



# Free & Easy Traveler - Travel Prep Guide

---

## 20 Days in Peru: Wander through the Incan World

- Page 2      **The Basics** - Trip Duration, Start/Finish cities, Destinations
- Page 3      **Epic Experiences & Trip Details** - What's Included, Activities, Travel Budget
- Page 4      **Trip Details** - Travel Budget, Trip Leaders
- Page 5      **Trip Details** - Flying to Peru, Meals, Allergies
- Page 6      **Trip Details** - Transportation, Accommodation, Solo Travelers, Packing Suggestions
- Page 7      **Trip Details** - Packing Suggestions, Laundry
- Page 8      **Travel Essentials** - Passports, Insurance, Immunization
- Page 9      **Travel Essentials** - Altitude Sickness
- Page 10     **Travel Essentials** - Banking & Money
- Page 11     **Travel Essentials & Communication & Payment** - Peru Travel Visa's, Andean Migration Card, Questions, Communication
- Page 12     **Communication & Payment & Cultural** - Making Payments, Quick Facts on Peru
- Page 13     **Cultural & Ideas for Reading** - Quick Facts on Peru
- Page 14     **Trip Locations & Community Forests International** - Tentative Trip Itinerary, We Travel Carbon Free
- Page 15     **Community Forests International** - One Traveler, One Tree

## The Basics

Duration: 20 Days

Start & Finish: Lima, Peru

Adventure Type: Backpackers (age 18 to 27)

Trip Size: 15 – 22 (+2 group leaders)



## Epic Experiences

### **Included in the Price**

- Sand boarding
- Rip through a desert in a dune buggy
- Explore Machu Picchu
- Surf
- Explore Cuzco

### **Optional Activities**

- See the animals of the Ballestas Islands
- Rock climb
- Bungee Jump
- White-water raft
- Down-hill mountain biking
- Paragliding
- Colca Canyon hike

## Trip Details

### **What's included?**

- All Taxes (GST, PST, Airport tax)
- Return international flights (in/out Lima) and airport transfers\*\*\*
- Accommodations for your 20-day Free & Easy experience
- Group travel between destinations
- 2 knowledgeable and fun Free & Easy leaders
- Free and Easy Travel Guidebook
- 15 years of trip leading experience

\*\*\*Land Only prices do not include your international flight, airport taxes or transfers

### **What isn't included?**

- All meals and drinks (except those mentioned above)
- Activities outside of the ones listed above
- Any Visa or Visa fees

### **Travel Budget (Canadian \$)**

Peru is a very cheap place to travel, which is just one of many reasons that makes it so much fun! Your personal spending on the trip will include your food, drinks, shopping, entertainment and any activities outside of those included your FNEZ adventure.

For the entirety of our 20 Day Peru Trip, "Wander Through the Inca World", we would recommend a budget of \$1300 - \$2200. Any travel budget will fluctuate between personalities, so ask yourself: "What type of traveller are you?"

### **The Hippie**

Brings about \$1300-\$1500 for the 20 days. Eats local food, bargains well at the market, finds good prices on drinks and picks, and chooses their optional activities wisely! Often likely to continue travelling after their FNEZ trip is complete.

### **The Backpacker**

\$1500-\$1800 spending money. A bit more frivolous, but is aware of their budget. Takes in most activities they are interested in, without going too extravagant. Likes to party, but always looking for a good deal.

### **The Rock Star**

\$1800 - \$2200: Not too worried about their budget, they'll do almost everything, including lavish amounts of shopping and partying often. There won't be too much holding them back from activities, as this is their trip and don't want to let anything pass them by.

To help you work out your budget, here are some examples to give you an idea what you will be spending in Peru.

### **Food and Drink**

Typical Breakfast/Lunch: \$4-\$10

Typical Dinner: \$7-\$14

Litre of Beer: \$3

Litre of Beer at the Bar: \$6

Bottle of Pisco Whiskey (750ml): \$15

### **Entertainment and Activities**

Tandem Paraglide in Lima: \$50

Surfboard rental (1 day): \$10-15

Surf Lesson (1 hour): \$20-25

Downhill Mountain Biking Trip: \$50

Rock Climbing: \$40-50

Bungee Jumping: \$75

White-water Rafting: \$55-\$65

### **Trip Leaders**

Every Free & Easy trip is accompanied by at least two leaders. We like to call them "Leaders" and not "Guides" because they are essentially your well traveled, experienced friends! We hire local guides whenever knowledge of culture, history or safety are necessary (ie; temple tours or jungle treks). Our Leaders main goals are to ensure everyone on the trip is having the best time possible. Our leaders will arrange the group transportation between destinations, sort out rooms at the accommodations, plan any

group meals or activities and assist in any additional activities that anyone may wish to take part in, and ultimately show you the best that each destination has to offer. They know the trip locations well, and have great relationships with all our contacts in each destination. Not to mention they are all extremely fun and easy going people who continue to showcase the essence of what makes us Free & Easy!

