

## Preparing for your trek: Peru

The following information tells you what you will need to do to prepare for your trek.

### Checklist

#### To send to CAT office

- Photocopy of details page of your passport – we need this as soon as you book
- Medical form
- Insurance declaration form
- Equipment hire form

#### To do

- Now - Make a note in your diary of the payment schedule shown on your invoice
- Now - Check that the name on your invoice EXACTLY matches the first and surname on your passport and notify the CAT office immediately if there are any discrepancies.
- Set aside time to improve your mountain fitness
- Vaccinations – travel clinic. 2-3 months before departure
- Obtain medical items on kit list – may need doctor's prescription for diamox and antibiotics.
- Dental check-up. 1-2 months before departure
- Insurance
- Equipment list – decide which items you may need to buy. If you want to hire anything, return the equipment hire form to us, with payment by cheque. The deadline for hiring is with your balance payment.

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## Health issues

- **Fitness – train for your trip** – you will enjoy the trek much more if you are fit. For most of our trekking trips you will need to be comfortable trekking for on average 6 hours a day in mountainous terrain. By far the best way to train for Himalayan trekking is to get out on the British hills and spend time climbing, for example, to the heights of the Lake District peaks, ie around 800 – 1000m. If you are capable of putting together a few days of that calibre back-to-back, you should be capable of most of our treks. For those not able to regularly get to the British hills, then regular cardiovascular exercise, for example on the stepper in the gym is a good alternative, but you should still try to get some time in mountain terrain as gyms cannot simulate the rough ground found in a mountain environment.
- **Medical form** – please complete and sign the enclosed form. You will need a doctor to sign the form to declare your suitability for the trek if you are over 65 or have a pre-existing medical condition.
- **Vaccinations** – travel vaccinations are advised for the countries we trek to. You should plan to see your GP's travel clinic several months ahead of your trip, as some vaccinations require a course of injections over a couple of months. For advice on which vaccinations are recommended for you, please speak to your travel clinic as, unlike us, they have access to your medical history. The website [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) is also very useful.

**Malaria:** Please note that for participant on our treks in Peru, anti-malarials are **not** usually recommended unless you are planning to do the Jungle Tour Extension.

**Yellow Fever:** the Jungle Tour extension also comes into the area where Yellow Fever vaccinations are normally recommended.

**Rabies** does exist in Peru – avoid dogs and monkeys! The decision about the expensive course of course of rabies injections is a matter of personal choice.

- **Dental check up** – altitude and flying are notorious for highlighting dental problems, and there is nothing worse than being on trek with toothache. A check-up timed sufficiently in advance of the departure date to allow for any work that is required to be done on your teeth can save you a lot of pain on trek.
- **Staying healthy in Peru** – Sadly, Peru is not the cleanest country, so be scrupulous about your own personal hygiene. **Wash your hands before you eat anything**, and also use antibacterial hand gel in addition to soap and water. Remember that money is one of the dirtiest things you will touch.

**Do NOT drink tap water, or even brush your teeth in it**, even if you see the locals doing it. Bottled water is safe in the towns, though be sure the seal hasn't been broken. On trek we will provide you with water that has been boiled (ecologically better than buying plastic bottled water)! It is a good idea to keep your toothbrush by your safe water, not by the sink.

**Be careful what you eat** – the food and drinks our cooks prepare for you will be safe, but when eating elsewhere avoid uncooked food, or things that might not have been washed in safe water, ie, avoid ice cream, ice cubes, salads and fruit if you're not sure how it was washed etc. Hot drinks are safe, as the water has been boiled. If in doubt, ask for advice.

- **Medicines** – see the kit list later in this document. A basic first aid kit is carried on all our treks, and your sirdar/trek leader will be trained in first aid, but you should make sure that YOU carry any medication that you rely on. It is very important that you tell your sirdar / trek leader of any medication that you take, and also of any medical conditions, even if you have already told us about them on your medical form.
- **Stomach upsets** can happen, sometimes just as a result of a change of diet, but sometimes from a more persistent cause. In the event of you having an upset stomach, we recommend that you do NOT block up your system with immodium-type medicines, but that you limit your food intake, keep to a low-fat diet. Flattened coke seems to help, as do rehydration salts (eg Dioralyte or Jeevan Jal). If it looks like the problem is severe, antibiotics almost always offer an extremely effectively and rapid solution.
- **Trekking at altitude** – Our itineraries are planned to give time for acclimatisation, but it is important to think of trekking at altitude as a multi-day event. Think "marathon" rather than "sprint". If you can't talk while you are walking, you are walking too fast. Keeping to this as a guide, and learning to listen

