

# what else you should know?

## **Security measures**

We do not offer medical or travel insurance, so it is super important that you obtain travel insurance before coming to Peru. Follow the directions of the field director. Follow the rules of the research center, the boats, and the shelter. Don't go out into the woods alone. It is allowed to smoke outside the lobby (main entrance). Bring a bottle of water, a flashlight, and mosquito repellent when going out to any activity

## **Energy**

We have fixed energy schedules where you can charge your devices. The power is 220, make sure to bring your adapter in case you have 110v devices. Irons or hair dryers are not allowed, this field trip is to show your strength and your natural beauty.

## **Health**

We have a first aid kit and our staff is trained to provide first aid. If you have any medical condition you must bring your own medicines, in case you need to visit the doctor, you will be accompanied by a member of the team to guarantee your safety. The yellow fever vaccine is recommended. Malaria does not occur in this area so we suggest evaluating the medication with your family doctor.

## **Clothing**

We recommend the use of rubber boots during your walks in the forest, which you will find available at the research center. Inside the lodge, it is necessary to walk with sandals. You can find a list of what you should pack for this trip to the Amazon.

## **Meals**

Meals are served at specific times in the Rainforest Expeditions team dining room. Breakfast, lunch, and dinner are prepared fresh under a weekly menu based on Peruvian and international food. Let us know if you have any kind of restrictions.

## **Garbage Management**

We have garbage recycling bins throughout the research center and lodge.

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