



ESTA LUCECITA

Preparing for Medical Mission in Peru

General Information

Please read the following information and checklist carefully and consider the wisdom that has been gathered from years of traveling to Peru and abroad. Please be diligent concerning the health precautions but do not be so frightened that it causes you to stay home or be ineffective while on your trip. If you are prepared physically and spiritually, you will be blessed!

You will be impressed with the warmth and generosity of the Peruvian people. You will also notice some cultural differences that may require some adjustment on the part of the Americans. Team members need to expect last minute changes to itineraries and greet each change in plans with grace. Remember you are servant leaders and need to actively engage with all team members.

Costs

Vaccinations	This will vary by need and insurance coverage
Air Travel	\$800-1400
Room and Board	\$120/day
Project Funding	Minimum of \$500/week
<i>(Room and board and Project Funds are due 6 weeks prior to travel and are non-refundable)</i>	
Spending money	Personal discretion – but you will want to have some for blessing the people you meet and for souvenirs, etc. Usual amount \$200-300.

About MEPI (Mission Evangelica Pentecostal Independente)

MEPI is a Bible School started by Bill and Carlene Pepper (Beth's parents). Its mission is to train pastors to bring the gospel to remote tribes in the jungle area of Peru. The school is in the city of Iquitos and is home base for many of the mission trips to the surrounding villages. The accommodations are dorm style with women upstairs and men downstairs. All meals are family style. The cooks try to accommodate dietary needs but please bring snacks in case of any issues. All food is prepared with "safe" water. Bottled water is available at the bible college and on all trips. Laundry is available if needed. The bible school is in session from mid-January through mid-March and again from mid-July through mid-September. If your trip falls during one of these seasons you will be able to interact with the students who come from all over the surrounding area. It is truly a blessing to hear the stories of sacrifice and dedication from these young pastors-in-training.

Contact Information:

Address: MEPI at 2218 Av. La Marina in Punchana, PERU

Province: Loreto

District: Maynas

Contacts: Guido Sahuarico +51 945 166 685

Lorena Aranziba +51 950 473 061



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Preparing for your Trip

Passport

If you do not have a current passport you will need to work on this first. Applications are available at <https://travel.state.gov/content/passports/en/passports/apply.html>

Be sure that the expiration date is at least 6 months past your scheduled return date. You will not be allowed to enter Peru or the United States if the expiration date is less than 6 months from the date of travel.

Travel Information and Advisories

The political environment in Peru can change rapidly. Please check these websites when considering travel to Peru. [US State Department Travel Advisories for Peru](#)

The Smart Traveler Enrollment Program (STEP) is a free service for U.S. citizens and nationals who are traveling or living abroad. STEP allows you to enter information about trips abroad so that the Department of State, via our embassies and consulates, can better assist you in an emergency. You can also subscribe to receive email updates with travel advisories and other information for a particular country. [STEP Program](#)

Traveler Health Recommendations

Please schedule a visit with your PCP or travel clinic as soon as you have made a decision to travel. We recommend you begin the process of preparing for your trip 6 months before the date of travel. Please address recommended vaccines and medications for malaria prophylaxis and traveler's diarrhea. The CDC does not list the city of Iquitos as high risk for malaria but most trips will include travel throughout the river region where malaria is active. Visitors to the city, including the bible school students, may also carry the disease.

Vaccines should be covered by insurance as preventive care. Some are available at your usual healthcare provider, pharmacy or local health department. Some of the more specialized vaccines are only available from **travel clinics**. Use this link to help find a travel clinic near you. [CDC Travel Clinic Finder](#)

- Hepatitis A (2 vaccinations 6 months apart)
- Hepatitis B (3 vaccinations 0, 1 month, 6 months)
- Tdap booster (every 10 years)
- Typhoid (oral live virus every 5 years OR injection inactive virus every 2 years)
- Yellow Fever (one time)
- Seasonal Flu, Covid and RSV as indicated.
- Malaria prevention: Malarone OR doxycycline (your usual health care provider can prescribe these but please be sure the dosing is appropriate -see attached)
- Please be prepared for Travelers Diarrhea with loperamide AND azithromycin OR ciprofloxacin per appropriate dosing guidelines.
- If you are pregnant or planning pregnancy please discuss the Zika virus with your healthcare provider



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Other details

Plane Tickets: Start searching for best prices. Delta currently has the contract with the Peruvian airline Latam so flights will likely run through Atlanta.

Credit Cards: VISA is accepted in some places in the city.

Cash: Bring fresh, new, unmarked \$100 bills only. It will be exchanged for local soles. The newer the bill looks the better the exchange rate. The exchange will take place at MEPI shortly after arrival. Cash is needed outside the city.

Phone: Check with your carrier for options to use your phone internationally. Currently AT&T offers free international data in South America. Verizon has several options for international plans. Since WiFi is not currently available be sure to allow for data usage.

Travel Insurance: Faith Ventures is an inexpensive way to have some peace of mind in the event of a medical emergency. Their coverage includes emergency care and transportation home. Cost is around \$50 and is good for one year. [Faith Ventures](#)

Spiritual Preparation

- Prayer:** Begin now to prepare your hearts for serving the children of God in Peru. The culture may be very different but the spiritual need is the same – to know the love of God. You will be challenged by the conditions, the culture, and the weather so be prepared with an extra supply of grace and patience.
- Message:** Begin to prepare your testimony. You will be asked to share. You will need approx. 5-10 minutes, including translation time. If you are teaching or preaching please prepare to speak for 30 minutes (60 minutes with translation)
- Journal:** You will definitely want to bring a journal to record your feelings and experiences.