to what your body is telling you will help you with acclimatisation. Above 3000m, almost all westerners will find it harder to breathe, and walking uphill needs to be done at a slower pace than at sea level. **Cusco is at an altitude of 3400m, and you arrive at this altitude suddenly as you will fly into Cusco. It is therefore essential that you rest and take things very slowly for the first few days after arrival.** Headaches, nausea, breathlessness, dizziness, loss of appetite and difficulty sleeping are not unusual, but you should report any of these symptoms to your guide so that they can help prevent them turning into anything serious. If ignored, these symptoms can worsen, and can lead to potentially fatal pulmonary or cerebral oedema. Descent cures altitude sickness. Diamox is a prescription drug available through your GP. It won't mask the symptoms of an oedema, but can be used to help treat altitude related problems. In cases where the onset of an oedema is suspected, diamox must never be used instead of descent.

## Paperwork

### Insurance

It is a condition of booking that you have adequate insurance for your trip. Your insurance must cover you for the entire period of travel, and for the activities\* and the altitude you are going to, and also for helicopter rescue and repatriation. You should also notify the insurance company of all pre-existing medical conditions. Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage.

As a result of changes to travel insurance rules from 1 January 2009 we can no longer arrange your insurance for you. However, we would be happy to refer you to Campbell Irvine, an insurance company we have worked with in the past, but the relationship is then between yourself and the insurance company. To purchase the same insurance that you would have previously been able to buy from ourselves, please contact Campbell Irvine direct by one of the following methods, **and please mention that you are trekking with Community Action Treks:**

Online at: [www.catreks.com/info/Insurance.pdf](http://www.catreks.com/info/Insurance.pdf)

By telephone: 020 7938 1734

By email: [info@campbellirvine.com](mailto:info@campbellirvine.com)

In all cases, extra costs incurred by a client as a result of premature departure from the expedition, eg, rescue, food and accommodation costs of themselves and support staff etc, are the responsibility of the client. It is important that all clients carry with them the financial means to meet these costs at the time of them being incurred.

Once you have arranged your insurance, please complete the enclosed insurance declaration form, and return it to us.

### Passport

Check that your passport will have at least 6 months of validity at the time of travelling. Send a copy of the details page of your passport to the CAT office. We recommend that you either travel with, or email yourself a copy of this page in case you lose your passport.

### Visa

Currently, those travelling on a UK passport do not need a visa for Peru. On arrival you will be issued with a Tourist Card which is valid for 90 days. Embassies regularly change their requirements for visas, so you are strongly recommended to check the visa page of your country's Peru embassy website: <http://www.peruembassy-uk.com/> (for holders of UK passports).

Those travelling on non-UK passports need to check with the High Commission of Peru in their own country for the relevant entry requirements.

### Additional entry requirements for anyone travelling via the USA

A machine readable passport is essential for anyone travelling via the USA.

UK and many other nationals now require to register with the USA's new Electronic System for Travel Authorisation (ESTA). This form can be found online at [www.esta.cbp.dhs.gov](http://www.esta.cbp.dhs.gov) and must be completed before travelling to the USA.

Travellers who have a criminal record (including criminal driving offences) will need to obtain a visa in advance of entering or transiting the USA.

## Inca Trail Permit

### **Inca Trail Permits are required only for the Inca Trail Trek and the Salkanty Trek.**

Permits are strictly limited and the peak months (the UK summer) sell out very fast indeed once the permits are issued. It is therefore essential that we receive your booking as early as possible for this trip.

We will buy the permits once we have reached the minimum number of bookings required to run the trek.

The permits are bought locally in US\$, and the cost of the permit can be changed by the Peruvian authorities. The permit price is published at the beginning of the year for which it applies.

### **To book a place on a trek requiring an Inca Trail Permit, we need:**

- A completed booking form
- The trek deposit of £300
- An additional £90 which we estimate will cover the cost of the permit for 2011 treks. If the cost of the permit in £ changes due to the price set by the Peruvian authorities or the exchange rate, we will notify you of the adjustment to your final balance payment.
- A photocopy of the passport you will be travelling with.

