



BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS

PACKING LIST FOR PERU BIKE TOURS

DOCUMENTS:

- ___ PASSPORT - Please Be sure does it does not expire within 6 months of completion of your trip! Make 2 photocopies of your passport and any other valuable documents you might carry with you on the tour. Travel with one copy stored in a separate place from your passport. Leave the other copy at home with a relative or friend (ideally the same person you gave as your emergency contact). In the event that any of your documents are lost or stolen, this will greatly assist the process of replacement.
- ___ Pouch for carrying passport and money around your neck or on a belt

CLOTHING:

- ___ Traveling clothes to Peru - can be left in a small duffel Cuzco, we return to the same hotel at the end of the tour, ID tag on duffel bag
- ___ Sun hat - bike hat, visor or baseball cap
- ___ Wool or synthetic ski hat - thin enough to fit under bike helmet
- ___ Bike jerseys - 2, bright colors for visibility
- ___ Short sleeved t-shirts - 4 quick drying synthetic, for hiking/biking
- ___ Long-sleeved shirt - quick drying synthetic, for evenings
- ___ Long-sleeved t-neck or bike jersey - 2, mid-weight synthetic for layering
- ___ Pile shirt or wool sweater - windproof pile works great
- ___ Warm jacket - down is light and can pack small into a stuff sack
- ___ Underwear, sports bras
- ___ Bike shorts - 2 padded lycra cycling shorts to prevent chafing
- ___ Bike tights or long underwear - synthetic, for sleeping on cold nights and cold descents on the bike
- ___ Long pants - 2 quick drying synthetic, zip-off leg convertible pants double as shorts
- ___ Shorts for hiking - quick drying synthetic, or zip-off the legs of your convertible pants
- ___ Pile pants - optional
- ___ Rain suit - **BOTH JACKET W/ HOOD & PANTS**, Gore-Tex recommended, good wind-proofing for riding, hood keeps you drier and warmer
- ___ Socks - 2-3 pr ea. cycling & walking
- ___ Comfortable shoes for walking/hiking - good fit & support for walking, avoid using toe clips & straps with heavily lugged shoes
- ___ Bike shoes - **STRONGLY RECOMMENDED** to increase pedaling efficiency & reduce foot fatigue
- ___ Long finger gloves - windproof, size to fit over bike gloves, for cold descents

PERSONAL ITEMS:

(Note: electrical items must have 220V capacity & bring a 2 round-prong EU-style plug

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adapter)

___ Toilet kit - buy travel-size samples of your regular items, feminine hygiene products (cycles may be erratic at high altitude), Ziploc bag your lotions to prevent spills

___ Altitude medications - Please bring the altitude medications we recommend, because if you really need them, you will have them with you on the tour. Also, they may NOT be available in Peru!

NOTE ON PRESCRIPTION MEDICATIONS: Keep all prescription medications in their original, labeled containers.

___ Personal first aid kit: Cipro for traveler's diarrhea, anti-inflammatory, anti-diarrhea, anti-acid, anti-biotic cream, antihistamine / decongestant tablets, throat lozenges, Vaseline, hydrocortisone cream, eye drops, sm. aloe vera gel for sunburn, band-aids, 1" white athletic tape, second skin &/or a sm. roll of duct tape for blisters

___ Waterless hand sanitizer - two 2 oz. bottles, clean hands will keep you healthy!

___ "Babywipe" towelettes - for easy clean up, 6-10 towelettes 1 night at Taquile Island – no showers

___ Small quick-dry towel or large bandanna for hot springs

___ Sunscreen & lipscreen - SPF 30, sweat proof so it will not run in your eyes

___ Insect repellent - small bottle

___ Small flashlight with extra batteries - small LED headlamps are best

___ Small travel alarm clock - for early morning wake-up in hotels

___ Portable laundry kit all packed in a 1 qt. ziploc bag - seal 1 cup powdered laundry detergent in a 1 qt. ziploc bag, add 8-10 clothes pins & 25 feet of light nylon cord for clothes line

___ Plastic laundry bag - for dirty laundry / damp swimsuit

___ Foam ear plugs - 2 pr. HIGHLY RECOMMENDED for sound sleep in noisy conditions

___ Small roll of TP & 4 sm. ziploc bags (for used paper), pack all in 1 qt. ziploc bag

___ Extra Ziploc bags of assorted sizes

___ 2 light weight collapsible trekking poles - optional, great for saving your knees, especially on descents, 2 poles work MUCH better than one - really!

