

A woman wearing a wide-brimmed hat, a blue top, a grey shawl with red and white patterns, and a black skirt is walking away from the camera on a dirt path. To her right is a river flowing through a valley. The background features rugged, green mountains under a blue sky with scattered white clouds.

COUNTRY

OVERVIEW

& PACKING

GUIDELINES

Peru: Indigenous Peoples and Globalization

Fall 2023

TABLE OF CONTENTS

COUNTRY OVERVIEW	3
General Information	3
Climate and Geography	3
Local Customs	3
Diet	4
Safety, Security, and Health	4
Homestays	5
Other Accommodations	5
Transportation.....	5
Communication	6
Phones and E-mail	6
Mailings	6
Money	7
Visitors and Free Time.....	8
PACKING GUIDELINES.....	8
LUGGAGE	8
Clothing Guidelines	8
Equipment	9
Computers and Other Electronics.....	9
Gifts.....	10
What You Can and Cannot Obtain in Country.....	10
Alumni Contacts	10
PACKING LIST	11



COUNTRY OVERVIEW

GENERAL INFORMATION

The Republic of Peru boasts a multiethnic population of 31 million, including the largest indigenous population within the Americas. Spanish, Quechua, Aymara and other Amazonian languages (44) are recognized as official languages, although the Spanish language is widely imposed in the public sphere. An additional 6 indigenous languages remain but are near extinction within the country's Amazonian region.

Peru is a country with large economic and social contrasts. The country enjoys relative economic 'prosperity' and positive figures that have allowed it to avoid the worst of recent financial crises. However, disparity in the distribution of resources has created growing discontent among the poorest in the country, who reside primarily in rural areas. Lima and the coastal region have benefited the most from recent modernization efforts; agriculture along the coast is largely a dynamic export economy. Meanwhile, the Andes and the Amazon are still dominated by industrial extractive activities (minerals and hydrocarbons) and subsistence agriculture.

The program base city of Cuzco was the historic center of the Inca Empire. Today, it is the center of Andean culture and the tourist point for the Sacred Valley and Machu Picchu. The city itself is layered in ancient, colonial, and contemporary culture.



CLIMATE AND GEOGRAPHY

Peru is situated on the Pacific coast of South America between Ecuador, Colombia, Brazil, Bolivia and Chile. It has 38 climatic zones distributed between three natural geographical regions: the

coastal plain with a truly semi-tropical climate and primarily arid agricultural land; the Andean highlands at about 8,000 to 14,000 feet above sea level; and the eastern jungle in the upper reaches of the Amazon.

The rainy season in the Peruvian Andes and Amazon begins in December and in a normal year continues until April. January, February, and March are usually the months with the heaviest rainfall. However, rainfall, and indeed the rainy season, varies according to the zone. Weather may be unpredictable.

In Cuzco, at an altitude of 11,000 ft, they say that one experiences all the seasons of the year each day. In the early morning it is spring. By the afternoon it is warm enough to enjoy summer clothing. In the evening it is autumn, and there is a chill in the air. Late at night and in the first hours of the morning it is cold, getting down to 40 degrees Fahrenheit and sometimes even lower. You will be traveling from the valleys of Cuzco to the tropical lowlands in the Amazon region of Madre de Dios and to the extreme elevations of Arequipa and Puno in the Peruvian Highlands.

LOCAL CUSTOMS

Cuzco is a warm welcoming city where people feel very proud of their city and its legacy. Studying abroad in Peru will be very different from your hometown. It will be a once in a lifetime experience that you certainly will enjoy, especially by opening your mind without comparing lifestyles and accepting it as a different culture; not better, not worse - just different.

People in Cuzco are generally conservative and maintain strong and close family bonds. Children normally live with or near their parents until they get married or have to leave to study or work elsewhere. Since **you won't be a tourist** in the city, but a **student**, we suggest that you spend the first week of your stay with your host family, observing how your family behaves, dresses, interacts with others, etc. This will help you live in Cuzco without being disrespectful and also help you feel like part of society. This doesn't mean not to be yourself; it just means it is important to adapt to the local culture.

DIET

SIT Study Abroad provides experiential learning opportunities where students become embedded in their host community. As such, we strive to accommodate serious food allergies where possible but simply cannot ensure that all dietary restrictions or non-medically mandated diets can be accommodated.

