

# TAMBOPATA TRAVEL TIPS

## WHAT TO BRING

Good binoculars  
Camera gear  
Tight-weave, light colored, long cotton pants  
Long sleeved, tight-weave, light colored cotton shirts  
Ankle-high hiking boots and sneakers  
Flashlight with batteries  
Sunblock lotion  
Sunglasses  
Broad-brimmed hat  
Rain suit or poncho  
Insect repellent  
Small denomination bills  
Small daypack.



**Luggage is hand-carried at various stages in the trip for long distance. We strongly recommend you limit your weight to 15 kilos (32 pounds a piece).**

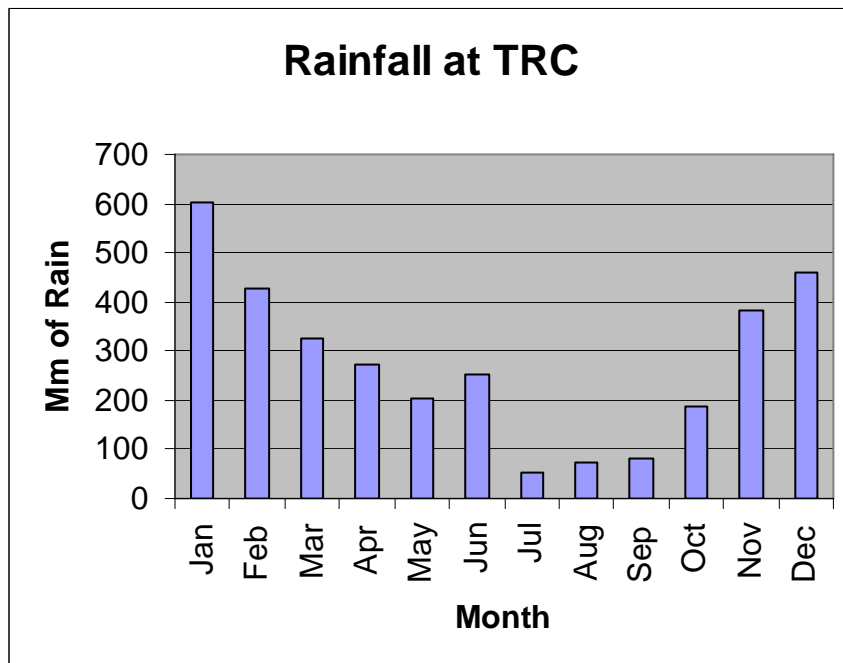
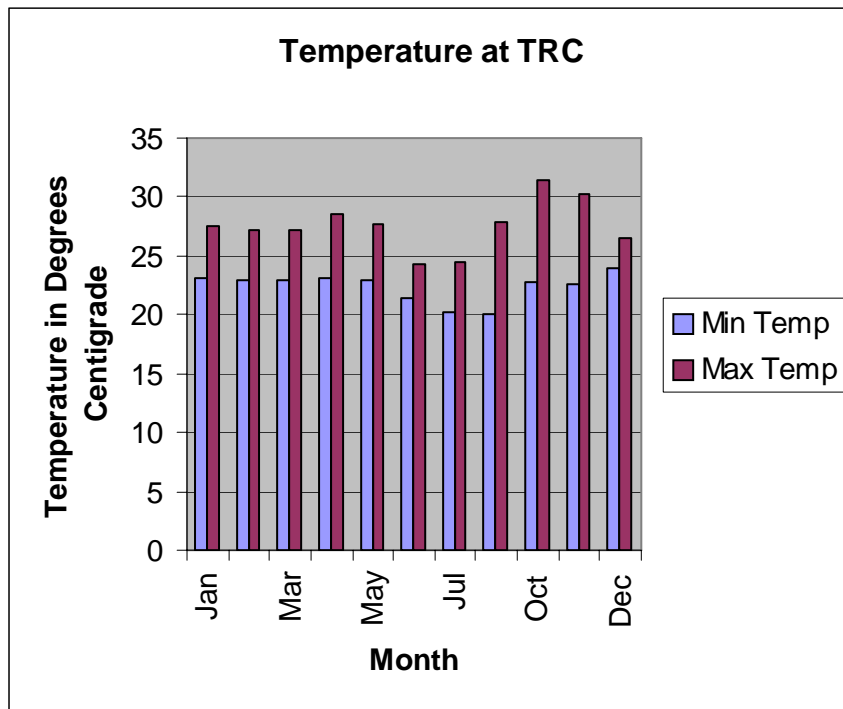
If you are visiting other destinations in Peru that require different kinds of clothing, you can always pack separate bags and safely leave them at our offices in Puerto Maldonado on the first day so we won't be carrying them around uselessly. Your bag will be waiting for you at the airport the day you leave.