### **Please note that:**

- No travel arrangements should be made until we have confirmed that the permits have been secured.
- The cost of the permit is non-refundable (unless we cancel the trip). Name changes and date changes are not permitted
- If you will renew your passport before the trek, you will need to take the original passport or 2 good copies with you on the trek as well as your new passport.
- You are advised to keep 2 clear copies of your passport with you in case of loss. Should this happen, you will also need to provide a police report on entry to the trail.

## **Money**

- **Currency:**  
Peru's currency is the Nuevo Sol (S/.). One Nuevo Sol is broken down into 100 céntimos (cents). Banknotes currently circulating include 200, 100, 50, 20 and 10 Nuevos Soles, while there are coins for 1, 2 and 5 Nuevos Soles and 50, 20, 10 and 5 cents.

Peruvian Nuevos Soles cannot be obtained outside Peru. You are recommended to change your spending money from Sterling into US dollars before you travel as Sterling is harder to change in Peru than US dollars. US dollars can easily be changed in Lima and Cusco, but do not take torn or dirty US dollars as they may well be refused – there are a lot of fake dollars in Peru. You generally get a better exchange rate for cash than for travellers cheques when travelling.

The current exchange rates are

UK £: Peruvian Nuevos Soles is around 1 : 4.34

US \$ £: Peruvian Nuevos Soles is around 1 : 2.78

You will need US dollars for payments in restaurants, tips, airport taxes and buying souvenirs or produce from supermarkets. In the mountains, only Peruvian Nuevos Soles cash is accepted.

It is a good idea to always try to pay with a big note in the cities, and to keep the change for your time on trek. Whilst Lima shop owners may say they have no change, they can always get some, and there are banks nearby. On trek, the nearest bank could be a week's walk away! It also makes giving tips to the trek crew a lot less embarrassing if you can give them exactly what you want to give them rather than asking 2 or 3 members of your crew to split a note between them!  
Don't accept or give torn or dirty notes.

- **Credit & debit cards:** Although a few of the bigger shops now accept payment by card, you should not rely on being able to use them. In the mountains, only Peruvian Nuevos Soles cash is accepted. Aly – are these things true? However, we do ask that you take a credit card with you, see the note below on **Leaving a trek early.**
- **Cash points / ATMs:** are available in the bigger cities

- **Spending money:** Most people find that £350 - £450 is sufficient for their personal trek expenses and including porter/trekking crew tips. For the longer treks in Peru we advise taking the higher figure shown here as you will have more meals to buy for the nights you are in hotels. Please see your itinerary for a list of what is and is not included in the package price. There is very little to spend money on once on trek, although soft drinks, snacks and craft items can be bought at villages on trek. The prices become more expensive the higher you go as the cost of portering from the road increases with altitude.
- **Bartering:** Bartering is the expected practise for tourist items. Try to negotiate a fair price – if you don't the prices will be made artificially higher in the future, and it creates an even greater imbalance in the economy of the country. Peru is one of the poorest countries on earth, but those Peruvian who have contact with westerners are significantly more wealthy than those who have no contact with tourists. Please note that the price is fixed in some shops, all supermarkets and tea house food/accommodation.
- **Tippling:** Many people from the UK feel awkward about tipping. In Peru tipping is a way of life and our local staff have been trained to see it as a reward for good service, but not to expect it. We find that most trekkers want to tip the staff, as a genuine “thank you” for all their hard work and unfailing good humour and smiles along the way.

It is difficult to give advice about tipping without it appearing to be a directive, but many of our clients ask for advice so we hope the following at least gives you some guidelines:

Up to 8 days on trek: up to £35 - £50 per trekker to split amongst the whole crew

The ranking should be in the following order:

Guide, Cook, Second guides, Cook staff, porters and horsemen).

For longer treks you will probably want to give more.

