

2019 Peru Birding Expedition

Sep 28-Oct 2 -Machu Picchu Pre-trip

Oct 1-11 – Peru Birding



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Perú is home to approximately 20% of the world's total bird species, almost 1,800, making it one of the best and most diverse nations on earth for birders. The country owes much of its exceptional biodiversity to the Andes Mountains, which divide the country into three main geographic regions: Pacific lowlands, Andes, and Amazonian lowlands. Our tour travels from the Andes to the Amazon staying in a series of lodges, many operated by Amazon Conservation Association.

Birding in Peru is fantastic and this itinerary can produce a list of approximately 400 species. You'll see amazing sights like the **Andean Cock-of-the-Rock**, Peru's national bird. And a visit to the **Clay Lick** at Manu is something you won't forget. Imagine the sight *and sound* of hundreds of Orange-cheeked, Blue-headed, and Mealy parrots, followed by Red-and-Green and Scarlet macaws, and the Piping Guan.

Our trip is coordinated in conjunction with [Amazon Conservation Association](#) (ACA), a US-based non-profit organization that has been protecting the western Amazon for almost 20 years. Since 1999, ACA and its Peru-based sister organization [Asociación para la Conservación de la Cuenca Amazónica](#) (ACCA) have used science to guide a multi-pronged approach to environmental conservation and restoration in Peru and Bolivia. The organization has grown to protect over 4 million acres of rainforest, establish Peru's first conservation concession, host thousands of scientists and birders at three premier biological stations, empower indigenous communities to develop forest-friendly livelihoods, and more. Your participation in this birding trip to Peru aids and furthers the mission of these excellent conservation organizations.

We also offer a pre-trip to visit the world-famous Inca ruins of **Machu Picchu**, surrounded by some of the most amazing scenery on Earth.

[Birds of Peru](#), published in 2010, is the definitive field guide for this trip. Due to its size, many birders are using the [app](#), which is the interactive mobile version of the book.

Eric Stager will lead this tour for JB Journeys with the assistance of a local bi-lingual naturalist and bird guide. Eric is a senior environmental scientist for the City of Austin, Texas. He leads field trips and teaches birding skills for [Travis Audubon Society \(TAS\)](#) and serves on their board of directors. For each member who travels, a donation will be made to TAS.

PRE-TRIP DAY 1–September 28 - Saturday

LIMA

Plan your flight to arrive Lima this evening, September 28. Most flights arrive late in the evening, between 8:00 pm and 11:00 pm. Your first night in Peru will be at the airport hotel, very convenient after your long flight.

*On arrival, pick up your baggage and pass through customs. On exiting the airport, you will see **Hotel Costa del Sol** directly in front of you. Carefully cross the street and enter the hotel: a room will be reserved in your name.*

PRE-TRIP DAY 2–September 29–Sunday (B)

LIMA - OLLANTAYTAMBO

In the morning, cross back to the airport and check in for your early flight to Cusco. When you land in Cusco, you will be greeted at the airport and assisted to the van and begin the drive to Ollantaytambo in the Sacred Valley. When you get to Ollantaytambo, have dinner (on your own account) before boarding the train to Aguas Calientes at the foot of Machu Picchu. Getting there the night before assures that you will be among the first to enter the ruin site the next morning. On the way to Ollantaytambo, there will be time to visit salt mines of Maras and the weaving community in Chincheros.



PRE-TRIP DAY 3–September 30–Monday (B,L)**MACHU PICCHU - SACRED VALLEY**

Rising early, enjoy a hearty breakfast at the hotel before the guide meets you to take you up the mountain to Machu Picchu. Enjoy your morning exploring and learning about the ruins before returning to Aguas Calientes for a late lunch and boarding the return train to Ollantaytambo. Then you'll be driven to Aranwa Wellness in the Sacred Valley for the night.

PRE-TRIP DAY 4 – October 1 – Tuesday (B)**SACRED VALLEY - CUSCO**

This morning, after breakfast at the hotel, you'll begin the drive back to Cusco and a half day city tour. Enjoy learning about the former Incan empire and visit the ruins of Sacsayhuaman. The altitude may be challenging here as it is higher than the Sacred Valley, so take it easy and eat light.

Overnight in Cusco. You'll meet the others tomorrow morning, October 2nd.

DAY 1 – October 1 – Tuesday – Main Tour**LIMA**

Plan your flight to arrive Lima this evening, October 1. Most flights arrive late in the evening, between 8:00 pm and 11:00 pm. Your first night in Peru will be at an airport hotel, very convenient after your long flight.

