

**The Please Don't Forget Me List**  
**Sacred Sites of Peru & Machu Picchu; Merging with the Divine**  
**October 7th-18th, 2009**  
**Led by: Sheri Rosenthal DPM**  
[www.journeysofthespirit.com](http://www.journeysofthespirit.com)

I am so delighted that you are joining us for the upcoming excursion! I ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each Journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

**Mandatory items**

- Passport is required – it must not expire for **6 months** or it will not be valid!
- Money for alcoholic drinks, personal items and extra activities if so desired.
- Water bottle suitable for daily use.
- Sturdy, well broken in walking shoes/boots and sandals
- Enough of your medication for the entire trip in your carry-on bag, not packed in your luggage
- Your prescription glasses
- Earplugs...in case you have a roommate that snores

**Strongly Recommended items**

- A hat or visor is very important for protection from the Peruvian sun!
- Suntan lotion and bug repellent
- Sunglasses
- Shorts or travel pants that have zippers so they can become shorts are very useful. Often in the morning it is quite cool and by afternoon it becomes quite hot. Make sure you have layers to accommodate any situation. Take one bathing suit just in case.
- Journal for writing & flashlight.
- Poncho or Gore-tex jacket for rain – it can be misty-chilly in Machu Picchu.
- Back-pack or fanny-pack for camera, water, snacks, tissues and poncho
- Alarm clock if you need one.
- A lightly packed bag if possible!

## Recommended Vaccines and Medications

While each person's body has different needs, we recommend the following vaccines and medications as a precaution when traveling to foreign countries. These recommendations are meant to prepare you so you can make intelligent choices regarding your body, not to scare you as they are just suggestions based on the Center for Disease Control and my own personal experience. Please consult with your own doctor regarding these suggested medications.

- **First and foremost** – a prescription for Diamox for altitude sickness. You will be going to almost 8500 feet in the Sacred Valley and Cuzco is even higher at around 10,500 feet. Take my suggestion on this – it's better to throw the pills away than to not have them. The usual dose is 500 milligrams to 1,000 milligrams a day in 2 or more doses, using either tablets or sustained-release capsules. Doses of this medication are often begun 1 or 2 days before attempting to reach high altitudes. Yes, your soda will taste funny while you are on this medicine and your fingers might feel tingly.
- Six pills of Ciprofloxin 500mg (or the equivalent if you are allergic to Cipro) to be taken twice a day for three days for severe diarrhea that lasts more than a couple of days or for food poisoning
- Pepto Bismol for mild stomach problems or diarrhea
- Imodium for moderate diarrhea problems
- Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.
- Rolaids, Tums or any antacid of choice
- Benadryl for allergic reactions, bug bites or lack of sleep
- One set of ten days of Amoxicillin (or the equivalent if you are allergic to penicillin) for sinus infections, bronchitis or pneumonia
- A tube of Bacitracin or Triple Antibiotic Ointment for cuts and a tube of Hydrocortisone crème for itchy critter bites and rashes
- Have you had your Measles, Mumps and Rubella vaccine?
- Tetanus shot
- Polio Vaccine
- Hepatitis B: This consists of three injections given over 6 months. All people regardless of whether they travel or not should consider this set of injections. Hepatitis B is passed through sexual relations and/or blood exchange. A person can be a carrier of this disease without you ever knowing it.
- Hepatitis A: It is recommended by the Center for Disease Control that all travelers have this vaccine. It consists of two injections given 6 months apart. You can catch Hepatitis A just from drinking a glass of water and pass it to an entire group of people from sharing water bottles, etc.
- Measles Vaccine: ask your doctor if you need a second dose
- An Epi-pen if you are susceptible to severe allergic reactions
- Please consult your travel physician regarding the current Center for Disease Control recommendations.