Students are encouraged to participate in the local food culture as a central aspect of daily life. By trying to replicate your diet at home you may miss out on an important part of your host culture. Due to the unique living and learning community central to all SIT programs, we cannot separate food and eating communally (including with your host family) from the program experience. Please consider local diet seriously when selecting your program of choice. Your admissions counselor is a great resource in better understanding the local diet.

The local diet in Peru is based on meat, chicken, fish, rice, a large variety of potatoes, beans, corn, and limited vegetables and fruits. Like in many Latin American countries, the largest meal is usually eaten in the middle of the day.

Cuzco is a cosmopolitan city, with a large variety of food options and restaurants. Vegetarians can be accommodated with advance notice of dietary preferences.

Note: if you have special dietary needs, including allergies, please inform our office prior to the start of your program. We will advise you on realistic expectations about avoiding or incorporating certain foods within the program context.

SAFETY, SECURITY, AND HEALTH

Maintaining good health is critical to having a successful semester. To help you do that, we have provided [Health Guidelines and Requirements](#) for your program.

It is very important that you read the Health Guidelines and Requirements document as early as possible and examine it with your medical provider. The guidelines include recommended immunizations; a suggested calendar for immunizations and other prophylaxes; and valuable

information on how to avoid exposure to common carriers of disease.

Based on evolving conditions of the pandemic including higher vaccination rates, increased protection with many individuals from previous infections, lower rates of serious illness associated with positive cases, and the removal of vaccine mandates in most SIT locations, SIT no longer requires vaccination to participate on programs except for locations where host country governments require it.

However, we strongly encourage students to be fully vaccinated against COVID-19 per CDC recommendations. SIT continues to closely monitor COVID-19 conditions in each program location and will advise students on any location-specific COVID-19 requirements and regulations prior to and during their program.

Students are thoroughly briefed on safety considerations during in-country orientation and are updated throughout the semester if and when circumstances change. For information regarding safety and security, emergency communications, SIT policies, accident and illness insurance, and general program tips, please read the [Safety, Security, and Health](#) document and [Student Handbook](#).

While Peru is safer than many Latin American countries, it is still wise to take certain precautions: before departure, make two photocopies of all important documents including passports and credit cards; leave one copy at home and bring one along with you. Bring a money belt or some other safe means to carry your valuables. We will provide a safe place to store your documents while you are in



country.

Some students experience 'soroche' or altitude sickness when they first arrive in the Peruvian Andes. To reduce symptoms: drink lots of water, avoid rapid movements, eat simple foods (a soup or a light salad would be fine), avoid alcohol, and give your body time to adapt (a couple of days should be enough). If you have had problems with altitude in the past or think that you may have problems once in Cuzco, you may want to consider seeing a doctor to prescribe proper medication.

Due to high elevation, malaria is not found in many areas of the Peruvian Andes. You will not encounter malaria in Cuzco city. A visit to the Peruvian Amazon region occurs during the semester and is about eight days in duration. The Center for Disease Control recommends prevention measures for the Amazon region. Please consult the Peru [Health Guidelines and Requirements](#) for more information about prophylaxis and personal protective measures. You should also consult your doctor to determine which malaria prophylaxis is best for you.

Proof of certain immunizations is not required for entry into Peru. However, the Peruvian government requires a yellow fever vaccination prior to visiting the Amazon region. **This vaccination must be obtained either in the US. It could be obtained in Peru, but it is high recommended to do it in US.** Please take into account the timing of the vaccination, which has to be administered at least 10 days prior to the Amazon excursion.

We also recommend discussing with your doctor mechanisms to boost your immune system while studying abroad such as taking probiotics and vitamins.

HOMESTAYS

As many SIT Study Abroad alumni will tell you, the homestay experience can be one of the most rewarding and most challenging aspects of the program. We hope you will come prepared for the experience and committed to moving beyond cultural immersion as you begin to question, distinguish, and analyze the host culture vis-à-vis your own culture and come to a deeper understanding of both.

Family structures vary in every culture. SIT Study Abroad values the diversity of homestay families, and your family may include a single mother of two

small children or a large extended family with many people coming and going all the time. Additionally, please bear in mind that, in many countries, the idea of what constitutes a "home" may be different from what you expect. You will need to be prepared to adapt to a new life with a new diet, a new schedule, new people, and new priorities and expectations.