On arrival, pick up your baggage and pass through customs. On exiting the airport, you will see Hotel Costa del Sol directly in front of you. Carefully cross the street and enter the hotel: a room will be reserved in your name.

DAY 2 - October 2 – Wednesday (B,L,D)**LIMA - CUSCO - WAYQECHA**

Those arriving on Oct 1 will take an early morning flight from Lima to Cusco, where your local guide and driver will be waiting with the others who visited Machu Picchu. Now you start the journey to the Andes.

Along the way, you'll stop at Huacarpay Lake, which is a great place to pick up water- and shorebirds you might not see anywhere else. Here you may see the brilliant Many-colored Rush-Tyrant, Andean Ruddy Duck, Andean Gull, Andean Negrito, Plumbeous Rail, and in surrounding shrublands you can



see Bearded Mountaineer, Giant Hummingbird, Black-tailed and Green-tailed Trainbearers, and the endemic Rusty-fronted Canastero. Keep your eyes to the sky, as Aplomado Falcon (*pictured left*), Black-chested Buzzard-Eagle, and Mountain Caracara are possible flyovers. After a lunch break, you will continue on to Manu National Park and Wayqecha Biological Research Station. Total travel time will be between 4-5 hours.

At 9,875 feet, Wayqecha is located in the cloud forest of Peru, one of the world's most bio-diverse hotspots. This region is known for generating more than 50% of the water that is found in the lowland Amazon basin. This topographic complexity has

resulted in an exceptional array of habitats sustaining a vast number of species, including the Andean Cock-of-the-Rock and the Spectacled Bear, as well as countless species of birds and orchids.

Once settled in at Wayqecha, enjoy dinner and a short presentation about ACA/ACCA's scientific research taking place at Wayqecha.

DAY 3 - October 3 – Thursday (B,L,D)**WAYQECHA**

Early in the morning we'll visit the canopy walkway, which allows visitors to rise over 125 feet above the forest floor. Aside from the amazing views and fascinating insight into a hidden ecosystem, we'll also look for birds up top, such as the Mountain Cacique, Blue-and-black Tanager, and Ochraceous-breasted Flycatcher. Also keep your eyes peeled for Rufous Antpitta, Band-tailed Fruiteater, Masked Trogon, Crimson-mantled Woodpecker, Streak-throated Bush Tyrant, Tufted Tit-Tyrant, Andean Swallow, and Black-throated Flowerpiercer.

Enjoy lunch at the station before birding the trails of Wayqecha in the afternoon.



DAY 4 – October 4 – Friday (B,L,D)**WAYQECHA - COCK-OF-THE-ROCK-LODGE**

Enjoy breakfast at Wayqecha before descending into the Kosñipata Valley. Along the way we'll see dwarf trees, giant trees, ferns, begonias, countless orchids and bromeliads, and diverse bird life as the altitude changes. We will encounter spectacular waterfalls and streams, as well as a variety of monkey species on our drive.

At the lower cloud forest, we may encounter Solitary Eagle, Inca Jay, Crested Quetzal, and Highland Motmot. Also look for mixed flocks with Montane Foliage-gleaner, Bluish Flowerpiercer, Saffron-crowned Tanager, Yellow-throated Tanager, Yungas Manakin, Slaty-capped Flycatcher, Three-striped Warbler, Tropical Parula, and Blue-naped Chlorophonia, among others. Continuing down the 5,000 foot elevation change of Manu Road, we'll look for Cinnamon Flycatcher, Andean Solitaire, Green Jay, Blue-banded Toucanet, Golden-headed and Versicolored barbets as well as Black-and-chestnut Eagle

We will end the day at the **Cock-of-the-Rock Lodge**, checking the hummingbird feeders for Many-spotted Hummingbird, Violet-fronted Brilliant, Speckled Hummingbird, White-bellied Woodstar and the spectacular Booted Racket-tail.

