs of Kleenex, Wash 'n Dries, Q-tips, moisture lotion, razor, shave cream etc. Be sure all containers are sturdy and close securely. Women's menstrual cycles can be erratic when travelling; bring an adequate supply of tampons, panty liners, etc. Please avoid plastic tampon applicators.
- A** Money belt or neck pouch
- A** Lots of spare plastic bags for organizing laundry, film, odds and ends.
- A** Insect repellent

Optional Items

- Pocket knife. A Swiss Army type is ideal. Put this in your checked luggage when flying.
- Snacks and energy food.
- Sewing kit (needles, thread, spare buttons).
- One roll of soft toilet paper (local stuff is not soft).
- Paperback books. There is plenty of time to read during the tour.
- A** Lightweight binoculars
- Your favorite liqueur or cognac contributes elegance at the end of a hard day of trekking.
- Petty Cash – extra local currency in small denominations. It's a challenge to keep small bills, since all the exchange shops want to give you only large denomination bills. Try to get some small bills each time you change money.

Packing Tips

Use your mid-sized collapsible carry-on bag as carry-on luggage, and bring on the flight your money and personal documents, hiking footwear, rain gear, toilet kit, personal medications, and camera. Airlines restrict carry-on luggage to the space available under the seat ahead of you or in the overhead bins. If your basic travel kit overflows these limitations, wear bulky items onto the plane.

Check your other piece of luggage (including your day-pack) from your original departure point through to Lima or La Paz. If it is mislaid en route it will be forwarded eventually, where our staff can rescue it and deliver it to you. Be sure all your luggage bears a sturdy label with your name and home address.

Pack your carry-on luggage as if you know in advance the airline will delay delivery of your main luggage.

Weight Restriction on the trek: We include portage for up to 10 kg (22 lb.) of personal gear. If your packed duffel exceeds 10 kg. in weight (including sleeping bag and pad) at the trailhead, you will have to transfer excess items from your duffel to your daypack.

Money and Documents

Prior to arrival in Peru, you must fill out a tourist embarkation card. Keep your copy safely in your passport, and surrender it to immigration officials when you leave the country. You are required to show your passport at immigration. At other times documents, plane tickets, and

other valuables may be stored in the hotel safe or safety deposit box. Do not leave them loose in your hotel room.

You will need to bring your passport on the Inca Trail to Machu Picchu and in general around Machu Picchu; for policy on other treks, consult your guide or ITTA office personnel. While in cities, carry a photocopy of the personal information page of your passport, as convenient identification at all times.

Be cautious with your belongings; pickpockets are common in the more congested urban areas, especially in markets and train stations. Use a money belt or neck pouch to defend your valuables against theft.

Bring a list of serial numbers of documents, travelers' checks, camera gear and other valuables in case you lose anything and need to make an insurance claim. Keep this list separate from the valuables in question.

Beside travelers' checks, bring some cash in US\$20's. Convert all other currency to US\$ funds prior to departure, since you will have some difficulty exchanging anything but US\$ cash and checks in South America. VISA, MasterCard, American Express and Diner's Club cards are widely accepted. AmEx gives you the most favorable exchange rate on your purchases. All but a handful of card suppliers surcharge 2-3% over the cash value of the charge for "out-of-country transaction fees". If you intend to make major purchases on credit cards, it may be in your interest to obtain a credit card which does not charge these extra fees.

It is possible to obtain cash from ATM machines in major cities. Indeed, this is often the most convenient way to obtain local currency. Keep in mind:

- ATM machines typically represent either Visa or MasterCard but not both; so you'll have to match the logo on your card with the logo on the machine.
- You need a Personal Identification Number (PIN) prior to your departure. You already have one on your ATM (debit) card but may not have one on your credit card. Bring a PIN-activated card.
- Your home bank typically charges \$5.00 or more for each cash withdrawal, in addition to the 3% out-of-country transaction fees.

