



## PERU Checklist (Pg 1 of 2):

- Students: Complete and sign both the notification letter and questionnaire.
  - May be mailed with the deposit, or scanned and emailed to: [info@ihelpglobally.org](mailto:info@ihelpglobally.org) Refer to your notification email for mailing address.
  - Submit 25% deposit via check or money-order only to the address indicated in the notification email. Please **include the Session # and name of participant in the memo field of the check or money-order.**
  
- Students: Mark your payment deadline on your calendar. Program fees must be paid in full by the deadline indicated in your notification letter in order for the individual to be eligible to participate.
  
- MEDICAL INSURANCE:** Call your current medical insurance provider to see if your current plan covers medical expenses abroad. In the event it does not, you may purchase travelers insurance that covers medical expenses abroad. Valid traveler's/medical insurance is a requirement to participate.
  - We do not have a preferred provider, as there are numerous providers that offer reasonable rates for plans and packages that suit your specific needs. One example of such a provider is *Seven Corners*. Please email the name of your provider to [info@ihelpglobally.org](mailto:info@ihelpglobally.org) to provide proof of purchase.
  - Trip cancellation insurance is not required; however, it is highly recommended.
  
- VACCINATIONS:** Contact your local travel clinic/PCP for further guidelines...
  - Lima (Additional locations you may be visiting: Huacachina, Paracas, or Lunahuana):
    - Tetanus (If it's been more than 10 years, need booster shot) \* Req.
    - Hep A/B (start to research ASAP. Doses spaced out significantly) \*Req
  - Lake Titicaca (Locations you will be visiting: Puno, Floating islands of Uros, island of Taquille):
    - Tetanus (If it's been more than 10 years, need booster shot) \* Req
    - Hep A/B (start to research ASAP. Doses spaced out significantly) \*Req
    - Typhoid \*Recommended
  - Mountains (Locations you will be visiting: Huanuco, Panao):
    - Tetanus (If it's been more than 10 years, need booster shot) \*Req
    - Hep A/B (start to research ASAP. Doses spaced out significantly) \*Req
    - Typhoid \*Recommended
  - Amazon (Locations you will be visiting Pucallpa, Iquitos):
    - Tetanus (If it's been more than 10 years, need booster shot) \*Req
    - Hep A/B (start to research ASAP. Doses spaced out significantly) \*Req
    - Yellow fever \*Req
    - Malaria \*Req
    - Typhoid \*Recommended
  
- PASSPORT:** In the event your passport is expired (or will expire within 8 months of your planned return date to the U.S.) please make necessary plans to renew your passport. Failure to do so will result in a transfer to another (future) IHG session – provided you can prove your passport was renewed. Valid passport information (ie. Expiration date/Number) must be provided to your IHG coordinator prior to your departure date – no exceptions.

## **PERU Checklist (Pg 2 of 2):**

- FLIGHTS:** Wait for the “OK” from your IHG coordinator before booking your flight(s). We must recruit a certain number of participants for each session before the session can be confirmed. Once you receive the “OK,” you will be presented with a roster containing names/contact information for other students in your chosen session. Please feel free to contact them in order to plan your airfare, etc.
  - Everyone is required to forward flight details/itinerary to us prior to the departure.
  - Should you prefer to book your airfare prior to receiving the “OK” from your IHG coordinator, please book refundable tickets only and/or purchase Trip Cancellation insurance.
  
- DONATIONS:** Each participant (whether student or provider) is required to bring medical donations (which will be used during the clinic days and given out to patients free of charge). Please refer to the SUGGESTED MEDICAL DONATIONS list that was provided to you as an attachment in your notification email. There is no minimum/maximum amount required. No expired medications, please.
  - Please don't forget to start collecting child-friendly items and items for your specific social event.
  
- SOCIAL EVENT:** Students in each session will organize a social event for the community. Each social event will be coordinated by your session's Team Leader (TBD). Examples of past events: Carnival, Arts/Crafts Day at orphanage, Christmas Themed Activities & Games, etc. Each participant must sign up for duties and brainstorm ideas with the team.
  
- DEPARTURE INSTRUCTIONS:** Approximately 2 months prior to departure, you will receive the finalized itinerary of day-to-day activities for your specific session. Please feel free to pass this information along to your family/friends. In addition, you will receive an attachment with instructions on what to do to prepare for departure:
  1. Last minute packing reminders (Especially how to pack medical donations)
  2. Airport instructions (Customs check, etc)
  3. Reminder to call your cell phone provider and bank (if you plan to bring your credit card/bank card).
  4. Reminder to make copies of your passport/bank card
  5. Notes on cash: You have the option to exchange currency on your own, or wait to exchange with the entire IHG team when you are in Peru.
  
- FACEBOOK:** Add IHELP GLOBALLY on Facebook to keep in touch with other participants as well as view photos of previous sessions. Some sessions also create “private groups” on Facebook in order to keep in touch with everyone (this is especially helpful when planning airfare and brainstorming ideas for the social event). The private group is usually created by your Team Leader (which is a fellow student and session participant).

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