### **Flying to Peru**

Upon registration you can chose between booking your own flights or requesting Free & Easy to book flights for you.

#### **If you book flights with Free & Easy:**

- A flight itinerary will be emailed to you approximately 2 – 3 months before your trip's departure. (Assuming you have paid enough money on your account)
- One or both of your leaders will be at the airport in Lima to pick you up and arrange transport back to the guesthouse.
- Transportation will be arranged for you to get from the guesthouse at the end of the trip to get to the airport to catch your flight.
- You can also ask for any custom flights, and our flight team will give you a price quote for booking this for you.

#### **If you don't book flights with Free & Easy:**

- You will contacted with information on meeting up with your group for the start of the trip in Lima.

### **Meals**

The ability to experience local food, whether it's from a street vendor, a home stay, or a restaurant, is a huge part of travelling. You'll be able to ask your guides for great options to check out at every destination we go, but for the most part, the journey finding the food, tends to be just as good as the food itself! There will be times that meals will be provided for you, if you have any allergies or food preferences, i.e. vegetarian, please let your guides know!

### **Allergies!**

For the most part allergies in Peru wouldn't be much different than at home. Come prepared! Bring Antihistamines for mild allergies and keeping an EpiPen on hand if your allergies are severe. You can also check out [Killer Peanut](#) to get any allergy you're worried about translated into Spanish

### **Types of Transportation on this trip**

- Buses: Will vary in size depending on the size of the group, but will be comfortable!
- Trains: pretty swanky ;)

- Planes: Full size 737 plane
- Alpaca's: Just Kidding! You'll see Alpaca's everywhere, and be able to purchase beautiful Alpaca clothing for cheap.

### **Accommodations**

We have a wide range of accommodations on this trip from hostels with and without A/C, from 4 person dorms to 10 person dorms. We have chosen each of our accommodations based on quality, location, and relationships with the establishments. Plus there is so much to do on this trip you won't be spending much time in your room anyway!

All our accommodation is based on at least two-person occupancy. If you wish you have your own room you can pay an additional fee in order to do so. Please contact [travel@fnez.com](mailto:travel@fnez.com) before your trip begins if you are interested.

### **Solo Travelers:**

Lots of solo travelers come on our trips and it's a great way to step outside your comfort zone and make lots of new friends. Since all our accommodation is based on at least two-person occupancy you will be rooming with other members of the same sex in your group.

### **Packing Suggestions:**

The shopping is cheap in Peru so you may want to only pack half of your backpack, leaving room to buy new stuff once you arrive. Clothing is very cheap, and you can always find a good variety of stuff that is ideal for the diverse climate. Most people end up regretting how much they packed when they realize how easily they could have bought new clothes once they arrived.

It is good to properly prepare supplies for the trip, but don't stress out too much about having everything you think you might need because chances are that you will be able to find whatever it is during your trip. The most important part of packing for Peru is to pack for diverse weather conditions. So everything from a swimsuit to a raincoat! Lima the capital city has everything that we could get back home. There are also many pharmacies that have medications and first-aid supplies.

In general, you want to avoid packing things that you really don't need to have. There are definitely certain luxuries that are good to have, but you don't want to lug something around for 20 days unless you are going to use it. Also, consider that the weight of your bag will likely be INCREASING throughout the trip, and having a lighter backpack simplifies life immensely. Honestly, look at what you have and cut it in half and you're probably good to go. You're gonna buy lots of new stuff.

Here's some ideas for what you might want to pack:

### **Travel Essentials**

- Passport (digital and hard copies)

- Travel insurance (digital and hard copy)
- Airline tickets (digital and hard copy)
- Credit or debit card
- Any entry visas, additional passport photos or vaccination certificates required
- Cover for backpack/ziplock bags for travel essentials

### **Electronics/Entertainment**

- Alarm clock
- Headlamp
- iPods, tablets
- Books, eReaders
- Camera (bring a few memory cards)
- Speakers
- All chargers

### **Clothing**

- Swim wear
- Walking shoes/sport sandals
- Shorts
- Temple attire (something to cover your knees and your shoulders)
- Shirts/T-shirts
- Rain jacket
- warm pants
- sweaters
- Underwear
- Sarong (travel towel)

### **First-aid kit**

#### **Toiletries**

- Girls bring feminine hygiene products as they can be hard to find.