Your prepaid land services usually exclude lunches and dinners during city days, to allow for individual preference in dining. An estimate of the cost of additional meals is included in the detailed itinerary.

You must also pay departure taxes in most airports on the tourist circuit. Cuzco, Iquitos and Puerto Maldonado: \$5; Lima \$6.50 (domestic flights) \$31 (international departures), Quito and Guayaquil: \$30 (international departures). These amounts may vary, but rarely disappear. Some international tickets include the departure tax in the prepaid taxes and fees portion of the ticket. You'll have to talk to your airline to decipher exactly what you have prepaid in these fees identified by various codes on your ticket.

Your guides and tour staff gratefully and graciously accept monetary contributions in appreciation of their efforts on your behalf. Estimate 4-6% of the land cost for all tips. See the following section.

Souvenirs are available, ranging in price from literally pennies to hundreds or even thousands of dollars for rare art objects. It is illegal to take home pre-Columbian artifacts from the Andean countries, but if you are interested in fine indigenous art, traditional textiles of excellent quality are available and legal. Modest examples can be purchased for less than \$50. Other best buys include alpaca sweaters, tapestries and fur rugs, and silver and gold jewelry.

Throughout South America you will see offered for sale items of historic or cultural importance (old paintings, pre-Columbian artifacts) or made from endangered animals and birds. To reduce the cultural and/or ecological destruction, many countries have made the export and import of such items illegal. Wildlife products made from or containing ivory, furs, coral, tortoise shell, reptile skins, feathers or plants may be illegal to bring back home, and certainly endanger the survival of many endangered species in South America. **Think before you buy!**

Currency exchange regulations change from time to time, so consult your guide about prevailing regulations. In 2008, it is legal to exchange dollars on the street in Bolivia and Peru. This situation could easily change. Whenever a country attempts to restrict the exchange of local currency for dollars, a black market inevitably springs up. You may be approached by individuals offering lucrative rates for an illegal street transaction, but all too often you are merely being set up for a shakedown by plainclothes police who regard this sort of ploy as their share of your holiday expenses. Even at legal rates of exchange you will find your purchases remarkably inexpensive. We suggest you change money only at authorized establishments.

Tippling Guidelines

Service personnel working in tourism expect to receive tips, as do waiters in restaurants at home. Some tips are included in the prepaid cost of the tour: baggage handling at airports, hotels, and train stations, for example. Outside these situations, a relatively modest contribution from you means a great deal to the recipient.

A tip in cash is neither insulting nor demeaning; rather, it says quite effectively that you appreciate the care that person has taken in your interest.

The following is a typical per-day tip:

Guide	\$3.00-\$6.00
Assistant guide	\$2.00-\$4.00
Cook	\$2.00-\$4.00
Assistant cook	\$1.00-\$2.00
Porters	\$3.00-\$6.00 (pooled and divided equally)
Driver(s)	\$1.00-\$4.00

When you dine on your own, a 10% service charge plus a government tax of from 3-19% are added into the bill. It is customary to leave an additional 3-5% for service, more if the service was exceptional.

An overseas trip is an opportunity to pass on some of your old clothes to people who can really use them. Take a few minutes when you are packing to include practical items which have outstayed their welcome in your closet. Your guide can advise you on appropriate protocol for giving the clothes away. The more you leave in South America, the less you have to haul back home in competition with all those souvenirs.

Personal Hygiene on Trek

Our camp equipment includes a toilet tent, which provides you with privacy, if not comfort, for a wilderness-style latrine. We ask that along the trail you collect your used toilet paper - do not leave it behind. The bag that contains your trail snacks is a handy container for bits of refuse that you can deposit in a garbage receptacle when you reach camp.

When using streams for bathing, out of respect for the local people you should wear a bathing suit. Hot wash water is provided each morning, at the end of the trekking day and before meals. Wash your hands thoroughly with disinfectant soap before you eat and after you go to the toilet. It's one of the most effective ways of ensuring that you and everyone else in camp stays healthy.