Tips are best given in US\$ or soles

**We suggest groups make a collection among themselves and present the tips to the staff directly (not via the sirdar) at the end of the trek. Remember though that tipping is up to you and should only be given if you are happy with the service you have received.**

- **Departure Taxes:** Lima International Departure tax is approximately \$30 USD and Lima Domestic Departure tax is approximately \$6 USD. These can be paid in US dollars or Soles.
- **Leaving a trek early:** If you leave a trek early you are responsible for the costs incurred by yourself and the trek participants and/or staff who accompany you. This applies whether you choose to leave early, or if you are forced to leave early due to medical reasons. The costs of this can be several thousand pounds, especially if helicopters are required which is why we insist that you take out insurance to cover you for medical emergencies. We ask that all participants ensure they have a credit card with them with credit to cover this. In some cases, credit card banking fees may be incurred.
- **Gifts to beggars and children:** We would ask that you do NOT give small gifts to beggars and children. It only encourages begging, and an apparently innocent “give me pen” soon turns into “gimme dollar”. Sweets rot teeth, and dental facilities and the national health service isn't like ours! Community Action Treks supports its sister charity, Community Action Nepal, which is a registered charity which operates to improve the medical and educational facilities of areas that really need it. If you would like to give to this, please contact [info@canepal.com](mailto:info@canepal.com). If you are a tax payer, your donation can also be gift-aided at no extra cost to yourself.

**Extensions:** If you wish to have extra nights in Peru before or after their trek, discuss your options with us as soon as possible. The cost of your flights may alter if you change your plans, so early decisions about this are advisable. Changes cannot be made once your air ticket has been issued (normally 8 weeks prior to departure). Please see our Peru extensions itineraries for ideas.

## Further information

### International flights:

There are no direct flights from London to Lima. However, Alitalia, Americana, American Airlines, Avianca, British Airways, Continental, Iberia, KLM, United Airlines and Virgin Atlantic can take you there with connections in Paris, Milan, Bogota, Madrid, Amsterdam, Miami, Houston, Washington, Newark and New York.

### The best options are as follows:

KLM (fly from regional UK airports via Amsterdam to Lima)

Iberia (fly from Heathrow via Madrid to Lima)

### Other options include:

Air Europa (fly from Gatwick via Madrid to Lima)

Delta (fly from Gatwick via Atlanta to Lima)

Tan (fly from Heathrow via San Paulo to Lima)

Lufthansa (fly from xxxx via Caracas to Lima)

Continental (fly from xxx via Houston to Lima)

American (fly from xxxx via JFK or Miami to Lima)

There are other airlines that offer flights, including Virgin and BA, but these code share with other airlines meaning you would fly with 2 different airlines.

**Arrival in Lima:** You will be met at Lima airport by our staff there, and taken to the group hotel in Lima. If you are making your own flight arrangements, please let us have details of ALL your flights so we know when to meet you! This journey usually takes about 35-60 minutes depending on the traffic. Politely decline all offers of help to carry luggage, take you to hotels etc from anyone else. A simple “no thank you” and walking on works 99% of the time in Peru.

**A typical trekking day:** Life on trek is quickly adopts a very simple pattern. You will be woken early by the crew bringing coca tea to your tent which should help you to acclimatise. They also bring a bowl of warm water for you to wash in. This is the time to get up and pack your kit bag so that your tent can be taken down and the porters or pack animals leave with your tent and kit bag while you are having breakfast. After breakfast we start trekking – an early start helps to avoid trekking too much in the heat of the day - taking time for rests, drinks and toilet stops along the way. Snacks will be provided to keep you going. We will either stop for a lunch en-route or have it at our campsite. The tents may already be there, but if not you will need to have with you a spare warm layer to keep warm while you are waiting for them to arrive. Time to rest, wash and change into clothes for the evening, and to prepare your tent for night before eating dinner with your fellow trekkers in the mess tent or tea house. An early night is necessary for all in preparation for another day of walking.

**Food:** Please refer to the trip itinerary for details of which meals are included in your package price. Generally all meals and hot drinks on trek are included, but some meals are not included when staying in hotels. On trek you will be served a high-carbohydrate diet consisting of a mixture of Western and Peruvian food.

**Accommodation:** Our group accommodation in Lima is usually the Hotel Castellano in twin rooms. Occasionally we may have to use a hotel of a similar standard. Whilst on trek you will be in a 2-person tent. Sole use of a tent and single hotel rooms is usually possible – please see your itinerary for the single supplement prices. If you do not choose a single tent or single room, you will be allocated a tent / room mate of the same gender. If you have a preference for who you would like to share with, please notify the CAT office asap.

