

TRAVEL TIPS FOR IQUITOS & THE PERUVIAN AMAZON

ARRIVAL AND DEPARTURE

Visa: Usually no visa is required to enter Peru, but please check with the Foreign Secretary of your country for further information

Passport: A valid passport for at least 6 months after you entry in Peru is required to enter and depart Peru. Tourists must also provide evidence of return on onward travel.

Airport arrival: On arrival at Iquitos airport, please be on lookout for our representative who will be holding a sign with our logo standing in front of our designated stand/post. Do not accept transfers from anybody else, our representative will be waiting for you. If you fail to see him, please wait for him. He will help with your luggage and will take you to your transfer towards Nauta city and port.

Departure tax: All international and domestic flights within Peru now include the airport tax (including LATAM Airlines). That is, the airport taxes are included in the price of your ticket. However, we recommend you check with your international flight provider for more information on its policy.

VIP Areas: At Lima Jorge Chavez International Airport, Business Class passengers have at their disposal a free and private area. Passengers others than Business Class passengers must pay a \$50.00 USD entrance fee, at Peru's airports, for use of a VIP lounge.



MONEY

Exchanging American dollars and Euros into soles is possible in banks, in the streets (by official changers who you can recognize as they often wear aprons and always carry an ID), in exchange houses, and in large shops (in the bigger cities). The exchange rate in all of these is about the same. Hotels tend to give slightly lower rates.

The current exchange rate is around 3.50 - 3.70 soles per 1 USD, and around 3.90 - 4.10 soles per Euro. Please be advised that bills of \$100 USD are very difficult to change them in Iquitos, bring bills that are in perfect condition (no tears or stains).

We recommend exchanging money in banks, hotels, or with official moneychangers. With travelers cheques, it is best to exchange them at Lima airport where commission fees are lower. For security reasons, we highly suggest using ATMs in airports or hotels rather than using street ones.

These are machines throughout the major tourist towns (Lima, Cuzco, Arequipa, Puno, Iquitos, Trujillo, Chiclayo and Huaraz). Visa and Mastercard are most commonly accepted. Traveller's checks are often only cashed in local currency (soles).

When you are on board the Delfin, there will no chance to change money. Please bring soles in the form of coins and small bills so you may be able to help local villagers by buying the wonderful products they make with woods, seeds, and palm fiber. This will be best help you can leave these communities.



LUGGAGE

In general, soft luggage is encouraged for the entirety of your trip.

What to Pack: Casual, comfortable, neutral colored clothes in light, strong, breathable fibers are ideal, either synthetics or cotton. Comfortable walking shoes and a pair of sandals should fit all your needs with us. We recommend a few long sleeve shirts and pants, and a swimsuit for water activities. Various types of layers are ideal. Large brimmed hat for sun protection, and insect repellent with 100% DEET, are highly suggested. We provide rubber boots and rain ponchos for excursions. Laundry service is available aboard the Delfin II & Delfin III, for an extra cost.

Flights: On domestic scheduled flights, baggage allowance usually is restricted to 2 pieces of luggage per person with a total maximum weight of 23 kilograms (50 lbs). Only small carry-ons are allowed as cabin baggage (restricted to a maximum of 8 kilograms (17 pounds)). At our exclusive embarkation port in the town of Nauta, we have left-luggage facilities. You can leave some items with us in Nauta during your cruise so you have more space in your Suite aboard.

Lima's Airport: There is a left-luggage center in Lima airport. For your reference, prices are \$5 USD per day per luggage, \$3 USD per hour per luggage, and \$7 USD per day per lockers, with capacity for 1 big and 2 small luggages. (prices subject to change) **Hotels:** Usually hotels have left-luggage services where you can leave your heavy baggage. This is much more efficient than bringing them aboard the vessel. Remember that our Suites, though very spacious and comfortable, are not as large as regular hotel suites.

Hotels: Usually hotels have left-luggage services where you can leave your heavy baggage. This is much more efficient than bringing them aboard the vessel. Remember that our Suites, though very spacious and comfortable, are not as large as regular hotel suites. **Travel Insurance:** We strongly recommend securing travel insurance before traveling to the Amazon. Travel insurance generally protects you (depending on the policy) from expenses incurred during travel due to flight cancellations, theft, lost luggage, and general cancellation by you in the event of not being able to carry out your trip due to illness or some unforeseen circumstances. It can also cover your medical expenses and evacuation expenses during travel in case of illness or accident.



HEALTH AND SAFETY

General Safety: Please ensure you do not carry any jewelry or valuable items during your trip. Please leave valuables such as passports, credit cards, traveller checks, and cash in the safe box in your Suite. While visiting the rest of Peru, be particularly careful in crowds, especially in markets and during processions and festivals.

General Hygiene: Be particularly careful with tap water.

Vaccination: No specific vaccination is required to enter Peru (including malaria and yellow fever). Yellow fever is recommended though we have never heard of anyone contracting yellow fever anywhere in Peru or neighboring countries. To reference, the USA Center of Disease for travel to Peru nevertheless requires a current yellow fever vaccination for trips to rain forest regions. This vaccination is normally required or recommended for all rainforest regions around the world. Malaria pills are recommended usually when travelling to tropical regions but the places we cruise are Malaria Free Places. No anopheles mosquitos (which are known to carry the disease) proliferate in the areas which we cruise in. For more specific details, we encourage you to discuss with your doctor.

Recommended Personal Medical Kit: For your travels throughout Peru and particularly if you spend time in the jungle: Antidiarrheics (Imodium), stomach pain (Pepto Bismol), antihistamines (both capsules and balm), analgesics, band aids and blister plasters, as well as insect repellent with DEET. Personal medicines are strongly recommended. In all of our vessels we have a paramedic and modest medicine pantry on board. There will be no immediate access to medications during the cruise, so please bring everything you need with you. Please also alert your trip representative or our crew with any specific concerns we should be aware of.

Altitude Considerations: The Peruvian Amazon is at sea level and altitude sickness is never an issue.



TELECOMMUNICATIONS

Mobile Phones: In Peru, foreign phones, including iPhones and Blackberries, work without any problems. Coverage is very good in the cities and, surprisingly, in some rural areas, including Machu Picchu. The two main providers are Claro and Movistar/Telefónica. Onboard, there will be no coverage. In certain specific locations, a signal may occasionally be available; please ask your guide or a crew member to point out these spots.

Telephone: If you wish to make international calls, you can purchase prepaid phone cards and use them in any city in Peru. Onboard, you may use your mobile phone when there is a signal. Otherwise, we provide a satellite phone available at an additional cost per minute, and for emergency cases.

Internet: Affordable internet cafés can be found in all cities, and most hotels offer Wi-Fi and/or public computers. On our vessels, Wi-Fi connection is available exclusively on the third deck.

Mail: Postcards and stamps are usually available at airports. The cost of a stamp to the United States or Europe is approximately 7 soles (US\$ 2.50).

VOLTAGE

Throughout Peru, the voltage is 220V. Onboard, we also provide 110V. Outlets are generally European-style (two round pins). Three-prong or polarized plugs require adapters, which can usually be purchased locally. European two-round-pin and American two-flat-pin plugs are compatible.

PHOTOGRAPHY

We recommend bringing all your photographic equipment, SD cards/memory, and accessories, as these items are not available in the areas where we sail. As a courtesy, please always ask for permission before photographing people, especially in remote communities where it may be considered disrespectful.

HOUR

(UTC-05:00) Peru's time zone is the same as U.S. Eastern Standard Time (EST). Daylight Saving Time is not observed in the country.

