

AMAZON OUTREACH PERU TRAVEL

PREP/PACKING LISTS

Please read carefully and consider the wisdom of this checklist that has been compiled from years of traveling to Peru and abroad. Please be diligent concerning these health precautions. Neither be so frightened it causes you to not go or be ineffective while there. Some folks have chosen to disregard the basic health rules and paid the price while others were unaffected. The choice is yours! Space does not permit to share all of their stories.



CREDIT CARDS: Visa is best in Iquitos various cards can be used at times. Outside of Iquitos in villages only cash. Cash is a must!

INSURANCE: Purchase travel Insurance. Faith Ventures offers a good plan if the need arises to be airlifted home, etc.

PHONE: AT&T and Sprint are two of the carriers known to work in Peru. Check with your carrier to see if you need to purchase an international plan.



Important Items

PASSPORT: must have expiration date 6 months prior from the date you RETURN from Peru

IMMUNIZATIONS: All childhood, Hep A & B series, typhoid, yellow fever, malaria pills; consult with travel nurse. As we travel upriver you will need malaria pills. Give yourself at least 3 months for this process for shots.

MONEY: 100 dollar bills, new is best; no CB series, if used get unmarked bills, no rips or tares or the exchange rate goes down.





BIENVENIDOS “WELCOME”

You will be blessed by the warmth of the Peruvian People. The biggest in country need is to be **FLEXIBLE** as the culture is patient and as Americans we want things done yesterday. Our itineraries may change from what was originally planned.

ACCOMODATIONS

Staying at the MEPI (Mission Evangelica Pentecostal Independente) Bible School is dorm room style. Men’s quarters are on the first floor and the ladies are on the second floor. This is where most teams stay while basing out of Iquitos. While the Bible school is in session mid January-mid March; and Mid July -Mid September you’ll have the opportunity to get to know the students. This is a great time to encourage the teachers, staff and students. Laundry facilities are available, washing machine only. WIFI is available at the Bible School, however, it’s fickle and there have been extended times of it not working due to the location.

COSTS per individual is \$90 a day and includes room, meals, interpreters, cooks, and transportation. In country this does not include remote trips where transportation cost go higher. \$500.00 ministry donation to Amazon Outreach general fund goes to support various ministry needs from maintenance to supporting evangelists. Individual team’s project costs are to be determined by each team, typically \$500 per person. ie: construction, conferences, or medical needs.



AMAZON OUTREACH TRAVEL CHECKLIST

IMPORTANT ITEMS

Passport
 Immunization Records
 Plane Tickets
 Dollars in money belt (no rips, marks or holes, like new, no bills older than the year 2006)
 Also, no "CB Series" on the \$100 bill
 Credit Card, Preferred is VISA
 Paper photo copy of passport identification page

Notebook/paper
 Bible
 Sermons/Teachings
 Pens & Pencils
 Medium size back pack
 Camera equipment & accessories
 English to Spanish small dictionary

PERSONAL ITEMS NEEDED:

Insect spray and lotion	Some canned meats & fruits
Personal prescription, allergy relief & medications (ask your Doctor to prescribe Lomotil, or you can get Imodium over the counter for diarrhea)	Vitamins, gatorade powder packets or electrolytes
Tylenol, Advil, Pepto Bismal, Tums, Cipro & Zpac antibiotics for infection and sickness	Compact toilet paper or kleenex for trips outside the city
Outlets/small flashlight and batteries	Money to give in offerings when visiting churches
Light rain gear/umbrella, boots	Deodorant soap/shampoo
Personal snacks (dried fruit, nuts, peanut butter, candy, jerky, pringles, crackers, nutritional bars, cookies) Please bring your own special snacks if you have a special diet.	Suntan Lotion/chap stick
Plastic bags for dirty clothes	110 to 220 volt converter
Wet hand wipes antibacterial hand sanitizer	Latin America adapter for electrical
Personal toiletries (deodorant, toothbrush & paste)	Hat//prescriptions glasses/sunglasses

Bring a Hydro flask, or YETI, - these stay cold all day or a personal water bottle.	
Band-Aids & antibiotic cream (razor, talcum, etc)	Benadryl itch relief spray/Aloe vera for sun burn

CLOTHING

MEN: summer clothing, long shorts, t-shirts and short sleeve shirts that are designed for hot temperatures.

For church services – pants, short or long sleeve shirts, belt
(ties and sports jacket are not necessary but preachers should bring one tie for a possible special ceremony)

WOMEN: summer clothing, capri pants, pants, shirts, blouses, warm weather dresses, shorts should not be worn in church meetings by ladies.

SHOES: trail running shoes or light hiking shoes for traction on slippery or muddy trails, recommendation is for shoes that ventilate. Sandals/flip flops may be used - one pair for showering, a second pair if you like to use them for walking.

