

CHECKLIST

Machu Picchu Checklist		
<input type="checkbox"/>	Passport	To enter Peru you will need to present your US Passport to customs officials. There are no required Visas for stays of under 90 days.
<input type="checkbox"/>	Money	The local currency in Peru is the Nuevo Sol (New Sun) You can exchange US dollars at hotels, restaurants and banks. You may have issues with exchanging \$100 bills, so its best to bring US bills in multiples of \$20's. There are plenty of ATM's around Cusco so withdrawing funds should not be an issue. The exchange rate fluctuates daily. There is a really cool app that I carry on my phone http://www.xe.com/apps/iphone/
<input type="checkbox"/>	Adapters	Electricity in Peru is 220 volts. You will need a power adapter only if you are bringing an appliance or hair dryer. (The hotel has hairdryers) Your laptops and phone chargers will not require a power adapter, but you may need an outlet convertor. Most of Peru's wall outlets are designed to accept both the flat two prong with parallel blades and the round two prong blades.
<input type="checkbox"/>	Clothing	The September weather in Cusco ranges between daytime highs of 65-72 degrees. The lows average around 45 degrees. I recommend both long and short sleeve t shirts, a waterproof jacket/pants, jeans, shorts, bathing suit, and flat footed tennis/hiking shoes. (many of the streets in Cusco are brick lined so no high heels please). Think of wearing layers as the weather is constantly changing. T shirts are cheap and plentiful in Peru, no need to overpack.
<input type="checkbox"/>	Backpacks	Everyone should have at least a small backpack for this trip. Even if you're not hiking the trail a backpack comes in handy for extra clothing and cameras.
<input type="checkbox"/>	Water	The water in Peru is not suitable for drinking, plan on drinking only bottled water.
<input type="checkbox"/>	Safety	Remember you are traveling in a third world country. Be smart, dress down and do not count money in front of the masses. Leave fancy jewelry and gucci bags at home. Petty theft in Cusco can be avoided by practicing common sense. There is a US consulate in Cusco located Avienda Pardo tel (5140) 231-474
<input type="checkbox"/>	Medical	Some people may experience altitude sickness in Cusco. Here are some suggestions to help you overcome this usually temporary condition. Drink coca tea which is readily available in restaurants and hotels. Another natural cure is to bring chlorophyll drops which can be purchased at a health food store. A few drops of this in your water everyday may help. Also, avoid drinking excessive alcohol if you experience altitude sickness. Please send me a personal email if you have a medical condition that you think I should be aware of.
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