



## Peru Information

### Travel documents

U.S. citizens traveling to Peru must have a passport that is valid for six months after their expected return date. Additionally, the traveler must hold proof of return or onward journey (e-ticket receipts will suffice). No entry visas are required for U.S. citizens. Please check [travel.state.gov](https://travel.state.gov) to confirm passport validity requirements prior to your tour. Citizens of all other countries should contact their appropriate embassies to find out what specific documentation is required for them to travel.

Due to internal flights, a complete group passport list must be sent to EF no later than 110 days prior to departure. Please contact your Tour Consultant for further information.

### Vaccinations and health precautions

For information on necessary vaccinations, we recommend you visit [cdc.gov](https://www.cdc.gov) or consult your physician for the most updated information. The altitude in Cuzco is over 11,000 feet above sea level, so we advise travelers to speak with a doctor prior to departure if they have health concern.

### Tour Director and drivers

You will have the same Tour Director during your entire tour. Bus drivers may change from day to day, so their tips should be considered on a daily basis.

## Tipping

It's customary to tip your Tour Directors and bus drivers as a token of appreciation. We recommend:

- \$6–8 per person per day for the Tour Director
- \$3 per person per day for the bus driver
- \$2 per person per tour for each local guide

We recommend using U.S. dollars or local currency for tipping. We suggest you deposit the tip money into your bank account and withdraw it at the end of the tour. Then, present it to your Tour Director in the tip envelope provided by EF.

## Currency

Peru's currency is the Nuevo Sol, but U.S. dollars can be used throughout the country. If you do use dollars, the bills need to be new and crisp and preferably in low denominations—visibly worn bills will not be accepted. Visit [xe.com](http://xe.com) for current exchange rates and more information.

Be sure to notify your bank or credit card company that you will be traveling abroad and ask what international fees you may have to pay. We recommend withdrawing money from a bank or ATM machine instead of using credit cards. When you use an ATM, you will be given Soles. Although most shops accept credit cards, the phone lines are much slower, which makes using credit cards time-consuming. It may also cause delays in your group's schedule. Traveler's checks are usually not accepted in Peru.

## Transportation

Travel will be by modern, air-conditioned buses, and most transfers are between 2–3 hours in duration (except between Cuzco and Puno, which takes 5–7 hours). The Tour Director will accompany the group on all transfers. Due to Peru's geography, flight transfers are necessary between Lima and Cuzco as well as to and from Puerto Maldonado. The train from Machu Picchu is between 1.5–2 hours. For those doing the extension to the Amazon, there is also a two hour boat transfer.

The majority of international flights arrive into Peru after 10:00pm local time on arrival day. Flights to and from Cuzco may often see significant delays due to wind conditions around the Andes Mountains.

## Safety

Always inform your Tour Director if you should need to break away from the group at any point. Store valuables in hotel safe deposit boxes and refrain from carrying large sums of money or wearing valuable jewelry. Please be sure to read EF's *Travel & Safety Guide* before going on tour. Many of the interior regions that we visit in Peru have a higher altitude than most US cities. To avoid altitude sickness, travelers must remember to hydrate more than they normally would at home, snack frequently throughout the day, and remember to apply sunscreen, even if it is cold outside. Medication for altitude sickness can be purchased over the counter in Peru or at home if desired.

Many of the locations we stay in are small villages, and by nature do not have many evening activities. Therefore in the evenings, we encourage travelers to stay indoors and rest up after a long day of activities.

## Phones and Internet

It's easy to buy an international phone card in Peru to make phone calls home, and your Tour Director can help you find places to buy them. If you plan to use your personal cell phone on tour, contact your wireless provider to see what fees you may incur for calling, texting, or using data abroad. Wi-Fi may not be available at all hotels in Peru and may be unreliable when available, even on the road. Travelers should plan to be without Wi-Fi for 1–2 days at a time.

## Accommodations

Hotels in Peru can vary quite a bit in style—meaning anything from larger, Western-style hotels to smaller hotels with less than 30 rooms. Some may have swimming pools. The hotels in Lima are generally American-style hotels that are often located in the tourist area of Miraflores. The hotels in Cuzco are commonly family-run or smaller residences that have a rustic feel to them. Hotels in Aguas Calientes are very basic, but centrally located in the town. We recommend that students bring books, games, music, or other forms of entertainment for evenings spent at the hotels after dinner.