Each program's homestay coordinator will be responsible for placing students in homestays. These placements are made first based on health concerns, including any allergies or dietary needs, to the extent possible. **Please note: in order to ensure the best fit for students and families, SIT may make final adjustments to homestay placements after student arrival in country. Therefore, SIT will not provide information about your homestay family before you depart for the program.**

On this program, you will be staying in two homestays. Your primary homestay will be in a residential neighborhood of Cuzco for six weeks. The program also includes one rural homestay – five days with Quechua-speaking families on Taquile Island in Lake Titicaca in Puno region.

OTHER ACCOMMODATIONS

Additional accommodations during excursions include stays in small hotels, tourist hostels, and lodges in the Amazon. Housing options during your Independent Study Project will vary by location and must be approved by your academic director.



TRANSPORTATION

You will use a variety of transportation during the semester including: walking, taxis, buses, train, planes, and boats. Because students live close to one another in their Cuzco neighborhood, they usually walk together in the morning and share taxis when travelling further. Most homestays are within

20 minutes walking distance from the program site. Public transportation (small buses) is priced around S/.1 sol (US\$0.35 cents) in any major city. Taxis in Cuzco are usually available at S/.4-5 soles during the day (US\$1.50) and S/.5-8 soles at night (US\$ 2.70).

COMMUNICATION

While you may want to be in regular communication with friends and family from home during the term abroad, please bear in mind that different time zones, unreliable phone lines, and changing program activities can complicate communication. It's important to be clear with family and friends about your availability during the term. Many students recommend making an appointment to call home or to receive a call. You should also consider the impact of constant communication with friends and family at home on your cultural immersion.

PHONES AND E-MAIL

As part of SIT's commitment to student safety and security, all students are required to have a working smart phone capable of making and receiving both local and international calls throughout the duration of the program. For that purpose students are required to either (a) bring an open, unlocked smart phone from the U.S. to the program that is able to accept a local SIM card, and is compatible with and usable at the program location, (b) work with the academic director within the first week upon arrival in country to purchase a smart phone locally, or (c) bring a dual SIM smart phone. During orientation, with assistance from SIT Study Abroad staff, students will learn how to use their cellphone, how to purchase and use an appropriate local SIM card, and how to acquire minutes for calls and texting. SIT Study Abroad requires that each student have a local number for communication with the homestay family and program staff.

While we recognize that alternative communication methods can be free or cheaper than cell service i.e. Facetime, Skype, WhatsApp, etc. those programs alone do not satisfy our need for regular communication with the local program staff and partners, nor do they meet our emergency communication needs. Therefore, local cellular capacity on each student's phone is required for the duration of the program. Students are required to maintain a minimum amount of phone credits at all

times for emergency calls. Full compliance with this policy is expected.

Since you will obtain a local phone number, do not purchase an international plan for your US phone number unless you have a dual SIM smart phone. A local SIM card for your smartphone will cost approximately \$2. Students will be responsible for maintaining minutes on their phones and reasonable phone use will be about \$10 per month. If you do not have an unlocked smartphone, a smartphone can be purchased locally for approximately \$100.

Phone calls from Peru to the US are easy to make from phone using apps as WhatsApp, messenger, etc. in urban areas (i.e., Cuzco, Arequipa, Puno, Puerto Maldonado, etc.). Having regular telephone and internet access is somewhat more difficult in the rural areas. Wi-Fi to use calling apps will typically be available from your homestay, the SIT office, hotels, restaurants and/or coffee shops.

MAILINGS

Unlike receiving a package here in the US, receiving a package at your program site is usually **expensive and problematic**. Customs agents must inspect all packages and you, as the recipient, are responsible for duty and storage fees. In addition, there are cases of items being lost in the mail or taking so long to reach the recipient that the recipient is nearly back in the US by the time the items are received. For these reasons, sending packages should be done only for emergency situations. Additionally, sending valuables is highly discouraged.

For this program, **FedEx services are available in country**. Despite cheaper prices, reliance on the US Postal Service is not advised due to delays and unreliability. When given the option, it's always a good idea to send packages certified and with a tracking number that allows the sender to track the package.

Personal mailings containing used clothing and/or footwear is PROHIBITED from entering the country via international mail. These items must be picked up by the recipient at the customs office in Lima and cannot be delivered. For this reason, please bring any used clothing or footwear you think you will

want to have in country with you, as you will be unable to obtain them in Peru if they are shipped.