**DAY 5 – October 5 – Saturday (B,L,D)****COCK-OF-THE-ROCK-LODGE - VILLA CARMEN**

We'll start the day early by visiting an **Andean Cock-of-the-Rock lek**, as this will be a great opportunity for photos and observation of this unique bird. After watching their unique display, we'll bird along the road toward the lodge, which will be good for spotting Blackbilled Treehunter, Slaty Gnateater, Cinnamon-faced Tyrannulet, Marble-faced Bristle Tyrant, Slate-throated Redstart, Variable Antshrike, Long-tailed Antbird, Yellow-breasted Antwren, Bolivian Tyrannulet, Gray-mantled Wren, Yellow-throated Bush Tanager, and Spotted Tanager. We'll return to the lodge for breakfast, where we can watch for Wedge-billed Hummingbird, Wire-crested Thorntail, Buff-throated Saltator, and Golden-eared Tanager at the feeder stations. After breakfast we'll look for Amazonian Umbrellabird, White-crowned Tapaculo, Two-banded Warbler, Dusky-green Oropendola (*pictured here*) and Olivaceous Siskin in the vicinity of the forest.



Next on the agenda is to head further along Manu Road to Villa Carmen Biological Station and Birding Lodge, where we will spend the next two nights. Villa Carmen is over 3,200 feet lower than Cock-of-the-Rock Lodge, so once again the drive down will give us excellent chances

to spot new species. Keep your eyes peeled for White-eared Solitaire, Black-streaked Puffbird, Lanceolated Monklet, Crimson-bellied Woodpecker, Stripe-chested Antwren, Lemon-browed Flycatcher, Scale-crested Pygmy-Tyrant, as well as Beryl-spangled and Golden-naped tanagers. As the road drops lower and lower we'll emerge into more open areas and into agricultural communities and look for King Vulture and Greater Yellow-headed Vulture, Roadside and Gray hawks, Long-tail Tyrants, Social Flycatcher, Magpie Tanager, Violaceous Jay, Chestnut-bellied Seedeater, and hopefully, endemic Black-backed Tody-tyrant.

In the evening, listen for Tropical and Tawny-bellied screech-owls, Black-banded and Mottled owls, Great and Common potoos, and Pauraque calling right around the station, and if you have a powerful flashlight you just might be able to spot them.

DAY 6 – October 6 – Sunday (B,L,D)**VILLA CARMEN**

The trails at Villa Carmen are a combination of second-growth forest, local native bamboo (*Guadua*), primary forest, and successional forest. Together these provide an incredible array of habitats for birds. Walking along the trails you may be able to see White-browed Antbird, Plain-winged Antshrike, Pygmy Antwren, Gray Antwren, Wedge-billed Woodcreeper, Rufous-capped Nunlet, and Chestnut-backed Antshrike. Right around the station, we'll be looking for species such as the Plain-crowned Spinetail, Lesser Kiskadee, Boat-billed Flycatcher, Little Ground-Tyrant, Crested Oropendola, and the Yellow-rumped Cacique. Around the fish pond and the marsh vegetation we'll look for Sunbittern, Blackish Rail, Purple Gallinule, Rufescent Tiger-Heron, Uniform Crake, Amazon Kingfisher, and the Gray-necked Wood-rail.

We will also explore bamboo patches and try to pick up bamboo specialties such as the Bamboo Antshrike, Manu and Striated antbirds, Dusky-cheeked Foliage-gleaner, Rufous-capped Nunlet, White-cheeked Tody-Flycatcher, Flammulated Pygmy-Tyrant, and the Large-headed Flatbill.

DAY 7 – October 7 – Monday (B,L,D)**VILLA CARMEN - MANU WILDLIFE CENTER**

We'll head out early to the Atalaya Mirador in the hopes of catching the morning flight of the Military Macaw. Once we reach the top we'll see commanding views of the Madre de Dios River, the tropical lowlands, and the foothills of the Andes. We'll bird over a 750-foot elevation gradient alongside the river and road. On the riverbanks look for egrets, herons, swallows or possibly even a Sand-colored Nighthawk. Along the road look for a variety of antbirds, woodpeckers, puffbirds, tanagers, and honeycreepers, as well as others such as Bat Falcon, King Vulture, and Great and Common potoos. Remember to also look carefully around the scrubby vegetation. The river trip takes approximately 6 hours.

Arriving in time for dinner, the evening will be spent at Manu Wildlife Center.

DAY 8 – October 8 – Tuesday (B,L,D)**MANU WILDLIFE CENTER**

Early this morning you'll head to the spectacular **Clay Lick** located at Manu Wildlife Center. This area is an early and daily meeting point of several families of Orange-cheeked, Blue-headed, and Mealy parrots, and more small parakeets. A little later in the morning, Red-and-Green and Scarlet macaws, and the Piping Guan arrive to the clay lick. This is a parrot lover's paradise.

The rest of the day will be spent visiting the extensive trails and grounds at Manu Wildlife Center.