Enjoying Cuzco

Everything in Cuzco is located within a few blocks of the Plaza de Armas. Restaurant Tunupa, next to the Cross Keys Club, is our favorite for a fun evening out (extensive buffet, safe salads, superior musical entertainment). The Inca Grill (Portal de Panes 115) and the Andes Grill (Portal de Panes 143, 2nd floor) are good choices; the latter features the tasty "Coca Sour" variant on the ubiquitous Pisco Sour, flavored with coca leaves steeped in the pisco. At the corner of Palacios and Triunfo (close to the Hotel Monasterio) is a complex of shops and restaurants including A Mi Manera and La Ciciolina; the latter in particular is excellent but always crowded - phone ahead for reservations. The Café MAP, in the courtyard of the Museo de Arte Precolombino on Plaza Nazarenas, has a gourmet restaurant. La Mamma, El Truco, El Tumi, La Roma, El Paititi all offer good food, and most have folklore music shows. Good restaurants come and go; ask your guide about recently opened ones. Chez Maggi's for pizza. Vegetarian restaurant Govinda is on Espaderos St. Asian food, good coffee and pastries are at Al Grano, Santa Catalina Ancha 398 - highly recommended. Best traditional Pisco Sour is in the bar of the Hotel Libertador.

Night life consists of the folklore music shows, followed by discotheques, followed by after-hours bars. Andean folk-dances are offered each evening at 6.30 at Harawi, San Juan de

Dios 285. Cuzco's only semi-authentic English pub, the Cross-Keys Club, is on the Plaza de Armas, in a 2nd floor location opposite the cathedral. Travelers enjoy good music, in a friendly ambience. The entrance is a flight of steep stone stairs leading up from under the arcade. There are two Irish pubs – Rosie O’Grady’s, on Santa Catalina Ancha, and Paddy O’Flaherty’s, Triunfo 124 by the Cathedral.

You may find fascinating jewelry designs inspired by pre-Columbian designs at Carlos Chaquira’s jewelry store at Triunfo 375, close to the cathedral. Galeria Latina (San Agustin 427) has an interesting selection of merchandise. You’ll find a cluster of high-quality shops on the Plaza Nazarenas, in front of the Hotel Monasterio.

Cuzco and all the towns along the beaten path have abundant internet cafes. Surfing the web and sending email becomes less of a problem once you adapt to the challenges of the Spanish-language keyboard. The @ symbol varies from keyboard to keyboard – ask for help! More and more travelers are bringing their own laptops to download their photos and to facilitate keeping in touch with home. Most hotels have wireless routers – ask at reception about access.

We recommend the Museo de Arte Precolombino, on the Plaza Nazarenas. It’s a privately-owned collection of fine pieces. This Museum is not on the Cuzco multi-site ticket but is worth a visit. There is a gourmet restaurant in the patio of this handsome mansion.

We warmly recommend the Cuzco Traditional Textiles Centre, Avenida Pardo 603, just downhill from the Koricancha Park. This cooperative offers a museum of weaving, plus live weaving demonstrations and an unmatched collection of fine weavings for sale.

Cuzco has recently experienced an increase in taxi muggings. Always take a licensed taxi (one that has a taxi firm sign on the roof, not just a decal on the window or loose on the dashboard). Better yet, have the hotel or restaurant staff telephone one of the taxi firms to send a car:

Okarina 247-080

Alo Cusco 222-222

If you are traveling alone in a taxi, lock the doors, and don’t allow the driver to pick up any other passengers.

Preliminary Reading

One of the most enjoyable elements of exotic foreign travel is the pre-trip fantasizing. These books should help you to flesh out your fantasies with lots of worthwhile information. Their bibliographies will lead you further in your reading if you wish. The best source for ordering these books is the **South American Explorers**, 126 Indian Creek road, Ithaca NY 14850, tel. 800- 274-0568 or (607) 277-0488. www.samexplo.org. We also recommend Longitude, 115 West 30th Street, Ste 1206, New York 10001, 800-342-2164. Amazon.com has many titles as well.