### **Laundry**

Laundry facilities are offered by some of the places we stay. Ask your leaders to point out the best places to get laundry done. There will be times when there are no laundry facilities, however your guides will tell you this in advance.

## Travel Essentials

There is nothing more important than your health and safety so make sure you read this carefully!

### **Passports**

Everyone **MUST** have a passport for international travel. If you already have a passport, double check to make sure that it is still valid for at least 6 months from the return date of your trip. If it is not valid for a full 6 months from the day you plan on returning to your passports issuing country, you'll have to apply for a new passport before you leave.

The application process for getting a passport may seem simple, but for most people it ends up taking longer than it first appears. Sometimes it can take a few weeks to complete the entire process, so we definitely recommend not leaving it to the last minute.

### **Insurance**

Everyone **MUST** have Travel Medical Insurance of some kind and bring proof with you for this trip. You might not need to purchase a medical insurance policy though because you may already be covered through some other way:

- Your parent's work health plan.
- With a credit card.
- Through a student or work health plan.
- Through private insurance.

While you are away traveling with us, if you decide to extend your plane ticket, you also have the ability to purchase an extension to your insurance policy. **PLEASE NOTE:** It is your own responsibility to be making any extension to your insurance so you cannot expect this will automatically happen when you extend your plane ticket.

If you need to extend your TIC insurance please call 1-800-670-4426

Please Note: At this time we only provide Travel Medical Insurance for those with valid Canadian citizenship.

### **Immunizations**

There are no immunizations that are 'required' for entry into Peru. For your own safety, there are some shots that are always recommended for travel: .

- Hepatitis A.
- Hepatitis B.
- Typhoid.



- Tetanus.
- Diphtheria.
- Yellow Fever\*

We also want to warn you that sometimes travel clinics are over cautious to the extreme and try to sell you everything under the sun. If you want a second opinion about something, do some more research online or contact us. Often they will say that you should take malaria pills. We suggest you try to learn more about the exact locations of any malaria danger before you commit to taking the pills. We can say truthfully, that currently none of the Free & Easy staff or owners take malaria medication when we are on any of our adventures. The feeling amongst many people is that the side effects of the pills are not worth the minimal risk in the regions we travel to. Rather than subject ourselves to the medications we choose to be cautious with mosquito repellent whenever they are present. Since we are not medical professionals we urge you to do your own research and make your own informed decision.

\*Please Note: Peru is a country with a risk of yellow fever transmission. If you are planning on traveling afterwards, please double check that where you're headed does not require a yellow fever vaccination for travellers arriving from countries with risk of yellow fever transmission (i.e. Peru).

(Yellow Fever risk and country requirements)

### **Altitude Sickness**

Altitude sickness, known as soroche in Peru, can occur at heights of 8,000 feet (2,500m) above sea level. Due to Peru's varied geography, you will reach this height -- and beyond -- at some point during your stay.

Breathlessness is typical at these altitudes, but it's hard to predict if, and to what extent, altitude sickness will affect you as an individual.

Altitude sickness can strike even the fittest, healthiest traveler. As soon as you pass the 8,000 feet mark, you are at risk from acute mountain sickness (AMS), the mildest and most common form of the condition.

In all cases, the best treatment is descent. If heading to a lower altitude isn't an option, stay where you are and rest for a day or two. Medication is also an option. Acetazolamide (diamox) is the most common type of "soroche pill." Further options exist, but they are no substitute for proper acclimatization. Always consult your doctor before taking altitude sickness medication.

Since we are not medical professionals we urge you to do your own research and make your own informed decisions.

### Source

#### **Banking & Money**

The easiest way of getting and carrying your money is to simply use the bank machines in the country you are travelling. You can use your regular bank card, using your regular pin number, and the money will come out in the local currency (You need to make sure that you have “cirrus” or “plus” written on the back of your card). At nearly every destination on our trips, you’ll have easy access to a bank machine. This also means you won’t have to get local currency before you leave. Once you arrive, you can just use a bank machine right there at the airport.

Every time you need to make a transaction your account will be charged approx. \$5 fee from your bank and then a possible fee from the local bank. It can get a bit pricey if you’re making withdrawals every few days—so it makes more sense to take out a large sum and then just watch your spending! Although theft does happen sometimes we have found that it is quite rare. So we, ourselves, practice this method.

Be aware that if you are pulling money out on your credit card that this counts as a “cash advance” and you will immediately be charged interest on this amount and not have a grace period or get reward points like you typically would with other credit card purchases. Additionally, you will still be charged those \$5 fees from your bank and the local bank. With this in mind the best option is always to pull out money using your debit card instead of your credit card.