**DAY 9 – October 9 – Wednesday – (B,L,D)****LOS AMIGOS**

Board the boat to continue the journey to Los Amigos Biological Research Station, total duration about 6 hours.

While in transit to Los Amigos, look for Cocoli (*pictured left*) and Capped herons, American Woodstork, Large-billed and Yellow-billed terns, Collared Plover, Pied Lapwing, Sand-Colored Nighthawk, and Amazon and Ringed kingfishers along the shore.



On arrival, you must walk up 280 steps from the river to higher ground before checking into your cabin. Enjoy dinner followed by a presentation given by the station's science coordinator or a researcher.

Los Amigos is located in a wealthy region of biodiversity in the Amazon, the 11 species of monkeys and hundreds of species of birds are just the beginning of what is waiting to be discovered.

DAY 10 – October 10 – Thursday (B,L,D)**LOS AMIGOS**

Wake early and start exploring the extensive trails and lakes located at Los Amigos. Today begins with birding around Brazil nut trees in the local *terra firme* (upland forest that doesn't flood). This habitat is great for species such as Pavonine Quetzal, Pale-winged Trumpeter, White-fronted Nunbird, White-throated Jacamar, Sclater's Antwren, Rufous-capped Anthrush, Royal Flycatcher, and the Fiery-capped Manakin. Eventually we'll reach Pozo Don Pedro, a palm swamp filled with moriche palms (*Mauritia flexuosa*). This habitat, locally known as *aguajal*, will give us great opportunities to spot residents such as Blue-and-yellow Macaw, Point-tailed Palmcreeper, Sulphury Flycatcher, as well as Agami Heron, American Pygmy Kingfisher, and large families of Hoatzins. As we return to the station we'll look out for mixed flocks, hoping to spot some target species like the White-winged Shrike-tanager, Red-billed Pied Tanager, Chestnut-winged Hookbill, Red-necked Woodpecker, Golden-collared Toucanet, and the Broad-billed Motmot.



Tanager (*pictured*), Black-faced Dacni, Chestnut-capped Puffbird, Dusky-capped Greenlet, and Bare-necked Fruitcrow. We'll also search the nearby forest for Black-faced Antbird, Olive-backed Foliage-gleaner, Golden-

crowned Spadebill, Dwarf Tyrant-manakin, and Green-backed Trogon. Lastly, we'll scan mixed flocks for new birds, hopefully including the Rufous-tailed Foliage-gleaner, Spot-winged Antshrike, and the Long-winged Antwren, among others.

DAY 11 – October 11 – Friday (B,L) DEPARTURE

Today will begin with an early departure leaving by boat to Puerto Laberinto (3 hours) and by land to Puerto Maldonado (45 minutes). As we navigate the river we'll look for anything we may have missed coming down, such as Jabiru, White-winged and White-banded Swallow, Black Skimmer, Gray Hawk, Red-and-green Macaw, and White-tailed Kite. As we leave the river and continue along the highway we'll look for anything we can spot on the way to the airport such as Red-breasted Blackbird and Southern Lapwing.

Check in for the afternoon flight from Puerto Maldonado to Lima and onward to connecting international flights (or spend the night in Lima). Most international flights depart Lima late at night, arriving back to the US the following morning (in this case, arriving on Saturday, October 12)

NOTE: *The order and sites visited may vary due to weather, road conditions, and other factors beyond our control.*

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LODGING

In 2005, Amazon Conservation Association (ACA) created Peru's only permanent field research station focused on cloud forest ecology and management. This 1,450-acre research center, called **Wayqecha** ("brother" in the local language of Quechua), sits almost 10,000 feet above sea level. The station is located in the Kosñipata Valley in the department (state) of Cusco, in southeastern Peru, where it serves as a buffer along the southern edge of Manu National Park. This is one of the world's best sites to explore the lush cloud forest ecosystem. A constant supply of moisture supports a remarkable diversity of plants, which in turn supports thriving populations of birds, amphibians, orchids, and mammals.



Wayqecha Biological Research Station has six cabins offering the perfect view to watch the clouds roll across the Andes. Each cabin features comfortable beds, a table, chair, a luggage and clothes rack, and a private bathroom with hot showers. The dining room, lounge and bar provide comfortable seating for reviewing your lists at the end of the day. Limited internet is available in the dining hall during evening hours. The cabins are not heated, so bring long underwear. Consult your medical provider about altitude sickness medicines to combat the thin air (day hikes take you on some hilly trails so you'll need the oxygen). **BRING A GOOD FLASHLIGHT** or headlamp! Electricity runs only from 6 to 9 pm at night.



