

PREPARING FOR DEPARTURE – PERU

1. PACKING

- a. Please pack personal medications (check TSA website first for what is allowed) as well as 1 outfit in your **carry-on bag** -- just in case your baggage is delayed.
- b. Check with your airline regarding how many bags you are able to check in as well as weight restrictions.
- c. Some airlines (example: LAN) allow passengers to check-in 2 bags. If this is the case, evenly distribute donated medications between the 2 bags.
 - i. Pack medications/donations on the bottom of each bag and cover them with your own clothes.
 - ii. Print 2 copies of the "Customs Letter" (attached to this email): One copy to be placed into the bag (above the meds), and keep the second copy on you.
- d. Never a good idea to travel with a purse (especially a bulky, flashy purse). Keep it simple, little, and wear it across your body. Some passport/money carriers are made thin enough to wear comfortably under your clothing. **A US passport is a greatly-desired document. Take necessary precautions to guard it. Never lose sight of your passport – even in hotel/hostel. Do not leave your passport on the bus.**
- e. Weather will be in the mid 70's to low 80's in Ventanilla, Lima Peru... Please pack pants, closed toed shoes, a light jacket, and flip-flops for the shower. You do not need to pack toilet paper; however, please pack 2 towels.
- f. We will be camping over-night in a city called Luna Huana– In the morning/day, expect Low/High 80's. All camping equipment (tents, sleeping bags, pillows, blankets, firewood) will be provided. For your recreational activities, majority of you have chosen to do the following: **White-water rafting (2+ hours), and dirt motor-biking**. Here is a list of items we would suggest you bring:

Sweatpants (to sleep in), warm jacket (to sleep in), a "breathable jacket" (wind-breaker, or water resistant for rafting), extra layer of socks, long johns/leggings/yoga pants (for rafting), Swim suit, old pair of shoes to wear while rafting (aside from shoes you will be wearing while motor-biking/camping), extra sweatshirt to wear underneath the water-resistant jacket (while you are rafting), flashlight, sunglasses, moist-wipes.

f. For Clinic: Closed toed shoes, 3 pairs of scrubs, blood pressure cuff (manual, not automatic), stethoscope, snacks, backpack, notepad, pens.

2. PASSPORT

Please remember to make copies of your passport (leave 1 at home, take 2nd copy with you)

3. CREDIT/DEBIT CARD, CASH

- a. If you decide to bring a card, notify your bank so your transactions are not declined in Peru. Make copies of your card.
- b. Bring small US bills (\$20 and below). Make sure they are not torn or defaced -- they will not be accepted if torn/defaced.
- c. You are welcome to exchange money at your own bank, at the airport in Lima, or **you can wait and exchange money with the rest of the team**. Small US bills will be accepted in majority of the places we will be visiting (change will be PEN AKA Peruvian Nuevo Sol, written as /S).
- d. \$1 USD = Approx. 2.75/S

4. MEDICAL TRAVEL INSURANCE

Print copy for your records.

5. CALL CELL SERVICE PROVIDER

Some providers will give you a "code" in order to activate your service in Peru.

6. CONTACTING/CALLING HOME

a. If you have a smart phone, download a FREE app called VIBER. Ask people at home to also download VIBER. VIBER allows you to call and text for FREE (provided the recipient also has VIBER on their phone). VIBER requires a WiFi connection to work: We will not have access to WiFi every day -- so please do not promise to call regularly. Remind your family/friends that "no news is good news."

b. Prepaid phones are available at the airport (2nd floor), ranging from \$10-25. Incoming calls are free, outgoing call rates are to be confirmed with the provider. Usually international calls can be about \$1.50/minute... but confirm with the provider.

c. **Program all important phone numbers into your personal phone, but also carry a physical print-out of the numbers. Please program Nana's phone number: 408-824-0551**

7. INTERNET

a. You will have WiFi accessibility at the Airport in Lima (Starbucks has free WiFi. It is located upstairs in the "food court"). Starbucks employees speak English.