Ronald Wright's **Cutstones and Crossroads** (Penguin) is a sensitive introduction to contemporary Peru. Written by an archeologist, it emphasizes cultural aspects of your travels.

His more recent publication, **Stolen Continents**, offers a perspective of the devastating impact of the European arrival from the point of view of the indigenous groups most impacted. Both out of print but worth the hunt. Wright's **Quechua Phrasebook**, published by Lonely Planet and still in print, is a handy vest-pocket-sized source that will be useful if you wish to progress beyond *allillanchu* and *sikita muchay* with your trekking staff.

While Wright's books are out of print and hard to find, we highly recommend a contemporary account - Hugh Thomson's **The White Rock: An Exploration of the Inca Heartland**. It's a funny but substantive introduction to trekking and the fascination of Inca ruins in the southern Peruvian Andes.

The best popular history of the traumatic confrontation between old world and new is John Hemming's **Conquest of the Incas** (Macmillan). His gripping narrative brings to life the battles and the personalities. His other books, **Machu Picchu** (Newsweek) and **Monuments of the Incas** (Little Brown) are also excellent.

Hiram Bingham's **The Lost City of the Incas** (Atheneum) contains a moving account of the discovery of Machu Picchu. With Bingham's academic conclusions long since discounted, the book has come to be regarded as a curious example of revisionist history.

Orin Starn's **The Peru Reader: History, Culture, Politics**, (1995) is a collection of essays by a variety of authors, journalists, poets, and academics. It covers archeology, history, and contemporary culture, and reveals the complexity and continuity of the Peruvian cultural tradition. Starn has done a superlative job in bringing together viewpoints that you'd otherwise easily overlook.

Peter McFarren is an insightful journalist and intrepid explorer based in Bolivia. His **An Insider's Guide to Bolivia** is one of the best introductions to travel in this bewitching but challenging land.

Few authors capture the flavor of the Peruvian Amazon frontier better than Peter Matthiessen in his novel **At Play in the Fields of the Lord**. Available in paperback. **The Cloud Forest**, reprinted in paperback, is a (regional) travel classic.

Wizard of the Upper Amazon, by Bruce Lamb (North Atlantic Books) is a reprint of the intriguing tale of Manuel Cordova-Rios, a Peruvian white who lived with a tribe of jungle Indians at the turn of the century, and was taught their extraordinary knowledge of plant life.

Those who fancy a spot of Amazon bushwhacking will enjoy Redmond O'Hanlon's **In Trouble Again**. His experiences in deepest Venezuela are easily extrapolated (at least in one's imagination) to the nether parts of the Peruvian Amazon.

Dr. Johan Reinhard's pamphlet on **The Nazca Lines**, chock full of fascinating photos, is a healthy and stimulating riposte to the Shirley MacLean school of Andean cultural history. Machu Picchu: The Sacred Center further develops Reinhard's themes on sacred geography and the Andean world view.

At \$48, J.S. Dunning's **South American Land Birds** is not for casual travelers. This photographic catalog will prove invaluable if you appreciate a more systematic approach to all the birds you will see.

Another intriguing wildlife book dealing with all of the Andes is **The Flight of the Condor**, by Michael Andrews (Little, Brown). A companion to the popular nature series telecast on PBS, the book is full of curious and endearing facts about rare Andean plants, birds and animals. Out of print but worth keeping your eye open when browsing in second hand book stores. Does anybody browse in second hand bookstores anymore?

Mario Vargas Llosa is contemporary Peru's foremost novelist. Most of his books are available in English translations. **The City and the Jackals** (La Ciudad y los Perros) is a good starting point, offering useful insights into Lima society. **The Real Life of Alejandro Mayta** is also a compelling read.