Another suggestion we would like to reinforce is that we highly recommend that you have online banking during the trip. It allows you to check your balances, transfer money, and monitor your transactions from any internet café. In case of any issue with your bank card, online banking always simplifies a situation since you can easily transfer money to another traveler in your group who could then pull out money for you.

Another little helpful hint is signing over power of attorney to someone you trust (i.e., a parent). This means that they can have access to your accounts while you are away. This can help if you lose your bankcard, or there is a problem with it while overseas. It is also useful if you need someone to pay your bills, or make money transfers while you are away.

## **Peru Travel Visas**

Upon entry to Peru (by air) most countries (please double check your country) are automatically granted a 183-day tourist visa upon arrival.

Please check your countries Visa requirements [here](#).

Peru requires that you at least 6 months validity on your passport and you must have enough at least 2 unused pages in your passport, allowing for any necessary stamps upon arrival and departure.

## **Andean Migration Card**

You will receive a Andean Migration Card (TAM) upon arrival that you will need to fill out. When passing migration you will be asked how long you are staying. Options are 30, 90 and 183 days, respond accordingly. They will then hand you back the bottom portion of this TAM, you need this! Please hold onto this as you need it to exit the country and potentially to check into some of our accommodations.

## **Communication + Payment**

### **Questions**

Phone: 1-800-403-5208

Email: [travel@fnez.com](mailto:travel@fnez.com)

### **Communication**

So you have signed up for a Free & Easy adventure and we hope to help make this the easiest travel experience of your life. We want to help you out with anything you need help with. However, there are always things that you will need to take care of yourself and we will make it as easy as possible to explain these things. So we need to have a bit of cooperation from your part and it start with actually **READING** our emails :). Please, make sure you read the emails we send leading up to your trip because we are sending them to make sure that you are as ready as you can possibly be for this travel adventure.

Most of the information we send will be coming through your “Your Trip” account. Please make sure that you have all of the requirements taken care of prior to your trip as well you can also view your account and balance owing and a place for us to give you your downloads and hear news of the upcoming trip. You should receive an email in your inbox notifying you when we do post something on there. Please notify us if you find that you’re not getting the notifications.

## **Making Payments**

Follow this link for a full outline of our payment options.

Check here for the payment schedule for all our trips.

The \$200 deposit reserves your placement on a trip. For all the trips, we have arranged the payment dates to allow you the maximum time to pay for your trip. If you would prefer to pay for the entire trip all at one time, that is no problem. You can also make larger payments earlier whenever it is convenient for you. The payment dates that we have listed are just guidelines that state the last possible date by which payments should be made.

We would greatly appreciate that all payments be made on time. Meeting this simple request makes our job much easier because it allows us to always be looking forward preparing for the trips, rather than figuring out who and where we need to collect money from. If you expect that a payment will be late, please email us to explain when we can expect the payment. Payment schedules for each of the trips can be reached by clicking the link above.

PLEASE NOTE: All additional costs (for flights, insurance, fees & extras) will be added to your statement of account on the 'your trip' page. Please, ensure that you add any additional charges to your final payment unless we require it sooner

## Cultural

### **Quick Facts on Peru**

- Peru grows more than 55 varieties of corn, and you can just about find it in any colour including yellow, purple, white and black.
- The potato is originally from Peru, and there are over 3,000 different varieties. Proud Peruvians use the phrase "Soy mas Peruano que la papa" (I am more Peruvian than the potato).
- Cuy or Guinea Pig is a traditional dish eaten in Peru
- Peru is the 6th largest producer of gold.
- The National University of San Marcos is the oldest in the Americas and was founded on the 12th of May of 1551.
- Peru has the second largest amount of Shamans in the world, second only to India.
- In Chincha on Peru's southern coast it is quite acceptable to eat cat!
- The finest cottons in the world, Pima and Tanguis are Peruvian.
- Peru's capital Lima was once the most powerful city in South America, but fell into decline when the Spanish created a viceroyalty in Rio de la Plata.
- Peru's Independence Day is celebrated on July 28, and is known as 'Fiestas Patrias.'
- Peru is a surfer's paradise. Chicama has the world's longest left-handed wave at 4km's long, and Mancora (close by) has the world's largest left-handed point-break.