Packing Tips:

- Obtain a money belt to wear at all times with your cash and passport.
- A backpack will be needed for day trips. Pack a change of clothing for easy access when traveling.
- You can take a backpack, a carryon and check one suitcase.
- Try to fit all clothing and necessary items in your roller carry on & backpack. This allows for your suitcases to have more space for donated items. AND if luggage is lost you have what you need to function with you.
- Pair off with a travel buddy. You will be tired and full of wonderful distractions so you need to help remind each other: ie. do you have your phone, backpack, passport, money, all your carry-ons, etc. You'll save yourself a lot of grief if you do this. Be looking out for one another always. It's a lifesaver.



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Packing List:

<p>Travel Documents</p> <ul style="list-style-type: none"> <input type="checkbox"/> Passport <input type="checkbox"/> Photocopy of passport <input type="checkbox"/> Fresh \$100 bills for conversion to soles. <p>Snacks</p> <ul style="list-style-type: none"> <input type="checkbox"/> Portable snacks that do not melt (nuts, seeds, jerky, dried fruit, protein bars) <input type="checkbox"/> Electrolyte replacement packets (Gatorade, Liquid IV, etc) 	<p>Miscellaneous</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bible <input type="checkbox"/> Notebook/journal <input type="checkbox"/> Translation app (phone) <input type="checkbox"/> Umbrella <input type="checkbox"/> 110-200 volt converter <input type="checkbox"/> Small flashlight/batteries <input type="checkbox"/> Battery operated fan <input type="checkbox"/> Cooling towel <input type="checkbox"/> Refillable water bottle <input type="checkbox"/> Vented tent for remote trips <input type="checkbox"/> Hammock for remote trips 	<p>Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Summer clothing <input type="checkbox"/> Church appropriate (x2) dresses, long skirts, long pants for men <input type="checkbox"/> Dri-Fit or lightweight scrubs (medical) <input type="checkbox"/> Walking sandals <input type="checkbox"/> Tennis/Hiking shoes <input type="checkbox"/> Shower sandals <input type="checkbox"/> Rain boots <input type="checkbox"/> Rain Jacket <input type="checkbox"/> Hat <input type="checkbox"/> Sun glasses
<p>Personal Care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sunscreen <input type="checkbox"/> Bug spray (Deet) <input type="checkbox"/> Chapstick <input type="checkbox"/> Lice Prevention <input type="checkbox"/> Shampoo (tea tree oil) <input type="checkbox"/> Wet Wipes/Sanitizer <input type="checkbox"/> Toiletries <input type="checkbox"/> Sanitary products <input type="checkbox"/> Portable toilet paper 	<p>Medications</p> <ul style="list-style-type: none"> <input type="checkbox"/> Personal meds <input type="checkbox"/> Malaria prevention (Malarone or doxycycline) <input type="checkbox"/> Imodium (loperamide) <input type="checkbox"/> Pepto bismal <input type="checkbox"/> Meds for Traveler's Diarrhea <input type="checkbox"/> Ibuprofen/Acetaminophen <input type="checkbox"/> Heartburn meds (tums) <input type="checkbox"/> Allergy medications <input type="checkbox"/> First aid supplies 	<p>Day Pack Packing List</p> <ul style="list-style-type: none"> <input type="checkbox"/> Water bottle <input type="checkbox"/> Electrolytes <input type="checkbox"/> Snacks <input type="checkbox"/> Change of clothes <input type="checkbox"/> Rain Gear <input type="checkbox"/> Hat <input type="checkbox"/> Sunscreen <input type="checkbox"/> Bug spray <input type="checkbox"/> Wipes/TP <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Medications

Suggested items for donation:

- Gently used clothing
- Costume jewelry
- Baseball caps
- Soccer balls
- Volley balls
- Beanie babies
- Ibuprofen, naproxen, acetaminophen
- B vitamins, iron, calcium carbonate
- Tooth brushes
- Reading glasses



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Malaria Prophylaxis Medications

Drug	Tablet size	Dose	Frequency*	Initiation (time before first exposure to malaria)	Discontinuation (time after last exposure)	Use in pregnancy
Areas with chloroquine-resistant <i>Plasmodium falciparum</i>						
Atovaquone-proguanil (Malarone)	250 mg atovaquone and 100 mg proguanil	One tablet orally	Once daily	One to two days	Seven days	No; insufficient data on use in pregnancy
Mefloquine hydrochloride (Lariam and generic agents)	250 mg salt (228 mg base)	One tablet orally	Once weekly	Three weeks preferable; two weeks acceptable	Four weeks	Yes
Doxycycline hyclate (Vibramycin, Vibra-Tabs, other brands, and generic agents); doxycycline monohydrate (Monodox, Adoxa, and generic agents)	100 mg	One tablet orally	Once daily	One to two days	Four weeks	No; teratogenic

Traveler's Diarrhea Medications:

Prevention Protocol: Bismuth subsalicylate (Pepto Bismal) 30 ml or 2 tabs 4 times daily with meals.

Treatment Protocol: Loperamide 4 mg x 1 then 2 mg taken with every loose stool.
(Peds <12 y/o: 2 mg x 1 then 1 mg taken with every loose stool)

Antibiotics (One only): Azithromycin 500 mg daily x 3 days (peds: 10-20 mg/kg) **OR**
Ciprofloxacin 500 mg twice daily x 3 days (adults only) **OR**
Ofloxacin 400 mg daily x 3 days (adults only)