If it is necessary for someone to send you mail then posted letters and packages should be sent to the following address:

Student Name
World Learning SIT
Calle Fortunato L. Herrera Nro 220
Urb. Magisterio
Cuzco - Cuzco 08003
Perú

MONEY

In addition to tuition, SIT Study Abroad program fees cover room and board throughout the program. When room and/or board are not taken with the group, students will be given a stipend to cover related expenses. SIT will cover daily commuting costs, if any, and excursions that are part of the normal program itinerary. During the ISP period, students will receive a stipend for basic room and board only, based on the cost of living at the program base. **Any domestic travel, interpretation services, or supplies necessary for the ISP are the students' responsibility.** Please plan accordingly.

Bring a few hundred dollars in \$20s and have money in your account that you can withdraw with an ATM card. **Please note that US dollars that are to be used abroad need to be in excellent condition—old, torn, wrinkled, or otherwise damaged bills will not be accepted by any bank, money exchange, or vendor in Peru (even a small tear will not be accepted).**

Most students access funds from their US bank accounts using their VISA or MasterCard debit cards. Any debit card that is linked to the PLUS or CIRRUS networks should also work at ATMs in country. Credit cards (VISA, American Express, MasterCard) will work in major cities. Take into consideration that you will be charged bank fees each time that you withdraw cash using your debit and credit card from ATM which can become expensive. ATMs are very easily accessible throughout Peru. However, even if you plan to use an ATM card you should also bring cash. It is difficult and expensive to wire money from the US to

Peru, so bring enough money for the duration of the program. The majority of local shops and businesses accept payment by credit card but some services will not, which is why having cash on hand, in small bills or change, is important.

The official currency of Peru is the Peruvian sol, which is divided into coins from 10, 20 cents and 1, 2, 5 Sol. Bills of 10, 20, 50, 100 and 200 soles. Check current exchange rates:
<http://www.oanda.com/currency/converter/>

If using a debit and/or credit card, you should contact your bank and/or credit card companies regarding your travel plans. If you don't inform these companies that you will be away, they will often assume the card has been lost or stolen and will put an immediate hold on the card. You should also check on costs of withdrawal, as these costs vary and can sometimes be very expensive. Renewing and receiving reissued credit and debit cards while on the program will be an expensive and highly inconvenient process. Before you leave for your program, please check the expiration dates on your cards to ensure that they will not expire while you are abroad. It is also very important that you make photocopies of all your debit/credit card information and leave them with someone you trust in case your card(s) is/are lost or stolen.

Following are suggestions for spending money during the program, including estimates for educational supplies, ISP-related expenses, medical expenses (which will be reimbursed), personal spending, and gifts. Figures are based on recent student evaluations, though individual spending habits vary widely and **these costs are averages.**

A suggested total amount of money to budget ranges from **US\$850 to \$1,250**. To determine where you might fall in this range, please examine your spending habits during a typical semester at your home school and consider any exceptional expenditures you may have on the program, including travel costs for your planned ISP or a specific personal expense.

Please budget approximately:

Personal spending (from past student suggestions):	US\$550-950
Supplies:	US\$150

PACKING GUIDELINES

Up-front medical costs:	US\$50/visit
Potential ISP travel expenses:	US\$50-250
Cell phone costs:	US\$100
COVID-19 Test(s) (may be required for entry; subject to change and costs may vary)	\$100-250
Typical Internet café usage:	US\$1/hour
Estimated total:	US\$850-1,250

VISITORS AND FREE TIME

SIT strongly discourages and will not provide support for any visitors to students during the term, due to the rigorous nature of the program and the disruption that such visits cause in program flow and group dynamics. Students should be sure that relatives and friends are aware of this policy and that visits are scheduled for dates after the formal conclusion of the program. Students will not be excused from program components to attend to visitors. See the Attendance and Participation section of the [Student Handbook](#).

Please note that any visitors during the course of the program must plan their own independent accommodations; SIT Study Abroad homestay families can accommodate only their assigned student and, due to cultural and contractual understandings with SIT, should not be asked to host students' guests.

During the program, students follow an intense schedule of classes and field-based learning assignments, even during the ISP. Free time for pursuing an independent interest or hobby during the program will be limited. Your admissions counselor can advise you about particular interests

you may have. For example, if you must keep in shape for your next athletic season, or if you play a musical instrument and want to know whether to bring it, we can help you to understand your schedule and any concerns or limitations that may exist. Please note that you will not have a long break during the program, such as Thanksgiving or Spring Break.