**Washing / Toilet facilities:** On trek you will be provided with a bowl of warm washing water every day. You can use this for washing yourself and your socks etc! On some treks there may be the possibility of a shower (eg last night of Inca Trail trek – hot water not guaranteed)! Portable toilets are used on trek. Local toilets are usually squat-style. In some places we may decide to use the local facilities if they are clean enough. If you get caught short whilst trekking, please ask – we may be able to find you a local toilet to use. If not, please bury your offering and put your toilet paper in a plastic bag to tip into the next camp toilet. There is nothing worse than seeing the litter of used toilet paper along the way. Keep toilet paper with you at all times in Peru!

**Itinerary changes:** These may happen, though we will try to keep changes to a minimum. There are some things that are outside of CAT's control (eg, civil war, airline changes, the weather, strikes etc). We will always endeavour to work around any disruption to provide you with the best possible alternative. We ask

you to travel with an open mind, and an awareness that disruption happens more frequently in many of the countries that we trek in than at home.

**Mobile Phones and Internet:** If you want to take your mobile phone with you, check with your mobile phone company to see if your phone will work in Peru. Internet cafes are abundant in Lima and Cusco.

**Electricity (voltage, adaptors etc):** If you want to charge any items in the towns, a continental 2-pin adaptor will suffice. The voltage is 220V. Be aware that the voltages are not very stable, and more delicate electrical devices may fail if subjected to voltage fluctuations (iPods seem particularly vulnerable).

**Time:** Peru's time zone is 5 hours behind GMT.

**Weather:**

Best trekking weather    May – October (April – December for Inca trail and Lares trek)  
 Dry season                    April – November  
 Wet season                    December – March

**Cusco, altitude 3400m.** Expect colder temperatures at higher altitudes.

Month	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
<b>Max ° C</b>	19°	19°	19°	20°	20°	20°	19°	20°	20°	21°	21°	21°
<b>Min ° C</b>	7°	7°	6°	5°	3°	-0°	-0°	+2°	4°	6°	7°	8°
<b>Rainy days</b>	15	16	15	8	3	1	1	2	5	7	12	16

Full details about expected weather conditions on each of our treks in Peru can be found in the itineraries.

**Further reading:**

We recommend doing some reading about Peru before your trek. The following titles may be of interest:  
 Peru Footprint Handbook (Footprint Handbooks – Ben Box)  
 Peru – Lonely Planet (Carolina Miranda)  
 The Rough Guide to Peru (Dilwyn Jenkins)  
 The Inca Trail: Cuzco and Machu Picchu (Trailblazer Guides – Richard Danbury)  
 Maps of Peru are available at Lima airport.  
 Rough Guide Map Peru (Reise Know-How Verlag)

## The Trekkers Code

The following guidelines were created for trekkers to the Himalaya. The principles are the same for the other popular trekking destinations in the world. By following these simple guidelines, *you* can help preserve the unique environment and ancient cultures of the mountains you are visiting.

### PROTECT THE NATURAL ENVIRONMENT

- **Limit deforestation – make no open fires** and discourage others from doing so on your behalf. Where water is heated by scarce firewood, use as little as possible. When possible choose accommodation which uses kerosene or fuel-efficient wood stoves.
- **Remove litter, burn or bury paper** and carry out all non-degradable litter. Graffiti are permanent examples of environmental pollution
- **Keep local water clean and avoid using pollutants** such as detergents in streams or springs. If no toilet facilities are available, make sure you are at least 30 metres away from water sources, and bury or cover wastes.
- **Plants should be left to flourish in their natural environment** – taking cuttings, seeds and roots is illegal in many parts of the Himalaya.
- **Help your guides and porters to follow conservation measures.**

### THE HIMALAYA MAY CHANGE YOU – PLEASE DO NOT CHANGE THEM

As a guest, respect local traditions, protect local cultures, maintain local pride.

- **When taking photographs, respect privacy** ask permission, use restraint.
- **Respect holy places** – preserve what you have come to see, never touch or remove religious objects. Shoes should be removed when visiting temples.
- **Giving to children encourages begging** – a donation to project, health centre or school is a more constructive way to help.
- **You will be accepted and welcomed if you follow local customs** – use only your right hand for eating and greeting. Do not share cutlery or cups, etc. It is polite to use both hands when giving or receiving gifts.
- **Respect for local etiquette earns you respect** – loose, lightweight clothes are preferable to revealing shorts, skimpy and tight fitting *action wear*. Hand holding or kissing in public is disliked by local people.
- **Observe standard food and bed charges** but do not condone over-charging. Remember when you are shopping that the bargains you buy may only be possible because of low income to others.
- **Visitors who value local traditions encourage local pride and maintain cultures**, please help local people gain a *realistic* view of life in Western countries.

