

PREPARING FOR YOUR RACE

In the Sacred Headwaters of the Amazon Rainforest



WELCOME!

Congratulations on your commitment to travel to the Amazon rainforest of Ecuador with the Pachamama Alliance.

On this unforgettable Journey, you will have the opportunity to meet and compete with the Achuar, the natural caretakers of the rainforest, and to form your personal partnership with them. It is an honor to support you in preparing physically, emotionally, spiritually, and mentally to enter the rainforest and the mystical reality in which the Achuar live.

Below is information concerning logistics, finances, and travel, and describe what you will need to prepare for your departure.

If you have any questions, please email steve.torneten@pachamama.org.

BOOKING YOUR TRAVEL

Participants are responsible for arranging and covering the cost of their own international travel to Ecuador. Arrange your travel plans to be on time for the 5:00 pm group orientation meeting scheduled on the first day of your journey.

Getting from the airport to Quito:

You can arrange a taxi through the hotel or wait until you arrive at the Quito airport and go to the taxi stand outside. Airport taxis are registered and a secure form of transportation to your hotel. Expect to pay around \$35 cash. Have your hotel address and phone number ready to give to your driver.

Arrival:

Upon arrival in Ecuador, you should check in to your double-occupancy rooms at the beautiful Cultura Manor Boutique Hotel **in time for the 5:00 pm group gathering in the lobby.**

Cultura Manor Boutique Hotel

Website: www.culturamanor.com

Address: Jorge Washington E2-43, Ulpiano Páez, Quito 170526, Ecuador

Whatsapp: +593 99 495 9502

Email: info@culturamanor.com

Insurance:

We recommend obtaining trip protection that will cover trip cancellation, flight delays, baggage loss, etc. as well as international medical coverage. Some credit cards, like *American Express*, provide comprehensive and international coverage when you purchase flights with your card. If your existing health insurance policy does not cover international travel, we suggest looking into the policies offered by *World Nomads*, *Allianz*, *Travelex*, *Atlas*, and *Travel Guard*.

Passports and visas:

Your passport must be valid for at least six months past your date of departure from Ecuador.

You will not be allowed to enter the country with a passport that expires within six months of your date of exit. No visa is required for entry into Ecuador with a US, Canadian or Australian passport. For travelers from other countries, please check with your embassy.

FINAL PAYMENT

The final payment is due six weeks prior to the first day of travel.

CANCELLATION POLICY

A \$500 deposit is required to hold your reservation. You may cancel your journey 90 days prior to the start of your Journey without charge. Otherwise, refer to the schedule below for the cancellation fee:

- * Greater than 90 days - no fee/full refund
- * 90 to 60 days - deposit amount
- * 59 to 45 days - 50% of total Journey cost
- * Less than 45 days - the full cost of the Journey

Pachamama Alliance reserves the right to cancel a scheduled Journey at any time. In the event that Pachamama Alliance must cancel your Journey, your full payment will be refunded to you. In the event that your Journey is canceled due to factors outside of Pachamama Alliance's control such as natural disaster, political unrest, etc., we will issue refunds where possible. We encourage all travelers to obtain travel insurance, including trip cancellation or delay, loss of luggage, etc., to protect your purchase.

WHAT'S INCLUDED IN YOUR JOURNEY

- All meals starting with dinner on the first day of your Journey and ending with breakfast on the last day of your Journey
- In-country group transportation including chartered buses, canoes, and planes
- Mostly communal lodging while in the rainforest
- Mostly double-occupancy lodging outside of the rainforest
- Ecuadorian guides + translation, bedding, mosquito netting, and other none race equipment in the rainforest

WHAT'S NOT INCLUDED IN YOUR JOURNEY

- International flights to and from Quito
- Taxi to and from Quito airport
- Early arrival or late departure lodging
- Personal spending money (gratuities for your local indigenous and Ecuadorian guides, bus driver, souvenirs or other personal purchases)

PERSONAL SPENDING MONEY

We have found that around \$400 in personal spending cash is generally sufficient for most travelers on the Journey (*mostly small bills, some ones, 25 fives, 15 tens, and 10 twenties*). See details below.

Gratuities:

The people serving your Race work hard. In Ecuador, it is customary to offer tips as a gesture of your appreciation to your local indigenous guides, the Ecuadorian Guide who has accompanied you from beginning to the end of your Journey, the indigenous kitchen and housekeeping staff, and your bus driver. Budgeted amount: \$150.

Artisan Crafts:

You may want to buy artisan crafts or other items which support the livelihoods of indigenous women in the rainforest and make great souvenirs or gifts to bring home for your loved ones. Budgeted amount: \$50-\$100.

Note: there is no time allocated in the itinerary for personal shopping. Personal shopping should be budgeted separately.

LOCAL CURRENCY

Ecuador's economy is based on the US dollar, and there is no need to exchange your US funds. Credit cards will be accepted at larger establishments but often with a surcharge. Make sure your bank knows before you leave that charges will be incoming from Ecuador to avoid any security issues. ATMs are available in most cities.