Travel outside of Peru during the 15-week program (other than for medical or family emergencies) is strictly prohibited according to the Conditions of Participation, which you signed. No student will be authorized to leave Peru before the final evaluation session. Your oral report at this session is an integral part of your final ISP grade.

LUGGAGE

Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad. Usually only one carry-on is permitted on the plane; we recommend a small backpack, which will also be needed for short excursions when on the program.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the "General Health Tips" section in the [Safety, Security, and Health](#) pre-departure document.)

Please check the current requirements of the Transportation Security Administration (<http://www.tsa.gov>) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

CLOTHING GUIDELINES

Peru is a country where appearances are important, particularly in the Andean cities and towns. People will judge you based on how you look and how you dress. Dressing according to the accepted norms here will go a long way toward easing your acceptance into Peruvian life. It is not necessary to be fashionable, just neat and clean.

T-shirts with holes, tank tops, mini-skirts, and short shorts (on men or women) are not proper attire for Cuzco. It is important that women avoid clothing that is revealing. In Peru gender norms tend to be quite conservative and traditional; thus, such clothing may create misunderstandings and may invite harassment.

In Cuzco, young women tend to wear jeans or leggings and young men wear jeans. T-shirts are fine – bring both long and short-sleeved. Students from the past semester have suggested bringing some of the usual clothes you wear to school.

It is very likely that you will need one or two slightly more formal outfits for family social events. Peruvian host families appreciate it when their student dresses appropriately for these occasions and formal family gatherings. Men will need a pair of dress slacks, as well as a nice shirt; women should pack a skirt, and/or a casual dress.

Remember that you will encounter diverse climates. It is a good idea to bring a range of clothing as the climate varies considerably (cold at night, warm on sunny days). Cuzco is located at approximately 11,000 feet above sea level, so a warm jacket is very important. Houses in Cuzco do not have central heating or air conditioning, so be prepared to dress in layers. In the Amazon, the weather is hot and humid. Light cotton clothing is recommended. You must have three or more of lightweight pants and light long-sleeved shirts for our community visits, as well as rubber boots (they can also be bought in Cuzco and Puerto Maldonado). Rain is inevitable, so bring along something that will keep you dry, such as a good quality raincoat or poncho. You should also make sure to pack a pair of sturdy walking shoes, sneakers, or hiking boots for treks (sandals won't be permitted for fieldwork, but you can use them in the city). Keep in mind that you will spend the majority of your semester at high altitude in the mountains, not in tropical climates. You should be prepared for cool temperatures and have practical pieces of clothing for layering and being outdoors.

EQUIPMENT

You can bring a small digital voice recorder or use your smartphone for recording interviews during your ISP research.

If you wear contact lenses, the dust and dryness can make them uncomfortable, so bring back-up eyeglasses. If you wear eyeglasses, bring an extra pair.

The sun is another factor to take very seriously at this altitude and latitude. Bring strong sunscreen and a good pair of dark glasses to protect your eyes, along with a hat or baseball cap.

You must use insect repellent for our Amazon excursion. A flashlight or headlamp is absolutely essential during the rural family homestay (sometimes you will have to walk at night to the bathroom located outside of the home with no electric light to guide you). Do not plan to use your smartphone as a flashlight; you should bring a battery powered flashlight that will work for up to a week without access to electricity for recharging.

During our excursions to Taquile Island and to the Amazon, as well as in some ISP sites, there will be limited access to electricity for charging personal devices. We recommend that students bring a small, lightweight, power bank for charging any necessary devices (cellphones, cameras, etc.).

If your Spanish still needs a lot of work, we recommend that you record lectures, since most will be in Spanish. If you need to review Spanish grammar and vocabulary, language text books are helpful. A recommended text is *Diccionario Panhispánico de Dudas* (2005) (ISBN: 978-9587043686). It is edited by the Real Academia Española de la Lengua and the Asociación de Academias de la Lengua Española, authorities in the Spanish language.

It is also important that you bring a personal water bottle that you can refill, instead of buying new bottles, which is time consuming and not environmentally friendly.