**BE PATIENT, FRIENDLY AND SENSITIVE. REMEMBER – YOU ARE A GUEST**

## Equipment List

Ensure you have the appropriate equipment, and use it before your trek. It is essential that you ensure you are comfortable walking all day in your boots in a mountain environment well in advance of departure.

**This is a list of suggested equipment you should take with you on trek. Your kitbag will be carried by the porters or pack animals and should not weigh more than 15kg. Any excess baggage charges are the responsibility of the client. You will carry your own daysac containing the items you will need access to during the time spent walking each day. Any luggage not needed on trek can be left at the hotel in Lima, and laundry can be left with the hotel for you to collect on your return.**

**General note about clothing:** At all times of year you should work on the layer principle so you can easily take off or put on layers as temperatures dictate. Several thin layers are better than one thick layer. Clothing in layers traps air and keeps you warmer.

	D		indicates to be carried in daysac during your trek
		H	indicates can be hired. <b>Equipment hire requests MUST be made at the latest at the time of the trek balance payment. Requests after that date cannot be accepted.</b>
√			<b>Travel essentials</b>
	D		Passport must have at least 6 months validity from date of entry (plus a photocopy of the details page, carried separately in case of loss of original)
	D		Airline tickets
	D		Passport photos a couple of photos may be needed during your travels
	D		Insurance documents
	D		Spending money Refer to trip itinerary and the money section of "Preparing for your trek"
	D		Credit card For emergency rescue payments
			<b>Clothing – essential items</b>
			Walking boots Good, well broken in waterproof boots with ankle support
			Trainers or trekking sandals to change into at the end of the day
	D		Waterproof jacket Breathable, and with a hood
	D		Waterproof trousers
	D		Sun hat with broad brim
	D		Hat - Woollen or fleece hat
	D		2 pairs gloves or warm insulated mittens
			2 short-sleeved thermal tops Take thermal or coolmax t-shirts instead of cotton as they dry quicker. Merino wool is also excellent, and doesn't smell even after several days of trekking.
			2 long-sleeved thermal tops / shirts As above
			2 fleece jackets ideally windproof
			2 pairs of loose fitting walking trousers not jeans, as once wet are hard to dry
			3 pairs thick walking socks
			Underwear
			<b>Clothing – optional items</b>
			Down jacket recommended for trips above 4,000m, and for trips between May and August
			Gaiters
			Thermal long johns and vest
			Shorts knee length for women (please note that local women don't wear shorts. To be culturally sensitive we would recommend that women avoid wearing shorts in the villages / cities).
			Swimming costume may be useful in some hotels and at the Jungle Tour ecolodge, and for the hot springs at Aguas Calientes
			Casual clothes for travelling
			<b>Equipment – essential items</b>
			Kitbag approx 80 litres Kitbags are easier for portage than rucsacs. CAT kitbags can be bought cheaply from the office
	D		Comfortable daysac for walking 25 – 30 litres
	D		2 x 1 litre strong water bottles you need to drink much more at altitude. The best bottles to use are the wide-mouthed Nalgene plastic bottles as they are completely waterproof and are much easier for the crew to fill with boiling water than narrow-necked metal bottles. They don't freeze as easily as metal bottles, and if they do freeze it is usually still possible to drink water as the ice doesn't block the whole of the neck when you drink. Fill them up with boiled water at dinner time, take them to bed as a hot water bottle or dry your socks on them overnight, and by morning you have water cooled ready to drink on trek. Water bladders are also ok, but don't use them as hot water bottles.
	D		Sun glasses
	D		Money pouch or belt for valuables
	D		Head torch with spare batteries
	D		Zip up plastic bags for toilet paper, rubbish etc
	D		Suntan lotion (Factor 15+ ) and lip salve (with sunscreen)
	D		Antibacterial handwash