b. We will have access to WiFi in Miraflores (March 23)

c. We will have access to WiFi at home

8. AIRPORT ARRIVAL -- When in doubt, ask a uniformed official for instructions (They speak English).

a. Right before landing, you will be given 2 forms that must be filled out completely (*pack a pen in your carry-on*):

1) Immigration Card (Tourist Visa):

Need passport number, Flight number, purpose of visit (state: **TOURIST/ HOLIDAY**), nationality, and address of stay (**RESIDENTAL HOME**):

**MZG LT 6 DPT C CALLE 9. URBINAZICION PEDRO CUEVA.
VENTANILLA – CALLAO-PERU**

2) Baggage Declaration card

If you are bringing a personal laptop/iPad, it does not need to be declared.

b. Follow the crowd to **immigration**, where you will hand in your passport and your immigration card.

1) The immigration officer will ask you for your purpose of visit, state **"tourist"**

2) Officer will give you a part of the immigration card back - **IT IS VERY IMPORTANT TO KEEP THIS CARD AND NOT LOSE IT. IT IS VALUABLE, JUST AS YOUR PASSPORT. YOU WILL NEED BOTH PASSPORT AND THIS CARD TO LEAVE PERU & RETURN TO THE U.S..**

c. Continue to **Baggage Claim**. Look for your flight number on the monitor to find where to look for your luggage. In the rare event that you are unable to locate your baggage, find a uniformed officer for help. They speak English. Give them the number associated with your baggage ticket (given when you check-in your luggage at the U.S. Airport) for reference. If given an option to deliver your bags or to have them available for pick-up, **always choose to pick-up baggage from airport. We will make necessary arrangements to pick-up the bags for you should they be delayed.**

d. Continue to **Customs**: Each traveler will need to push the indicated button in order to see whether or not their baggage will need to be checked. (**Green** = You may Pass right through customs after they X-ray your bag. Unless the X-ray is questionable, they will not physically inspect your bags. **Red** = Customs Official must physically inspect your baggage)

1. If you are chosen to have your baggage inspected, hand them the customs letter only if questioned about the meds found in your bag. Do not voluntarily hand them the letter (especially if your bag is not chosen for inspection). Please take good care of this letter - if lost, you will not have a replacement prior to customs check).
2. If you bought something from the duty free shop at the Airport in Lima, please keep your purchase in the original bag along with the receipt as you walk thru customs.

e. We will be waiting for you on the other side of customs! Please look for a sign that says: "iHELP GLOBALLY" – Most likely we will be standing on your left side as you exit into the airport lobby. **If you are unable to find us downstairs, some of the team members will be on the second floor at starbucks (free WiFi here). We will have an "iHelp Globally" sign on the table.**

******Any other questions? Please don't hesitate to contact Nana. She will have access to WiFi and will check email regularly: info@ihelpglobally.org ******

10. IF YOU ARE STAYING IN LIMA ON YOUR OWN, CONSIDER THE FOLLOWING:

- a. American Consulate/Lima: For emergencies, call **(51-1) 618-2000**
(Available 24/7)
- b. Need immediate help? **Dial "105"** - equivalent of "911" in Peru.
- c. Lost Passport?
 - <http://lima.usembassy.gov/lostpass.html>
 - \$135.00 replacement fee
 - You'll need the immigration card that was handed to you upon arrival to prove you entered Peru legally (This is how you will get the Peru entrance stamp on your newly issued passport). If the immigration card is also lost, must obtain a new one for an additional fee. Call American Consulate for further info.
- d. You may ALWAYS call the host family and the organizers that live in Peru... for help or for company.
 - Daniel +51-99-245-2096 or +51-98-145-7987
 - Patricia +51-94-433-7425
 - Rodolfo +51-99-326-5740
 - **** (Do not need to dial "+51" if calling from Peru) ****
- e. You may also call Nana ([408-824-0551](tel:408-824-0551)) if you need anything.
Even if she may not be in Peru while you are (should you extend your stay in Peru), she will assist you and direct you to someone nearby.