

# Frequently Asked Questions

## Machu Picchu and the Sacred Valley

### Travel Essentials

#### **Where can I find my trip itinerary and will my itinerary change?**

You can find a comprehensive trip itinerary in the Trip and Accommodation Guide included in your Adventurer Package. While we strive to adhere to the planned itinerary, please note that changes may occur due to unforeseen circumstances or weather conditions.

#### **Do I require a passport to travel? What about a visa?**

A valid passport is required for travel to Perú. If you are a U.S. or Canadian citizen, you will need a passport that is valid for six months from the date of completion of your trip. It is always a good idea to make a photocopy of your airline tickets and of the pages of your passport that have the number, your photograph, and other pertinent information. Keep the copies separate from the originals.

Visas are NOT required for Canadian and U.S. citizens. If you are not a Canadian or U.S. citizen, please contact the Peruvian consulate or embassy nearest you for visa requirements to enter Perú. If a visa is required, you are responsible for obtaining it.

#### **What should I be considering with regards to travel insurance?**

Adventure Canada travels to remote destinations where emergency medical treatment may be difficult to access. Emergency medical and evacuation insurance to the minimum value of \$500,000 USD PER PERSON IS MANDATORY for participation in all Adventure Canada expeditions. This may not cover the full cost of a medical emergency. Any additional expenses are the responsibility of the passenger.

Adventure Canada strongly advises all passengers to obtain travel insurance as loss of deposits and cancellation terms and conditions come into effect upon receipt of a confirmed booking. Adventure Canada recommends that travel insurance be in place no later than 120 days prior to departure. If you require assistance in obtaining further insurance information, please contact Adventure Canada or your travel agent.

### **Do I need any specific vaccines before travelling?**

While no vaccines are required, some are recommended for your health and safety. The Yellow Fever vaccine is recommended, particularly for regions with tropical climates like Perú, where mosquitoes can transmit the disease. Though not common in Perú, reported cases exist. Additionally, consider vaccinations for Hepatitis A and Typhoid to prevent illness from contaminated food or water during your travels in Perú.

## **Packing & Preparation**

### **What should I pack?**

For a suggested packing list, please see the Essentials section in your Adventurer Package.

### **What are the luggage and carry-on regulations and restrictions for this trip?**

Be sure to pack only what you actually require, as weight restrictions apply on flights. Your total luggage allowance is 30kg, which includes 20kg as checked luggage and 10kg as carry-on. You cannot exceed 10kg for carry-on or add the difference to checked luggage if carry-on is less than 10kg. Additional baggage weight cannot be purchased—we recommend weighing your bags before departure to avoid issues at check-in. Please be aware of FAA restrictions surrounding hazardous or unlawful items and check with any connecting carriers to determine their regulations.

### **What plug and socket types are used?**

The plug and socket types used include two types of electrical outlets: one that accepts two-pronged plugs with flat, parallel blades (Type A) and another that accepts plugs with two round prongs (Type C). It's worth noting that many Peruvian electrical outlets are designed to accept both types. Electrical outlets are rated at 110V (and 220V in social areas).

## **Health & Safety**

### **What medical considerations should I be making?**

Adventure Canada expeditions travel to remote areas of the world where medical care is either unavailable or not up to modern standards. Adventure Canada will request your medical details prior to your trip. If you have any health concerns, we strongly recommend a pre-trip appointment with your health care professional. Dental care is also recommended before travel and guests are advised not to travel with temporary fillings, caps, or unfinished root canals. It is the travellers' responsibility to know the entry requirements of the nations they are visiting.

**What should I do about my prescription medication while on the trip?**

Please make sure you bring an adequate supply of prescribed medication for the trip until your return home. It is recommended to bring at least one week's additional medication in the event of a delay. IT MAY BE IMPOSSIBLE TO REPLACE OR REFILL PRESCRIPTIONS DURING THE TRIP. PLEASE TAKE ADEQUATE CARE TO ENSURE THE SAFE TRANSPORTATION OF YOUR MEDICATION. It is vital that your prescription medicines travel with you in your carry-on luggage and not in your checked bag. You must have a doctor's note or proof of requirement in order to carry needles for medical reasons in your carry-on baggage. If you have special requirements surrounding your medications while travelling, please inform Adventure Canada as soon as possible.

**Will there be a doctor available?**

A doctor will not be available at hotels but can be reached in case of emergencies.

**I have special dietary requirements. Can they be met?**

When requested in advance, most special dietary requirements can be arranged. Andean staples such as cassava, plantain, maize, and some 4,000 potato varieties are great alternatives for gluten intolerances.

## **While Visiting Machu Picchu**

**What will the weather be like?**

The weather in Lima and Cusco is typically mild and temperate, with average temperatures ranging from 15°C to 22°C (59°F to 72°F). In Machu Picchu, expect a subtropical highland climate with temperatures ranging from 12°C to 24°C (54°F to 75°F). During the dry season (May to October), Machu Picchu experiences sunny days with lower chances of rain, while the wet season (November to April) brings warmer temperatures and higher rainfall.

**Is altitude sickness a major concern?**

Altitude sickness can definitely happen—especially on a steep hike like Machu Picchu and Cusco. Just stay hydrated, take it slow, and get plenty of sleep before your hike. Local coca tea can be a great remedy if the altitude has you feeling a little woozy! Consult your physician for more guidance.

**Can I drink tap water in Perú?**

This is not recommended. Perú's tap water doesn't meet the WHO standards for clean drinking water, and most locals don't drink it.

**Can I bring food and water into Machu Picchu?**

Yes, you're allowed to bring food and water into Machu Picchu. However, single-use plastics are prohibited, so bring refillable water bottles. There are also dining options available near the entrance.

**Can I take photos at Machu Picchu?**

Yes, photography for personal use is allowed at Machu Picchu. However, there are restrictions on commercial photography and the use of tripods. Be respectful of other visitors and the site's regulations while taking photos.

**What is the currency?**

The currency used is the Peruvian Sol (PEN), with an approximate exchange rate of about 3.5 Soles to 1 USD.

**What is the tipping policy?**

The tipping policy is flexible, as tipping is a personal choice. However, for guidance, suggested gratuities are \$10 USD per guest per day for each guide.