



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 your entry in Peru is required to enter and depart Peru. Tourists must also provide evidence of return or onward travel.

Airport arrival: On arrival at Iquitos airport, please be on the 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 Chávez 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 street (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 3.30 - 3.50 soles per 1 USD, and around 3.60 - 3.80 soles per Euro. Please be advised that bills of \$100 USD are very difficult to change and are usually not accepted. And if you expect 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 travellers 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.

There are cash 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 be 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 the 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, ether 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 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.

Travel Insurance: We strongly recommend securing travel insurance in your country before traveling to Peru. 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 during travel in case of illness or accident.



Health & 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 (immodium), stomach pain (Pepto Bismol), antisthaminics (both capsules and balm), analgesics, band aids and blister plasters, as well as insect repellent with 100% DEET. Personal medicines are strongly recommendend. 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.

Voltage

The voltage throughout Peru is 220V. On board we have 110V too. Electric plugs are generally like European ones (double/round). 3-pronged and polarized plugs will need adapters, which can usually be purchased locally. European rounded 2 pin plugs and American flat 2 pin plugs are fine.

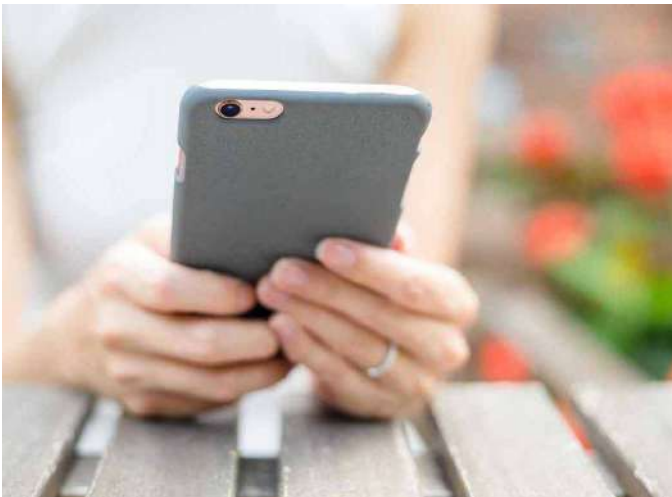
Telecommunications

Mobile Phones: In Peru, foreign phones, including iPhones and Blackberries, work well. There is very good coverage both in cities and surprisingly in some rural areas, including Machu Picchu! The two main providers are Claro and Movistar/Telefonica. While on board, there will be NO coverage. Sometimes, you can catch a passing signal in specific places; please ask your guide or a crew member to let you know about these spots.

Telephone: If you wish to make international phone calls, you may purchase pre-paid phone cards and use them while you are in any city in Peru. On board, your cell phone may be used when there is coverage. Otherwise, we have a satellite phone available for an additional per minute cost, and for any emergency cases.

Internet: In every city, you will find cheap Internet cafés, and most hotels offer WiFi and/or have public computers. There is no WiFi or Internet service on board.

Mail: Postcards and stamps are typically available at airports. Stamps to the USA or Europe cost about 7 soles (\$2.50 USD).



Photography



We recommend you bring all your camera equipment, SD/photo cards, and especially where we cruise, there is no access to these items.

As a courtesy, always ask permission before photographing people, particularly people in remote areas who may find it offensive.

Time



(UTC-05:00) The time in Peru is the same as Eastern Standard Time in the United States. Daylight Savings Time is not practiced.