



## Question & Answers

Questions	Answers
What bags do I take?	One piece of checked luggage, a carry on (hiking backpack), a personal item (purse or laptop bag), and a fanny pack or small bag (for use in the jungle- pack in backpack). More checked luggage may be needed for medications and medical supplies.
What kind of luggage should I use and where should I get it?	Luggage you don't really care about (nothing expensive). Preferably go to Goodwill to get your luggage. The maximum weight is 50lbs, and luggage with wheels are helpful.
Why do I need a fanny pack & what do I put in it?	You need a fanny pack (or a small bag / pants with pockets) to keep important items close to you such as: passport (at times), money, medicines, camera, DEET bug spray, toilet paper, sunscreen, hand sanitizer, pen, paper, etc.
What do I need to pack in my 'Cuzco/Lima Bag'?	Two or three sets of clean clothes (pair of jeans, shorts & t-shirts), underclothes, light weight jacket, electronics, & money for souvenirs.
What do I need to pack in my hiking backpack?	One extra pair of clothes, snacks, electronics, money, passport, basic toiletries (makes sure you obey the fluid limits), travel pillow, book, journal, Bible (optional), pen (black or blue), pencils, and anything else you may need. It's always good to pack heavy items in your backpack as well.
Is there a packing list for my luggage?	Yes, see the 'Packing List' tab under 'Trip Planning'.

<p>What are the baggage (checked luggage, carry on, &amp; personal item) size requirements and weight limits for American Airlines?</p>	<p><b>Luggage Allowance:</b></p> <p>One personal item: No charge</p> <p>One bag carry-on: No charge</p> <p>One bag checked: No charge</p>	<p><b>Size &amp; Weight:</b></p> <p>36 in/91 cm (total dimensions)</p> <p>45 in/115 cm (carry-on) No larger than 22 in/56 cm long, 14 in/36 cm wide and 9 in/23 cm high</p> <p>62 in/158 cm (checked) 50 lbs./23 kgs (checked)</p>
<p>What is the dress code?</p>	<p>Shorts must be appropriate length, no see through clothing, no low v-neck shirts.</p> <p>Remember we are not only representing America to these people, but we are also representing our educational and work institutions. Be professional.</p>	
<p>What kind of vaccinations do I need?</p>	<p>Because we are going into the Amazon, vaccinations and medications are essential in order to keep you healthy. You must be up-to-date on routine shots, Hepatitis A, Hepatitis B, Typhoid, Yellow Fever, and medication for Malaria. There is more information on our website regarding vaccinations (<a href="http://ruralamazonianhealthinitiative.zohosites.com/vaccinations.html">http://ruralamazonianhealthinitiative.zohosites.com/vaccinations.html</a>).</p>	
<p>Where are we packing medications?</p>	<p>You can bring donated medications and toothbrushes with you as long as they are not expired. The rest of the medications are purchased in Iquitos by 'People of Peru Project'.</p>	
<p>How do I make sure my money, passport, and electronics stay safe?</p>	<p>More will come with safety training before we leave. Make sure you have a copy of your passport (leave a copy with your family, keep a copy in your journal as well), and do not bring anything into the jungle that you are not prepared to lose or have damaged. The jungle is 90-100% humidity which isn't normally great for electronics. Your passport and money will not go with you into the jungle, it will be locked in a safe in the 'People of Peru Project' compound.</p>	

<p>What kind of weather should I expect?</p>	<p>In the jungle prepare for very hot, humid, and sunny conditions, dry-fit and cotton clothes breathe the best. In Cuzco &amp; Lima it will be mostly dry and 60s &amp; 70s, so bring long pants and a jacket (we will be in the mountains).</p>
<p>How exactly do the clinics work?</p>	<p>People hear about the clinics through word of mouth through village leaders and members, and show up the day of our clinics. We then provide (possibly dental) medical care for everyone who shows up and provide them with some general medical education.</p>
<p>What do I need to do in preparation for the trip?</p>	<p>Financial submissions will be as per the hosting organization's request.</p> <p>You must get vaccinations by the end of May. You will need to get Doxycycline or Malarone as an antimalarial. The normal doses for Doxy is 2 days before, every day during, and 4 weeks after. The normal doses for Malarone is 2 days before, every day during, and 7 days after the returning. You must have one of these medicines to treat for the types of malaria specific for the regions we will be in. You will also need Ciprofloxacin in the form of 3 day twice a day dosing to treat GI problems that could arise (almost everyone will experience this).</p> <p>Be looking out for ways to get medical and dental donations. Collect those by the end of May.</p>