	<b>D</b>	Toilet paper		
	<b>D</b>	Penknife	but put this in your kitbag for all flights	
	<b>D</b>	Small personal first aid kit	To include: <ul style="list-style-type: none"> <li>• Plasters</li> <li>• Blister pack</li> <li>• Antiseptic wipes and cream</li> <li>• Painkillers: paracetamol, aspirin or ibuprofen</li> <li>• Tubigrip or compression bandage</li> <li>• Iodine or water purification tablets (We provide safe drinking water which has been boiled on trek, but our agent recommends also using tablets). (Vitamin C soluble tablets can be used to remove unpleasant taste from treated water but you need to wait for the purification to take effect first).</li> <li>• 'Dioralyte' or similar rehydration powder sachets</li> <li>• Cold remedy / decongestants / throat lozenges</li> <li>• 2 courses of broad spectrum antibiotics of which one should be Ciprofloxacin (available on prescription from your GP, but to be taken only if required and in consultation with your Sirdar or trek leader).</li> <li>• Diamox (for altitude problems – available on prescription from your GP, but to be taken only if required and in consultation with your trek leader)</li> <li>• Repair kit (sewing kit, duct tape, spare laces)</li> </ul>	
	<b>D</b>	Snacks	dried fruit is particularly good at altitude	
	<b>H</b>	4 season sleeping bag and liner		
		Personal toiletries		
		Small quick-drying towel	available from outdoor/camping shops	
		Small padlocks for kitbag / left luggage		
<b>Equipment – optional items</b>				
	<b>D</b>	<b>H</b>	Trekking poles	Rubber ferrules are required in Peru. Most people find 2 poles better than 1.
	<b>D</b>		Camera, spare batteries, memory cards & charger	With memory cards and batteries kept in sealable bag to keep out dust
			Phone & charger	For organising that lift home when you get back to the UK!
			Travel adapter plug	2 pin European style
			Reading book / diary / pen / cards	For those evenings in the mess tent
		<b>H</b>	Inflatable mattress	Foam sleeping mats are provided. For extra comfort you may wish to bring your own blow up 'thermarest' type mat.
			Small bag	To leave travel clothing in the hotel during the trek
			Assorted drybags	the roll-top bags sold in outdoor shops are excellent and way to keep your kit organised and dry
			Elasticated washing line	or piece of string and clothes pegs – to dry your smalls!
			Flannel	helps for washing from a bowl
			Ear plugs	
			Anti-malarials & insect repellent	If going on the jungle tour extension

If you are not a regular hiker you may find you do not have many of the items above. Rather than going out and purchasing a lot of gear you may not use again, why not try and borrow some of the items from your hiking friends? If you have time in Lima before your trek you may be able to buy or hire some of these items quite cheaply in Lima.

Equipment marked **H** is available to hire for our trips in Peru. The equipment will be provided once you are in Cusco so you won't have to fly with on your international flights. See equipment hire booking form

The most difficult to reliably acquire in Peru is suitable trekking or climbing boots for Western-sized feet. It is always worth considering wearing your boots on your outbound flights – arriving in Peru without them could have serious implications on your trip.

**Suppliers:** There are many excellent outdoor retailers. The following companies are just some that offer good advice, a good range and a mail order facility.

**Cotswold Discount:** Cotswold is a UK-wide chain of outdoor equipment shops, and also an on-line shop. They have generously offered a **15% discount** to Community Action Treks clients – details will be sent to you with the confirmation of your booking.

Cotswold tel. 0844 557 7755  
Field & Trek tel. 0844 800 1001  
Field & Trek tel. 0844 800 1001  
Needlesports tel. 017687 72227

[www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com)  
[www.fieldandtrek.com](http://www.fieldandtrek.com)  
[www.fieldandtrek.com](http://www.fieldandtrek.com)  
<http://www.needlesports.com/index.php>



# COMMUNITY ACTION TREKS LTD

Stewart Hill Cottage, Near Hesket Newmarket, Wigton, Cumbria, CA7 8HX

Tel: 01768 484842

Email: info@catreks.com Web: www.catreks.com



## EQUIPMENT HIRE – PERU TREKS

The following equipment is available to hire for our trips which pass through Cusco. The equipment will be provided once you are in Cusco so you won't have to fly with it on your international flights.