Cock-of-the-Rock Lodge is located at 5,200 feet elevation in the Kosñipata Valley, situated within the 12,500-acre cloud forest reserve of the conservation group Peru Verde. It has 12 comfortable, double-occupancy bungalows, with hot showers, flush toilets and private balconies overlooking the cloud forest. Just minutes walk from the lodge, the world's largest, most accessible and tamest known group of displaying Andean Cocks-of-the-Rock awe and delight visitors with their twice-daily courting antics.

Another ACA/ACCA property is **Villa Carmen Biological Station** is located on over 7,500 acres of land within the spectacular Manu Biosphere Reserve in Southern Peru. Spanning an elevational

gradient of 1,700 to almost 4,000 feet above sea level, Villa Carmen hosts an incredible array of species found in a variety of habitats, ranging from cloud forest to montane and lowland rainforest. The station neighbors several indigenous Wachiperi and Machiguenga communities as well as the Wachiperi Hamba Queros Conservation Concession, established with assistance from ACA/ACCA as the **first** conservation concession in Peru run by an indigenous community. Villa Carmen Biological Station serves to promote sustainable agroforestry and aquaculture, host educational programs, and further incorporate local communities into conservation efforts. The station supports a wide variety of habitats including old-growth rainforest, lower mountain forest, secondary forests, streams, rivers, waterfalls, and a highly diverse flora and fauna.



The lodge at **Villa Carmen** has 11 cabins with floor-to-ceiling screened windows. Each cabin features comfortable beds with mosquito nets, two Adirondack chairs, a luggage and clothes rack, and a private bathroom with hot water. A dining room, lounge, and bar provide comfortable seating for reviewing your lists at the end of the day. Limited internet available 24/7.

Manu Wildlife Center has 22 fully screened elevated bungalows with large living area and private tiled bathrooms with hot water showers. The screened dining room features excellent local food and a fully stocked bar and reading room. The Center is owned by Peru Verde.



ACA/ACCA's **Los Amigos Biological Station** is located in lowland Amazonian forest at the base of Peru's southern Andes. The station sits at the tip of a peninsula on a high terrace between the Madre de Dios and Los Amigos Rivers and provides easy access to various forest types and aquatic habitats. The station

was established in 2000, on the conviction that the greatest forest on earth deserves the best research centers in the world. Los Amigos is a leading training site for young scientists and conservationists. In addition to muddy-boots field experience in the 360,000-acre Los Amigos Conservation Concession (LACC) adjoining our 1,119-acre biological station, these scientists benefit from regular presentations by visiting researchers, involvement with the station's long-term ecological monitoring program, specialized training as part of field courses, access to a large scientific library, and immersion in a vibrant scientific community. The station has hosted more than 213 research projects and produced 223 publications, including biological inventories of more than 30 types of organisms. It truly is a hub for research on this vital ecosystem.



Los Amigos Birding Lodge lies in a remote location and has comfortable yet rustic cabins with beds and mosquito nets, private bathroom and hot water, luggage and clothes rack, a deck with hammock or lounge chairs, and 24-hour solar powered electricity. The dining hall has a lounge area for reviewing bird lists at the end of the day. Limited internet is available from 7:00 a.m. to 9:00 p.m. in common areas.

Peru - Andes to Amazon Oct 1-11, 2019

Maximum 10 people, minimum 6 people. Eric Stager will be guiding from JB Journeys along with a local bi-lingual guide

Estimated* cost for 2019: \$3675 per person in double occupancy, based on 10. With 8: \$4075; with 6: \$4500. Singles on request.

Included:

- Transportation as listed by van & boat
- 10 nights in hotel with taxes included
- Bi-lingual birding guide
- Entry fees to areas listed
- Meals from breakfast day 2 to lunch day 11
- Basic tips to drivers, boatmen, lodges
- \$300 Donation to Travis Audubon

Not Included:

- Airfare (International plus Lima to Cusco, and Puerto Maldonado to Lima)
- Meals not listed
- Gratuities to guides (suggested \$7-10 per person per day)
- Drinks during meals
- Personal Insurance

Machu Picchu Pre-trip Sep 28-Oct 2, 2019

Maximum 10 people, minimum 6 people. Eric Stager will be guiding from JB Journeys along with a local bi-lingual guide

Estimated* cost for 2019: \$1125 per person in double occupancy, based on 10. With 8: \$1195; with 6: \$1350. Singles on request

Included:

- Transportation as listed by van, train
- 4 nights in hotel with taxes included
- Bi-lingual guide
- Entry fees to areas listed
- Meals as listed

Not Included:

- Airfare (International plus Lima to Cusco, and Puerto Maldonado to Lima)
- Meals not listed
- Gratuities to driver or guides (suggested \$7-10 per person per day-guide / \$3-5 per person per day driver)
- Drinks during meals
- Personal Insurance

***Cost to be finalized summer of 2018.**

To Confirm: please send an email message or a call, then complete the reservation form and return to JB Journeys with your deposit of \$500 per person. **Final payment will be due June 28, 2019.**

Payment: We accept MasterCard, Visa, and Discover or payment by check (preferred). To pay by card, call Jean at 512.217.4814 or Barbara at 512.217.4836. Checks made to JB Journeys can be mailed to Barbara Baggett, PO Box 1052, Utopia, TX 78884.

Cancellation policy: Cancellation prior to April 28, 2018: \$250; before June 28, 2019: \$500; before August 13, 2019: \$1,000; before August 28, 2019: \$2500. Inside 30 days, non-refundable. All penalties are per person. Name changes may be permitted.

Consider taking travel insurance to protect against unforeseen circumstance, including medical evacuation coverage.

What to know about your trip to Peru:

- **Documents** - Remember your passport! It must be *valid 6 months beyond* travel dates. You may also want to make copies of it and other important documentation, like credit cards, as a backup.
- **Food and Water** - Peruvian food is hearty and tasty but not spicy. Bottled water will be available throughout the trip. It is also handy to keep a roll of toilet paper or tissues with you for your use, as not all restrooms will provide toilet paper. It is also important that you do not flush used tissue (there is a wastebasket in each stall for this purpose).
- **Altitude** - The elevation at Wayqecha is about 9,000 feet, and Cusco is over 11,000 feet. Keeping hydrated is important, as is rest and eating lightly. Coca tea is also known to help, and some have found that high-electrolyte drinks also help. Consult your medical professional about Acetazolamide (Diamox), the recommended preventative medication.
- **Currency** - Notify your ATM bank and credit card companies that you're traveling to Peru. The exchange rate is about 3.24 Peruvian soles (pronounced SO-lehs) to one dollar (at time of printing). There are ATMs in the Lima airport, at the Costa del Sol Hotel in Lima, and in Cusco.
- **Tipping** - Tipping the guides is completely optional based on your experience. Industry norms are \$7-10 per person per day. For the Main Tour, we have taken care of the driver, boatmen, and staff at lodges. If you have received special service, feel free to tip additionally. For Machu Picchu extension, no tips have been included.
- **Electricity** - Peru uses the standard 2-prong plugs seen in the US. If you have any electronic devices that have 3-prongs (such as a laptop), we recommend you bring an adapter.
- **Internet** - Limited internet service is available at all three stations, and shared by all visitors, so downloading videos and images or using skype or similar service is generally not feasible. Service may be disrupted by forces of nature.
- **Climate/Packing** - Bringing a variety of layers for a full range of weather is essential. **Wayqecha** could be in the 40s or even the 30s at night, 50s to 60s during the day, with sporadic mists to downpours of rain. **Villa Carmen** is generally pleasant, warmer in the day to the mid to high 80s, cooler at night in the 60s. **Los Amigos** will be hot and muggy during the day, in the 80s and 90s, and warm at night. Be prepared for rain, although the rainy season runs generally from December through March.

Suggested packing list for all stations:

- Short sleeve shirts
- Light long sleeve shirts
- Lightweight long pants
- Sun cap (good for intense, high-altitude sun and for light rain)
- Insulating layer (for Wayqecha)
- Stocking cap and scarf (for Wayqecha)
- Sweater and/or fleece (a necessity for Wayqecha)
- Rain coat or poncho
- Flip-flops/sandals (personal preference for showering)
- Sturdy, comfortable walking shoes
- Several pairs of socks
- Rubber rain boots are available at the lodges. Bring yours only if you feel necessary.
- Small umbrella
- Insect repellent (recommended with DEET for Villa Carmen and Los Amigos)
- Small day pack for travel days and short hikes
- Altitude & motion sickness medication for drive or boat trip (if you are prone to motion sickness)
- Personal medications (including for headaches or upset stomach)
- A couple of plastic bags (to store wet or dirty items)
- Water bottle
- Toiletries (including Kleenex or toilet paper)
- Sunscreen
- Headlamp/flashlight
- Binoculars