## WEATHER

The lowland rain forests of Tambopata lie far enough south of the Equator to provide a cooler, drier winter season between May and October. The general weather conditions, are warm and humid. In Tambopata the average daytime high temperature is between 78° and 93° F (24° and 31°C) and the average nighttime low is between 66° and 78° F (20° and 24°C). Nevertheless between May and September, cold fronts from Argentina can sweep into southwestern Amazonia and push daytime highs down to 50° F (9° C) and the nighttime lows to 43° F (5° C). Thus, during that season always be potentially prepared for cold and drizzle.



During the rainy months of November through April, always be prepared for heavy rain that can continue for hours or days. Around 80% of the annual average 3000 mm rainfall occurs during this season.



## **MEDICAL CONSIDERATIONS AND EMERGENCIES**

### **YELLOW FEVER INOCULATIONS**

Yellow fever inoculation is required for travel to Tambopata.

### **LEISHMANIASIS**

Leishmaniasis is present throughout the rain forests of southeastern Peru. It is a skin lesion caused by a protozoan transmitted by a certain kind of small biting fly. There is no vaccination against it but it is curable in every case. The selected cure, injections of pentavalent antimony (Glucantime), is uncomfortable. Leishmaniasis is also very easy to prevent by wearing long-sleeved shirts, pants, and repellent on exposed skin at all times, and sleeping under mosquito nets. If you are interested in receiving complete information on leishmaniasis contact us before your trip.

### **MALARIA**

Malaria is present but extremely rare. If you wish to take medical precautions against malaria consult your physician or a specialist in tropical medicine.

### **EMERGENCIES**

In case of emergencies we have a first aid kit that is equipped to deal with most cases that may reasonably arise in the area. Our guides are all certified by the Red Cross, which means they are prepared to deal with foreseeable emergencies (broken bones or snake bites, for example) but not complex emergencies (such as an appendicitis). For snake bites, an unheard of at Tambopata so far, we have extractors and an anti-venom at the lodges. In case of evacuation, we need to travel by boat by to Puerto Maldonado. During the day, evacuations take about 20% less time than our regular boats. During the night, evacuations take about 30% more. In Puerto Maldonado there is access to a state clinic.

### **GRATUITIES**

You will find tip boxes at each of the lodges. These are for staff tips. We suggest 3\$ per person per day. To tip your guide, wait until the end of the trip, and do so personally. We suggest 10\$ per person per day.



## **GUESTS CODE OF CONDUCT AND SECURITY RECOMMENDATIONS**

1. No smoking in the forest, nor in the boats (which carry gasoline).
2. No littering.
3. Do not harass wildlife – when sighting wildlife follow your guides instructions.
4. No wildlife collection or manipulation, unless specifically authorized by Inrena. If you should come across hurt wildlife, leave it be. It is part of the natural processes of the wilderness.
5. Please separate your trash in the proper trash bins. All non-biodegradable trash is taken to Puerto Maldonado.
6. Please take batteries back with you.
7. Please keep it quite. Our rooms are not sound proof and guests come to listen to the sounds of nature. If you should want to listen to music outside the bar area, use headphones.
8. The lodges are highly flammable. Do not leave candles unattended and locate the nearest extinguisher.
9. Never go swimming on the Tambopata without a guide.
10. Stay on the trails and take to the trails only with a guide. If for some reason you are separated from your guide, you can return to the lodge using your map and the trail markers.
11. Always use life jackets on the boat, and wear light shoes that are easy to take off. Never have rubber boots on when in the boats.
12. Use rubber boots when heading to the forest or gardens at night. They reduce the risk of snake bites.
13. When taking people photos, ask first!

## **CONDUCT SPECIFIC TO THE TAMBOPATA NATIONAL RESERVE (TAMBOPATA RESEARCH CENTER)**

1. No fishing.
2. Tambopata Research Center has the presence of Leishmaniasis (uta) – see medical considerations for a description of the disease. To prevent it you should use long pants and long sleeved shirts from dusk until dawn, at the very least.