**Please return this form with your final balance, or earlier if you can.**

Please print in BLOCK CAPITALS

<b>Name(s):</b>	
<b>Trek title:</b>	
<b>Trek dates:</b>	

**\* Please refer to the equipment list in the document "Preparing for your trek" to see what equipment is necessary for your trek.**

Item *	Size	£ per week or part week of trek	Quantity required	Total for trek
Sleeping bag (liner included)	N/A	£25		£
Inflatable mattresses	N/A	£25		£
Trekking poles	N/A	£25		
<b>TOTAL ENCLOSED:</b>				<b>£</b>

I acknowledge that I will be liable for any damaged equipment.

**Signed:**

Please return this form, together with a cheque for the full amount made payable to *Community Action Treks Ltd*, to the address shown above.

**Equipment hire requests MUST be made at the latest at the time of the trek balance payment. Requests after that date cannot be accepted.**





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## Medical Form

Community Action Treks Ltd operate in often extreme and inhospitable terrain and most of our treks demand a fairly high degree of physical fitness and health. Please fill in this form carefully, detailing your medical history. We will treat all information in the strictest confidence and send it to the trek leader and /or doctor / medic who are responsible for your safety and welfare during your trek with us. Once your trek is complete and you have returned to your destination and safety and there is no further need for the information on this form, it will then be destroyed.

If you have a history of any of the following medical conditions, please give details such as frequency, severity and aggravating factors where necessary. If you have had an operation within the last year, whether minor or not we need to know the details of the operation and the outcomes and possible long term problems, particularly ones that may occur or be accentuated if strenuous and physically demanding exercise is taken.

It is the responsibility of each trekker to ensure that he/she is adequately insured for the trek, including activities undertaken, and the altitude. Helicopter rescue and repatriation must be a part of the insurance policy. Pre-existing medical conditions must be declared to the insurance company.

<b>Title and Full Name as it is shown on your passport (please print in CAPITALS)</b>			
<b>Trek:</b>			
<b>Date of Trek:</b>		<b>Height:</b>	
<b>Date of Birth:</b>		<b>Weight:</b>	
<b>Condition</b>	<b>Yes/No</b>	<b>Details (if insufficient room for details, please write on reverse of this sheet)</b>	
High blood pressure			
Heart/circulatory disorders			
Chest/lung disease			
Asthma/hay fever			
Epilepsy/diabetes			
Digestive/bowel disorders			
Joint/ back injuries			
Knee/ hip/ ankle			
Surgical operations			
Mental/emotional problems			
Pregnancy (at the time of the trek)			
Allergies			
Any current medical conditions			
Dietary requirements			

- I understand that I will be undertaking a challenge which requires a good level of fitness and I believe that I am fit enough to complete the challenge and take responsibility for myself under these conditions.
- I declare that the above information is a true and fair representation of my current state of health. Should my circumstances change, I will inform Community Action Treks at the earliest opportunity

**Signature** ..... **Date** .....

**If you are over 65 or have a pre-existing medical condition, please ask your doctor to sign below to confirm that you are fit enough to undertake the challenge:**

We recommend an ECG for participants over the age of 65 at your doctor's discretion

**Signature of Doctor** ..... **Date** .....





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## Trekking Insurance Information

It is a condition of booking that you have adequate insurance for your trip.

Your insurance must cover you for

- the entire period of travel
- the activities\* and the altitude you are going to
- for helicopter rescue and repatriation.
- You should also notify the insurance company of all pre-existing medical conditions.

Please note that many insurance companies do not cover these requirements. There are a few insurance companies that specialise in insurance policies suitable for trekking expeditions. If your current travel insurance company cannot provide you with a suitable policy, please contact us for further information. We recommend that you also have insurance for cancellation and personal baggage. Once you have arranged your insurance, please complete this insurance declaration form, and return it to us as soon as possible.

\*Trekking Peak Insurance: If you have booked onto one of our Trekking Peak trips (Yala Peak, Island Peak, Mera Peak, Teng Kongma Peak or Pokalde Peak) please ensure you are covered to the height you hope to achieve and that they are aware that you will be using ropes, crampons and other climbing equipment.

Name:	
Trip Title:	
Trip code or group name:	
Land-only dates:	
Insurance company:	
Insurance policy number:	
Insurance company general telephone number:	
Insurance company emergency international assistance telephone number:	
I understand that responsibility for the payment of all bills incurred for rescue and repatriation lies ultimately with myself, the client in the event of the insurance company not paying for them. I am responsible for ensuring that these payments can be met as outlined in the Booking Conditions.	
Signature:	
Date:	