LANGUAGE

The primary language for this race will be English but in a Spanish-speaking country and in the Achuar Speaking territory. Our guides and crew are bilingual or trilingual and will be able to translate when engaging Spanish and for our indigenous Achuar-speaking host.

RACE SAFETY

The Pachamama Alliance has 25 years of experience guiding people through the Amazon and Proyecto Aventura is an Ecuadorian adventure company that has done more than 160 races during the last 18 years. The race will have experienced bilingual wilderness first aid responders and paramedics and a river safety crew of the most experienced adventure explorers in the country. Each participant will have attached to them a satellite tracking device which allows them to check in with our safety team at any time for assistance and several check-ins to let us know they are fine.

This trip was designed by our experienced race organizers and safety team so that competitors can have a true Amazonian adventure in the safest and most enjoyable way possible.

WEATHER

The weather in Ecuador is fairly consistent year-round since it straddles the equator. In the mountains, temperatures can reach the upper 60's (18C) to low 70's during the day and drop to the low 50's – 40's (4C) at night. In the rainforest, the daytime temperature is typically in the upper 70's (24C) to low 80's with humidity, and in the evenings, it can drop to the low 60's (15C). Because we are in a primary forest with lots of canopy and rivers, the heat is less intense than most expect. In our experience, rainy seasons are highly unpredictable and don't necessarily correlate with accuracy to a specific time of year. As we will be entering the rainforest, you can expect some rain, and it will not adversely impact activities on the trip.

PACKING LIST

General packing:

- Day Pack - stays with you throughout the race.
- Transition Blue box (provided by race, 1 box for 2 racers) - transition from Kayaking to Running. All transition bags will go inside one of our blue boxes, provided by the organization
- Jungle Bag - everything else you will need while in the Jungle.
- Extra Luggage - anything that does not go in the Jungle.

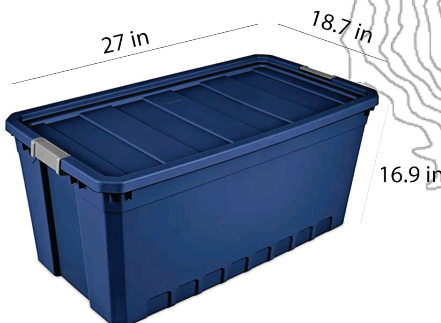
Packing list for each bag:

- Day Pack - a small/lightweight daypack that will be with you throughout the race. It will hold water, sunscreen, poncho, mosquito spray, toilet paper, energy bars, headlamp, sun hat, or any other gear you will want with you during the race. This pack will also hold your passport, money & credit cards (waterproof ziplock).
- Transition blue box - transition from Kayaking to Running. Shin Gaiters (leg protectors from snakes and scratches), energy bars, running shoes, water containers (bottles, bladders, running vest, running waist bantd) & dry running clothes, Basically everything you need for the running portion of the race. You will spend 98% of the time running under a canopy on a trail prepared by the Achuar. Long sleeves and long pants will help against insects and plants that may cause an allergic reaction.
- Jungle Bag - **Limited** to 25#. This bag and your Day Pack will go with you on the plane ride to Charpacocha, where you will spend your first night in the Jungle before the race starts. Then the next day, after the race starts with kayaking, we will take your Jungle Bag via canoe to the Kapawi Lodge, where you will spend your last two nights. At Kapawi, you will participate in an orienteering course and other community activities such as blow dart guns, tree climbing, and walks to different villages for cultural exchange. Suggestions for your Jungle Bag:
 - Kayaking clothes & Gear
 - Life Jackets and double blade paddles are provided, but you can bring your own.
 - Cloths for Kapawi

- Two pairs of lightweight, loose-fitting synthetic (parachute-like material) outdoor pants. It is not recommended to wear shorts in the Jungle as too many things will scratch, poke, or bite you.
 - Two pairs of long-sleeve synthetic moisture-wicking shirts
 - Two t-shirts or tank tops to wear under long-sleeves shirts
 - Three pairs of socks
 - Three pairs of underwear
 - Lightweight fleece or sweatshirt for cool mornings/evenings
 - Pair of shorts for swimming
 - Sandals or lightweight shoes for wearing around the lodge
 - Biodegradable hygiene products (shampoo, soap, toothpaste, etc.). Toilet paper will be provided.
- Extras
 - Journal and pen
 - Sunglasses + strap
 - Binoculars
 - Large plastic garbage bags for lining your Jungle Bag. It may get weight during transportation.
- Extra Luggage - any excess luggage will be kept in a secure location outside the Jungle, and it will meet up with you at the Papallacta Hot Springs Hotel, where we will spend our first night out of the Jungle. There is no limit to the size or number of suitcases.
 - Recommended clothing for outside of the rainforest:
 - 2-3 pairs of jeans or equivalent warm pants
 - 2-3 long-sleeve shirts for warmth
 - 1-2 short-sleeve shirts
 - 3-4 pairs of socks
 - 4-5 pairs of underwear
 - warm, comfortable clothes for sleeping and lounging
 - bathing suit for thermal baths
 - comfortable shoes or sneakers for moderate hiking
 - warm sweater or fleece
 - lightweight down jacket or wind- / water-resistant jacket
 - hat