- Cotahuasi Canyon in the Arequipa region is considered one of the world's deepest canyon at 3,535 meters (11,597 feet) deep – twice as deep as the Grand Canyon USA.
- The oldest occupation of man in the America's is traced back to the sacred City of Caral-Supe a few hours north of the capital Lima. The 626 hectare (1546 acre) site dates back 5000 years.
- Two-thirds of Peru is covered in prime Amazon Rain Forest.
- Peru's Huascarán National Park has 27 snow-capped peaks 6,000 meters (19,685 feet) above sea level, of which El Huascarán (6,768 meters / 22,204 feet) is the highest.
- Peru has 1625 types of orchids of-which 425 can be found growing naturally close to Machu Picchu. The Inkaterra Hotel in Machu Picchu has South America's largest privately owned collection at 500 varieties.
- Cusco in Peru was the most important city in the whole of the Inca Empire, and governed as far north as Quito in Ecuador and as far south as Santiago in Chile.
- There are 3 official languages in Peru: Spanish, Quechua and Aymara, but east of the Andes in Amazon Jungle regions it is thought that natives speak a further 13 different languages.
- The Inca citadel of Machu Picchu was lost to the Amazon Jungle for hundreds of years, until it was re-discovered by Hiram Bingham the American explorer.
- The Pisco Sour is Peru's national drink and is made using Pisco brandy, lemons, sugar water, egg whites, ice and finished with bitters.
- Lake Titicaca in Southern Peru is the world's highest navigable lake, and South America largest lake.
- In Peru, it is tradition to give friends and family yellow underpants on New Year's Eve.
- Peru is the 8th largest producer of coffee in the world, and is the 5th largest producer of the Arabica bean.
- There are some 90 different micro-climates in Peru, making it one of the most bio-diverse countries on the planet.
- Peru is home to the highest sand dune in the world. Cerro Blanco located in the Sechura Desert near the Nazca Lines measures 3,860 feet (1,176 meters) from the base to the summit.

Quick Facts Source [here](#)

## Ideas for Reading

Buying some sort of guidebook on Peru would also be a good idea because it'll have lots of info on things like the culture, history, and geography. It'll have maps and in-depth info on traveling the country. Books like the Lonely Planet or the Rough Guide are especially good if you are planning to travel on your own after the trip because they have all sorts of info on how to get around, where to stay, what to do, and how much things cost. There are also other books like National Geographic and the Insider Guide that have lots of pictures and are better for giving a more in-depth background on Peru in general. If you don't need the practical travel information, a book like this might be better.

A good place to start is Amazon, Chapters-Indigo or your favourite local book store!

## Trip Locations

**Day 1&2: Lima**

**Day 3-6: Huacachina**

**Day 7-10: Arequipa**

**Day 11&12: Cusco**

**Day 13&16: Machu Picchu Town**

**Day 17-19: Cusco**

**Day 20-21: Lima**

PLEASE NOTE: The above itinerary is tentative. You will receive your confirmed Free & Easy Traveler trip itinerary with the exact routing at least 30 days prior to your departure.

Please be advised we are constantly keeping an eye out for warnings and are well informed on the happenings in the places we go. Our ground team is frequently sending us first hand updates, ensuring the destinations we bring our groups to are safe

## Community Forests International (CFI)

Free & Easy Traveler has joined forces with Community Forests International (CFI) to turn the joy of world travel into an act of global conservation. Travel is an extremely important part of our lives, getting to see and experience the world is what keeps us all connected and reminds us that we all live in the same world and deal with the same problems. But traveling around the world comes at a price and we are well aware of the many buses, planes, ships, etc. that we use to travel that harm the environment. Greenhouse gas emissions are driving increasingly dangerous climate change to the point that some of the places we love most are under threat and we don't want to contribute to the continuing destruction. So we decided to take action.

### **We Travel Carbon-Free**

By tracking the flights of our staff members and calculating the resulting greenhouse gasses, we support CFI to go out and protect and manage a forest in Canada to pull those gasses back out. These emissions become securely stored at CFI's Whaelghinbran Farm. Read more about how CFI offsets our carbon here.

### **One Traveler, One Tree**

But we didn't stop there. Much of the work that CFI does supports community tree planting efforts in Africa and Canada. This work is having incredible results, and we wanted to strengthen their efforts so we decided that for each traveler that comes on a trip with us, we'll provide CFI with the support to plant a tree to help offset that traveler's carbon emissions.

These trees are being used as tools of environmental and social restoration. In Canada, some of these trees were planted along a degraded watercourse and will go on to provide habitat for salmon, trout, hawks and king fisher, just to name a few. In Africa, where CFI was born, these trees were planted as a part of ongoing restoration of degraded lands on the island of Pemba, Tanzania. These trees rebuild the soil that was too poor to grow crops, allowing for trees like mangoes and cassava to thrive and produce food.

We look forward to continuing our relationship with CFI and, along with your help, making the world a greener place to live and travel in! If you want to offset your travel emissions with CFI, or want to support tree planting around the world, find out how here.