OPTIONAL PERSONAL GEAR:

___ Camera - new batteries & plenty of spare batteries, lots of film / media cards, lens cleaner, lens tissue, lens brush, mini table-top tripod & clean toothbrush to remove grit

___ Portable digital photo storage hard drive - reuse same media card, shoot larger files, less expensive than buying extra media cards

___ Binoculars, book, journal, pocketknife (make sure to pack in checked bag for airport security)

___ Energy bars - bring favorites from home, daily snacks are provided on the ride

ESSENTIAL BIKE GEAR:

___ **BIKE HELMET** - all riders must wear them, check old helmets for cracks & replace!

___ **SUNGLASSES** - a MUST for eye protection, bring a spare pair

___ **BIKE GLOVES** - a MUST to protect your hands from nerve damage while riding & abrasion if you fall, short or long fingered

___ **WATER BOTTLE** - or Camelbak-style hydration system with spare mouthpiece

___ **SMALL DAYPACK OR FANNY PACK** - for rain gear, camera & snack while riding

OPTIONAL BICYCLE GEAR:

___ Rearview mirror - to fit on helmet, glasses or handlebars

___ Your own personal bike seat (ONLY THE SEAT WITHOUT THE SEAT POST ATTACHED)

___ Padded seat cover

___ Toe clips & straps (rental bikes have flat pedals without toe clips & straps)

___ Clipless pedals & your own bike shoes with cleats installed

IF YOU BRING YOUR OWN BIKE: YOUR BIKE MUST BE IN GOOD REPAIR! Have it checked by a qualified shop and all worn parts replaced. **INSTALL NEW TIRES & NEW TUBES!** We only carry tools for minor adjustments & parts may be hard to find. We suggest arriving at least one day before the tour in case of baggage delay. You will have time to build up, test ride and adjust your bike.

___ Road, hybrid or mountain bike - **NEW 28-35c road tires**, triple front chain rings suggested, 26T x 32T low gear recommended for the hills & altitude

___ Pad & pack bike securely in a bike case (with help from your local bike shop if it is your first time), you can pack clothing & shoes in the case along with the bike, bike case can be left in Cuzco during tour

___ Rear carrier with a rear bag or pannier, handlebar bag or small daypack to carry snacks, rain gear, camera and sunscreen as needed during the day

___ 2 spare inner tubes to fit your tire & wheel size

___ Bike tools to build up your bike

___ Small rag for cleaning bike parts & chain

___ Sm. tire pump & patch kit

BAGS & PACKS:

___ Daypack - for day hikes to carry extra clothing, camera & water; use this as your carryon bag on your flight for your irreplaceable items, prescription meds and enough clothing for a day or two in case of baggage delay

___ Wheeled suitcase - for clothing & personal items, keep it small to fit in the support van

___ 1-3 Duffel bags - 1 small duffel for packing one night's clothing & toiletries to be taken to Machu Picchu (NOTE: you will hike to Machu Picchu with only a light day pack while your over night duffel will be sent on to the hotel, couples might choose to share a duffel); 1 small duffel for leaving travel clothing & purchased items in Cuzco until your return; NOTE: pack unused duffels inside each other to save space traveling to Peru

___ Fanny pack, handle bar bag, rear carrier bike bag or small daypack/hydration pack - big enough to carry raingear, sweater, camera and snack while biking (you could use your Daypack for this)

___ Identification tags for each bag or pack with your name, address & phone

PACKING & TRAVEL INFORMATION

TRAVEL SUGGESTIONS:

See [TSA Security Regulations](#) for procedures and suggestions for expediting your experience in security. If you change carriers on route to Peru, make sure you allow plenty of time for any additional security and for your checked baggage to be transferred to the new carrier. Also, arriving a day or two before the tour will allow any lost bags time to reappear.

YOU MUST CLAIM YOUR BAGS IN LIMA. There are no direct flights to Cuzco. So, even if the ticketing agent said they will ticket you all the way to Cuzco, you still have to claim your bags in Lima and go through customs before proceeding to Cuzco.

PACKING SUGGESTIONS:

Travel light and bring only the items on the equipment list. Limit yourself to carrying only 3 bags - 1 daypack for carryon, 1 duffel or wheeled suitcase for clothing. Have an Identification Tag on each bag. Any additional duffels can be packed inside your bags until needed.

Packing Hint #1: Freezer-weight Ziploc plastic bags are lightweight, inexpensive, and see-through. They are indispensable for packing items like books, toilet kits and cameras, and to prevent spilled liquids & creams in your baggage.

Packing Hint #2: Travel-size samples save space and weight! Visit the "samples section" of your drugstore or supermarket and see if your favorite shampoo, conditioner, hand lotion, toothpaste and deodorant are available in travel-size samples. If not, transfer some to smaller plastic bottles that can be purchased in the size you need. Remember to plastic bag all lotions.

Packing Hint #3: Think multiple use items like zip-off leg convertible pants for hiking shorts, quick dry shorts double as a swimsuit, and a large bandana can be used for a towel. Be creative and keep your luggage light!

Packing Hint #4: Do your own laundry. If you bring synthetic clothing, you can easily wash what you wore in a hotel sink and hang it in your room to dry.

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 pur-

chases remarkably inexpensive. We suggest you change money only at authorized establishments.

Tiping 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.

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.

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 Cicciolina; the latter in particular is excellent but always crowded – phone ahead for reservations. The Café MAP, in the courtyard of the Museo de Arte Precolumbino 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 Precolumbino, 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 crime. 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.