Students under the age of 20 will share rooms with two or three other travelers of the same gender. These rooms will have single or shared double beds (or a combination of the two). Students may end up sharing rooms with students in the tour group who are not from their own school.

Adults will share twin rooms with other adults of the same gender. Adults may share rooms with adults in the tour group who are not from their own school. Please note that groups may not all have rooms next to each other (some may even be on different floors) and that hotels may be located outside of the city center.

Since hot water in most hotels in Peru is limited, showers should be kept brief. Heating and room temperatures in Peruvian hotels are generally cooler than in the U.S., and extra blankets are usually provided at hotels. Electrical voltage and outlets in Peru are the same as in the U.S., so you will not need an adapter or converter.

For groups going to the Amazon, the accommodation is a lodge in a remote location which can only be reached by boat. There is no hot water at the lodge and electricity is only available during certain hours of the day, so we suggest you pack a flashlight. Additionally, many beds will likely have a mosquito net over them.

## Local food

The primary ingredients found in nearly every Peruvian dish are rice, potatoes, chicken, pork, lamb, and fish. Peru's unique variety of climates and landscapes has helped make Peruvian menus some of the most diverse in the world. Such geographical variety gives Peru distinct culinary regions that are divided into coastal, mountainous/highland, and tropical.

Breakfast and dinner are included daily. For lunches, the average cost of a meal will be approximately \$7–10 dollars. Travelers should not drink the tap water in Peru and should only drink water from pre-sealed containers. Bottled water is available for purchase everywhere for \$1–2. Bottled or purified water will be provided to travelers for all included meals.

## Public bathrooms

While public bathroom facilities are generally available in Peru, it will often cost one Peruvian Sol to use the facilities, which includes toilet paper from an attendant before you enter. At Machu Picchu, travelers will not be able to use restrooms within the boundaries of the site, so students should be prepared to only use the restrooms before they enter or after they leave.

## Weather

Since Peru is in the Southern Hemisphere, its seasons are the opposite of those in the Northern Hemisphere. The climate varies according to the area you are visiting. On the coast, winter lasts from June to September. During this period, the mountainous areas are often sunny during the day but cold at night. Heavy rains in the mountains and jungles last from December to April. It hardly ever rains in Lima or on most of the coast. Because of the altitude, weather in Cuzco will fluctuate greatly between the sun and shade. Please check [weather.com](https://www.weather.com) for your destinations and travel periods.

## Packing

In general, packing layers is recommended as the temperature can fluctuate drastically throughout the day. Light layers are recommended during the summer, with much warmer clothes worn in upland areas (especially at night). Heavier layers are recommended in the winter months, which is from June to September. Comfortable walking shoes and a light jacket are best for sightseeing.

Because the Machu Picchu historic site has banned all one-time use plastic items such as bottles, straws, and plastic bags, we highly recommend all travelers pack reusable water bottles (travelers will need to fill these with potable bottled water before entering the site).

## Luggage

Fees for checking a bag on both the international flights between the United States and Peru and any flights while on tour in Peru are included in the price of your tour. Please contact the airline for baggage restrictions and regulations.

For the transfer and overnight in Aguas Calientes/Machu Picchu, passengers on the train are only allowed to bring a standard school-sized backpack which cannot weigh more than 10 lbs. Their other luggage will remain in storage until the groups return from Machu Picchu. For those traveling from Iquitos to the Amazon Lodge, your main luggage will stay in a safe deposit in Iquitos and you are only allowed to bring a backpack on the boat ride and to the lodge for your stay.

## Additional information

Some groups will visit a local community while in Cuzco. You should not bring donations, as EF has already formed sustainable partnerships with these communities. Instead of bringing goods or money, we ask that travelers bring questions and a curiosity to learn about the locals.

As a reminder, there are no bathrooms within the site of Machu Picchu. The Tour Director will notify the group of the final bathroom stop before they enter the site (this will be where all travelers should use the restroom).

While students will have plenty of opportunities to take pictures of llamas and alpacas seen at the sites they will visit on tour, EF will not stop for photo opportunities where llamas and alpacas are being put on display for tourists, as this does not adhere to our animal welfare guidelines.

Learn more about EF's commitment to animal welfare at [eftours.com/our-story/world-animal-protection](https://www.eftours.com/our-story/world-animal-protection).