

TRAVELERS CHECKLIST

[] INSECT REPELLENT & CLOTHING SPRAY

For the Amazon Jungle use a 35% or less Deet containing product for applying to exposed areas of skin. On clothing spray use “PERMONONE” or “PERMITHRIN”.

**** This does not apply to Cusco and the Andes Mountains. Cusco is 10,200 feet elevation. There is not a problem with mosquitoes, especially in the winter months.**

[] SUN PROTECTION

In the jungle use at least a number 15 sunscreen with both ultraviolet “A” and “B” protection such as UV SHADE. Lip balm with a #15 or greater sunblock. Sunglasses with ultraviolet protection. Hat with a wide brim.

**** In the summer months in Cusco it is good idea to have some one hand. It is not as important in the winter months. Remember when it is summer in the states, it is winter in Peru.**

[] WATER PURIFICATION

For the jungle missions take Iodine tablets or Polar Pure Iodine crystals or water filter with an iodine resin such as the “Pur” or the “Sweetwater” with its antiviral filter plus quart water bottle to mix the iodine in.

**** In Cusco and the Andes Mountains, bottle water can be purchased for the day trips. A purification pump is not essential, but if you already have a pump, I suggest taking it.**

[] DIARRHEA

Imodium AD – Over the counter; Antibiotic Prescription; Traveler’s Diarrhea Pamphlet

[] MEDICATIONS

Remember to always carry your medications on the plane with you. For persons with daily medications, always carry extra medications. Keep everything in prescription bottles.

PLACES TO FIND SOME OF THE ABOVE RECOMMENDED ITEMS

Adventure 16 Camping Stores
REI
Big 5
Sports Authority

Sports Chalet
Travel Depot
Oshmans
Cal Sports

There may be other camping stores in your area. Wal-Mart also has some camping supplies.