COMPUTERS AND OTHER ELECTRONICS

It is required that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility. SIT provides limited personal property insurance and it is recommended that you insure your computer or other valuables for full coverage. For details on SIT's personal property

and baggage insurance, please see the full Description of Coverage and scroll down to Student Health Insurance:

<http://studyabroad.sit.edu/admitted-students/medical-review-process/>. SIT is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

Internet access is very good throughout Cuzco and even in smaller cities. The classroom locations in Cuzco are also equipped with a wireless system. However, small towns and rural areas do not always have good access. Wireless internet in cafés and restaurants are generally free.

Please see the following website for information about electricity, voltage and electrical adapters.

<http://www.worldstandards.eu/electricity/>.

In Peru, the voltage is 220. Outlet adapters can be purchased in Peru if necessary.

GIFTS

As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. We suggest one or two gifts that the whole family can enjoy. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee. Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

Some examples of gifts include: T-shirts, calendars, bumper stickers, key chains, etc. Songbooks or games to play are also useful. You will find that a few extra presents are always welcome. Avoid fancy food items that people may not appreciate.

WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

Imported (North American) brands of toiletries, medicines, vitamins, etc., cannot always be bought in Cuzco. Toiletries are widely available in a variety of local brands, which are usually fine for most students. You should bring a sufficient quantity of any medicine, prescription or over the counter, that you take daily in the US to last the entire semester given potential difficulties in obtaining the same brand, dose, etc. locally. For women, there are local as well as US brands of tampons available.

ALUMNI CONTACTS

If you have further questions, please contact your admissions counselor and/or ask an alumni contact:

<http://studyabroad.sit.edu/admitted-students/contact-a-former-student/>.

Don't miss the Packing List on the next page!

These packing guidelines are based on suggestions from past students and your academic director.

PACKING LIST

GENERAL

- 1 dressy outfit suitable for a family event or important meeting
- Warm jacket (like a lightweight down puffer jacket)
- Underwear and socks (1-week supply)
- Warm pajamas
- 1 pair of shorts (should be at least fingertip length)
- Light cotton/rayon clothes for Amazon (pants, long-sleeved shirt)
- 1 pair comfortable walking shoes or boots
- 1 pair sneakers
- Rain gear
- Swimsuit
- Small towel
- 3–5 pairs casual pants/skirts and a pair of good jeans
- 5 –6 mixed long and short-sleeved t-shirts
- 1 sweater
- 1–2 blouses or shirts (button down)
- Sun hat or baseball cap

TRAVEL DOCUMENTS

- Passport
- Yellow WHO Card/International Certificate of Vaccination or Prophylaxis (see the [Safety, Security, and Health](#) document for more information)
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (*if applicable*)
- **University ID**
- Proof of Covid19 vaccine and/or booster encouraged

HEALTH/TOILETRIES

- Small first aid kit with Band-Aids, hydrogen peroxide, moist towelettes, and over the counter drugs for minor pain, diarrhea, anti-itching, and motion sickness as well as vitamins and probiotics as approved by your doctor.
- Adequate supply of any medications you use regularly including birth control (drug use other than for medical purposes is strictly forbidden on your program and strict penalties are in effect)
- Sunscreen (at least SPF45)
- Insect repellent (especially for Amazon excursion)
- Extra eyeglasses or contacts
- Malaria medication for approximately 8 days in the Amazon, as recommended by your doctor

before the trip. If you think you might choose to conduct your ISP in a malarial area, you should plan to bring an additional 4 weeks supply. The effects tend to be strong.

- To prevent the contraction and spread of COVID-19 you should come prepared with an appropriate number of face masks. Some individual venues may still require masks for entrance. The CDC recommends a close-fitting and protective mask that is comfortable for daily use.
- Hand sanitizer that contains at least 60% alcohol for use when soap and water is not readily available
- Anti-bacterial wipes or solution to wipe down high-touch surfaces, especially while traveling from the US

OTHER IMPORTANT ITEMS

- An open, unlocked smart phone (see Phones section for more details)
- A good Spanish dictionary and grammar textbook (if needed)
- Mid-size backpack
- A pair of rubber boots for the Amazon treks (these can also be easily bought in Cuzco)
- Sunglasses and hat
- Flashlight/ headlamp (battery powered)
- Lightweight power bank for charging any necessary devices (cellphones, cameras, etc.)
- Sturdy water bottle
- Homestay family gifts