



PERU CHECKLIST

1. **Return Registration Form & Booking Fee of \$550** to Free Spirit Adventures.
2. **Complete and return the following forms** to Free Spirit Adventures.
 - Peru Booking Form (within 14 days of itinerary confirmation)
 - Peru Medical Form (at least 2 months prior to the trip date)

Please note: A doctor's clearance is not mandatory but we do recommend that in addition to completing the medical info on the 'Medical Form' and returning it to Wayne ASAP; that you also take a photocopy of the completed form to your Doctor to discuss any medical issues of concern.

Please print clearly on the forms and return them to Wayne Enright ASAP.

Fax: 08 83772415

Postal Address: 17 Kent Ave Seacombe Gardens SA 5047.

Email: wayne@freespiritadventures.com.au

3. **Pay Andrea Turner** (Travel Manager) a **\$500 confirmation deposit** and arrange **Travel Insurance**. You will receive an invoice with breakdown of payments from Andrea - Email: andreat@travelmanagers.com.au or Ph: 0414596945
4. As mentioned above; a medical clearance is not compulsory but **we highly recommend seeing your doctor for a medical checkup and to discuss appropriate vaccinations & Malaria prophylaxis** (eg; Doxycycline) at least 2 months prior to the trip.

Note: Please take the '**Peru – Travel Health Fact Sheet**' to your Doctor in case they are not familiar with the medical advice for Peru.

If you do not have a regular Doctor, we recommend visiting your nearest Travel Doctor
Go to: www.traveldoctor.com for more information.

5. **Ensure that your passport is valid** for at least 6 months after the trip date and that the spelling of your name on the booking form matches that of your passport.
6. We recommend that you follow the **physical conditioning guidelines** and attend as many of the **group training walks** as you can to prepare for the Inca Trail.
7. Prepare your **gear list** at least one month prior to the trek and let us know if you are unsure about anything on the list.

We also recommend learning some basic **Spanish** which may help with communication in Peru. We will provide a **final checklist** re travel, health, gear etc; one month pre-trip.

For more information, **Email:** wayne@freespiritadventures.com.au or **Phone:** 08 83772415