BOOTS: It is advised to bring a pair of rubber boots, especially in the rainy season.

REMOTE JUNGLE TRIPS

- First aid kit
- Jungle hammock or two-man tent with fly (I recommend a good two-man tent that has mesh ventilation when the rain fly is not being used.)
- Inflatable Pad
- Light sheets or safari blanket and pillow
- Life straw for drinking water
- Battery operated fan & plenty of batteries
- Safari type clothing for ventilation
- Hiking shoes
- Pocket knife or Leatherman
- Wicking socks that are crew length (tucking pants into socks helps keep the bug bites and chiggers to a minimum)
- Nutritional snacks and food

ALL TRIPS

Credit cards can rarely be used outside of Iquitos. Typically, only VISA is accepted. After arrival in Iquitos your Peruvian guide and Interpreter will facilitate a money changer for a meeting to exchange your money at the best rate. You should take a minimum of \$300-\$500 for personal spending and shopping, emergency etc. The best kind of money pouch is

the thin zipper pouch that fits under your clothes, and has a large zipper pouch on the outside for easy access for passport, etc. You can usually find these in a sports clothing & equipment store....Walmart also.

IMMUNIZATION AND HEALTH ALERT

Malaria pills are not needed in this area of the jungle. Iquitos itself is considered safe, but if you travel to the surrounding villages you should take malaria pills. Most teams will travel to surrounding villages and our recommendation is to take malaria medication while you are in Iquitos. Each one has side effects so check with your local travel nurse, health department in your area, or doctor for drug interactions with your present medications. Most recommended immunizations for Peru besides malaria pills are: Yellow Fever, Hepatitis B, Hepatitis A, Typhoid and Tetanus. The decision is yours. Just realize you are taking a chance. Many of these immunizations must be started well in advance of your trip. Also, take medications for diarrhea and have your doctor give you an antibiotic in case of sore throat or upper respiratory infections. Dehydrations is a major concern in the jungle heat. Electrolyte drinks similar to Gatorade can be purchased in some areas or in the pharmacies of Iquitos, or else IV fluids must be obtained at **the Adventist Hospital, "Clinica Stahl"** in Iquitos located on Avenida La marina 285, same street as the Bible School or hopefully a clinic in a larger town near where you will be if you become dehydrated from vomiting or diarrhea. Also, you can obtain **Pedialyte** in powder found in Walmart or in the baby section of some stores...better than Gatorade. Drinking a lot of liquids is imperative, especially if on a construction team outside in the extreme heat. Dengue fever has been reported in Iquitos and surrounding area, transmitted by mosquitos.

Parasite and deworming pills can be purchased over the counter at Pharmacy's in Iquitos and they are not expensive. It is recommended that each team member take these upon arrival back in the USA.

TRAVEL TIPS

Stealing can happen so don't wear valuable jewelry and only a cheap watch. Don't set a backpack down unattended...

Ask yourself....WHAT IF MY LUGGAGE IS LOST AND I MUST SURVIVE WITH ONLY WHAT I CARRY ON THE PLANE? You most likely will not find clothes or shoes to fit you in Peru if you are tall or a large person. Always try to pack most of your clothes and most needed items with you on the plane like medications, electronics, etc. in your carry on. The Peruvian airlines range from 20 kilos a person to 25 kilos a person before you are charged extra. Most international flights allow two 50 pound suitcases or duffel bags.

Since the laws are constantly changing now as to weight allowances and what you can take on the plane in your hand luggage, and with how many bags are allowed for free. Always check with travel agent or airlines to acquire the latest restrictions. **While boarding your flight to**

Peru have your passport handy and the MEPI address (below) to fill in your tourist immigration card. You will be filling out two cards; one for immigration and one for customs. Be sure this is filled out before you approach immigration.

Don't drink the water, nor brush your teeth with it. Glasses are provided in hotels and at the MEPI Academy or take small paper bathroom cups. Use only bottled water.

Don't eat raw food like salads, nor drink juices in restaurants unless canned. This discipline may save you a lot of agony. Many carbonated sodas are available. (Inca Cola, Coca-Cola, etc) as well as bottled water, carbonated or plain and also Gatorade type drinks are now available or take along a powdered Gatorade to be sure.

Many times a 110 to 220 converter will burn up the hair dryer, curling iron, or iron, etc due to the instability of cycles with the electricity in Peru. Recommended is to purchase 220/240 items you will need with a global adapter kit for the various outlets you will encounter around the world. This is a better solution than taking your personal items you use at home. You can purchase these online or upon arrival in Peru. For teams staying at the MEPI academy we have an iron, blow dryer, and curling iron available in the upstairs apartment for use.

