

SASS



Sisters as a  
Support System

**Contact Information:**

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Please provide this contact information to your family and/or friends in case they have any questions or concerns.

**Medical Professionals:**

If you are a medical professional, we will complete the application process through the ministry of health for you to work in the country.

**Passport Information:**

Register as a “tourist” when coming through immigration.

**Register before you leave:** <https://step.state.gov/step/>

We hope that you will never need to use the information, but it is a safety precaution for you and for your family.

**Vaccinations:**

Most travelers will not need additional vaccinations for visiting Lima and Cusco. If you decide to visit the jungle or specific other areas on your own, you may need malaria prophylaxis, typhoid fever vaccine and yellow fever vaccine.

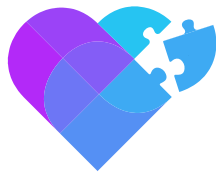
**Check the CDC website:**

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

You will need two COVID vaccinations and an update. Please carry your COVID vaccination card or a picture in your phone at all times.

**Please discuss your travel with your medical professional.**

**Prescription medications:** Please bring all of your prescription medications with you that you will need for



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an extended trip. Prescription medications are very different in Peru.

**Other medications:** Consider bringing ibuprofen, acetaminophen, naproxen, allergy meds, decongestant, ciprofloxacin, and other medications you may need with you.

**Pack your medications in your carryon luggage.**

### High Altitude

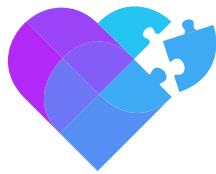
Cusco is 11,151 feet above sea level. Most people will experience some symptoms of high altitude, and often the most physically fit volunteers experience the most symptoms. The onset of high altitude is characterized by a headache, dizziness or light-headedness, shortness of breath, loss of appetite, nausea or vomiting, fatigue or weakness, and/or difficulty sleeping. Diamox (acetazolamide) may be taken prior to departure to help acclimate to high altitude. Consider getting a prescription from your physician before leaving. The typical dosage is 125 mg. twice a day two days prior to reaching altitude and for two days after arriving in Cusco. Lima is NOT at high altitude. The best treatment is to hydrate, hydrate, hydrate before coming to altitude and the entire trip.

### Arrival in Cusco

After enjoying the beautiful Andes on the flight to Cusco, proceed to baggage claim after landing. Collect your bags and proceed outside where you will find one of our staff waiting to pick you up with a sign designating "SASS."

### Physical Requirements

Each person must be able to adapt to the physical, mental, and emotional demands of volunteering in Peru. You may experience altitude changes, since the Andes are higher altitude and Machu Picchu is lower in altitude than Cusco, and weather changes. You may have extensive walking, some uphill, stair climbing, travel on uneven surfaces and winding roads to reach villages, and sometimes a demanding



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schedule. Please make certain you can carry and handle your own luggage.

### Suggested Apps

We communicate using **WhatsApp** between our Peruvian providers and each other. **Google Translate** is great for translating English to Spanish. **Google Maps** has a feature that has a downloadable map of Cusco so that you have it, even without phone service or Wi-Fi. **Duolingo** is a free app that will refresh or help you to learn Spanish before you arrive in Peru.

### Electricity and Converters

220V is the standard in Peru, while 110v is typical in the United States. Most computers and mobile phones have a charger that is compatible with 220v but check your device and charger to see if it is compatible. If not, you will need an adapter, usually the two pronged flat and round plugs, US and European style will work.

### Food/Water Safety

When in Peru, including Lima, it is imperative that you drink bottled water or boil the water before drinking it. Avoid any ice unless you freeze the ice with bottled water or boiled water. Remember that if fruit juice is not freshly squeezed, then it is reconstituted with tap water. The same is true for soups. Often tap water is added to thin the soup as it thickens when heated. Boil it, peel it, or don't eat it regarding fruits and vegetables. Avoid salads.

### Required Supplies

**For clinical rotations:** Inexpensive headlamp, gloves (at least 3 boxes), scrubs, personal hand sanitizer, white coat (if appropriate), flexibility and the willingness to experience new things. **For all volunteers:** hand sanitizer, comfortable clothing that can be layered, water bottle, rain jacket, bug spray, hydration for your lips, lotion, and sunscreen.