CELL PHONES & CREDIT CARDS FOR INTERNATION TRAVEL

Make sure to get an international texting plan for Peru and or data plan if you need to use that while in Peru. Please check with your local carrier to see if you get service in Peru. It is constantly improving as to who can get service. Currently AT&T and Sprint are US companies that work in Iquitos.

Make sure to call your credit card companies and get your cards cleared for use in Peru for the days you will be there as well as your bank. ATM's have worked for some but fees are costly.

CHRISTIAN ETIQUETTE

Even though the leaders of MEPI gratefully appreciate your effort to help them with the work in Peru; what is more important is your Christian attitude and character. You can be sure it will be tested. Be tolerant of another culture and the way they do things. Be willing to talk out your difference of opinion and not demand your own way. Be wise and enjoy your labor for God. The Peruvians will respect your knowledge, but they know things that you won't know.

They are patient so don't be quick to anger. Most important know God is sending you to minister from His presence and heart. We ask that while in Peru you don't use alcohol or tobacco products as that will hinder your testimony with the believers and will not benefit what is being accomplished. Be flexible as plans can change quickly on the mission field and know that the Lord has greatly blessed many over the years who have had willing hearts!

BIBLE SCHOOL NEEDS

We are getting the Bible school into the age of technology consider bringing a new or gently used laptop for the computer classes. Also any Spanish books that are of a spiritual influence that would help build our small library. Each person is allowed to bring one laptop into the country without being taxed.

Bible Academy

Academia Biblical Peruana (M.E.P.I.)
Avenida La Marina 2218
Iquitos, Peru

SPECIAL INFO FOR TEAM LEADERS TAKING TEAMS TO PERU:

Team Leaders basing their teams out of MEPI – (\$90.00 a day per team member will cover the lodging, food, cooks, restaurants, travel by boat, moto car, bus and interpreters. We recommend you gather this from your team before arrival and appoint one responsible person as the financial manager of the team's money for these necessities.) Each main interpreter should be paid \$40 a day. Each Junior interpreter should be paid \$15-20 per day. Each cook \$20.00 a day. Please advise teams to pack enough laundry for entire stay, however, laundry can be washed off site for a fee. Separate out of the \$90 a day fee, \$20 a day per person for apartment maintenance fund. Give this to Lorena in cash. This goes to pay electric and well and water fees and maintenance.

HOTELS IN IQUITOS

El Dorado Hotel ***

Jiron Napo No 362

Iquitos, Peru

PH: +51 65 126416

Manager: Nuna Bendlayon

\$70.00 a night, 2 people, plus 10% sales tax

(All this information subject to change with email addresses, prices, managers etc.)

Double Tree Hilton

Jiron Napo 258

Iquitos, Peru

PH: +51 65 222 555

\$120-170 per night plus tax (Best Hotel)

Hotel Acosta

254 Calle Huallaga

PH: +51 65 231761

Web: www.hotelacosta.com

Hotel in Lima

(Approximately \$60 to \$70 a night for two people in a room, wifi & breakfast)

Hotel Miramar

Jr. Bolognesi 191

Miraflores

Tel +511 445 3198

Web: www.hotelmiramarperu.com

Holiday Inn Lima Airport

Av. Tomas Valle s/n esq, Faucett, Callao 07041

+51 1 6206006

\$160 per night

[https://www.ihg.com/holidayinn/hotels/us/en/lima/limap/hoteldetail?cm_mmc=GoogleMa](https://www.ihg.com/holidayinn/hotels/us/en/lima/limap/hoteldetail?cm_mmc=GoogleMaps-_-HI-_-PE-_-LIMAP)
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This hotel is a good price, location and accommodations. Give yourself one hour to the airport between 6am and 8pm at night if you use this hotel or others in Miraflores or downtown Lima.

In Case of Emergency in Iquitos, Peru

While in Peru your family can contact you through one of the following English speaking persons who are our main interpreters:

Ramon Sahuarico: Resides in Iquitos

Email: rsahuarico@gmail.com

PH: +51 65 22 2340

Cell: +51 965 907 061 (+ or 011 is long distance from the states, 51 is Peru country code, 65 is Iquitos city code and rest of the numbers are local. In Iquitos just 965 907061)

- When calling their Home number (51 65 and the house number)
- When calling their Cell number from USA to Peru DO NOT USE the city code (65)
- When calling within the city of Iquitos or Contamana use just their cell phone number

Guido Sahuarico: resides in Iquitos – is currently the MEPI president

Email: guidosm2@hotmail.com

Cell: +51 945 166 685 (In Iquitos just: 945 166 685)

Amazon Outreach Contacts

Address: Amazon Outreach

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