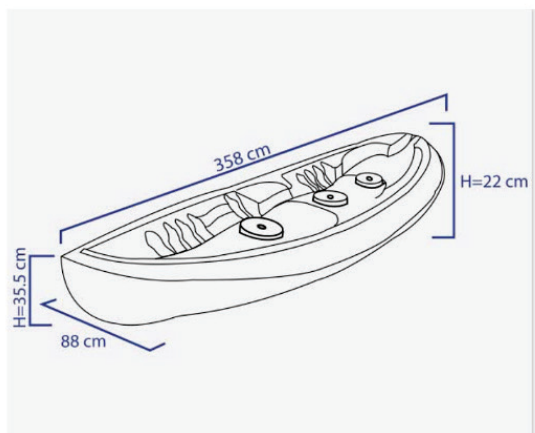
Race equipment provided:

- Sleeping gear including mosquito nets, a thin mattress, pillow, and lightweight bedding
- Maps and compasses
- After registration you will be sent the GPX file to download onto sport watches cell phones or GPS.
- Transition Blue box (1 box for 2 racers)



95 Liter Capacity

- Life Jackets and double blade paddles
- GPS Satellite tracking device for online tracking and safety
- Kayaks



Separating your luggage before entering the rainforest:

The first night at the Cultura Manor, you will be asked to separate out and pack each bag according to the directions above. The extra luggage you will not need in the Jungle (such as heavy footwear and warm clothes for the mountains), can be packed in your suitcase and stored by Pachamama Alliance staff in a secure location. Your suitcase will be waiting for you with the bus when you come out of the forest before heading back to the Andes for the final days of your Journey.

Documents: (on you at ALL times)

- Passport
- Copy of travelers insurance and international medical insurance (**on you at all times**)
- A copy of yellow fever immunization card only if you are entering Ecuador from a country with active yellow fever. Transfers don't count.
- Money-belt or vest-pouch for personal spending money, documents, credit cards, etc. that you keep on your person at all times

Biodegradable Health + Hygiene Supplies:



- Biodegradable sun protection cream (some sunscreens come with insect repellent)
- Mosquito repellent (spray form is best so protection can be applied to both skin and clothing)
- "After Bite" (itch eraser) or Frankincense essential oil
- Biodegradable hygiene products (shampoo, soap, toothpaste, etc.)
- Earplugs (*essential*)

Electrical Appliances:

No socket converters are necessary for US travelers, as South America operates primarily on 110v electricity. In the rainforest, there will be solar power available to charge your camera or phone camera batteries.

Photography:

We will have a professional photographer and videographer with us during our entire trip together. Most people choose to bring their own phone camera and at the end of the trip, we will provide a platform for photo sharing.

Communication:

You can expect to be offline during your time in the Jungle. WiFi is available in parts of Ecuador but is generally unreliable. Check with your phone company for international service. *WhatsApp* is best for international text and calling during your time outside of the forest.

Emergency Contact:

If your family has an emergency and needs to contact you, they can call Titiana at 415-595-8525.

Mosquito Protection:

Almost all commercial insect repellents contain Deet (N,N – diethylm – toluamide) which is an effective insect repellent although quite toxic. Travelers who wish to use a less toxic repellent have reportedly used **Herbal Armor** made by All Terrain, **Buzz Away** made by Quantum, and **Herbal Insect Repellent**, made by All Around the World, all containing some combination of citronella, eucalyptus, lemongrass, peppermint, cedar, lavender, and other essential oils.

HEALTH PREPARATIONS

In countries like Ecuador, tropical diseases can be contracted. However, if the necessary preventative steps are taken, these illnesses can be successfully avoided. Please review this guide for detailed healthcare information and consult with your doctor for the approach that is best for you.

For your doctor or travel clinic visit:

If asked, you will be spending 4 days in the Andes Highlands in and near Quito and 5 days in the rainforest. For your time in the rainforest, you will be visiting the Pastaza Province, the capital of which is called Puyo.



Malaria:

The rainforest region we will be visiting does have a history of malaria, and we recommend that each participant take preventative medicine. The prescription **Malarone** has proven most effective without strong side effects.

Immunizations:

Your doctor will likely consult the Center for Disease Control (CDC) for the region and recommend immunizations for **hepatitis A, tetanus, typhoid, and yellow fever** (no immunizations are legally required for entry into Ecuador with the exception of Yellow Fever that is required only if you are entering from another South American country or an endemic area – not relevant if you are only passing through the airport of that country). Your Ecuadorian consulate, State Department website, and CDC website can also advise you and your healthcare provider on current requirements.

Altitude Sickness:

Some travelers experience altitude sickness when arriving in Quito (about 9,000 ft), which can include headaches and nausea. The effects can be easily treated by drinking plenty of fluids and getting adequate rest, and by drinking coca tea (*mate de coca*) as an alternative natural remedy that is commonly found in Ecuador (ask your hotel receptionist, if you are experiencing symptoms). If you know you are highly sensitive, the medication commonly prescribed by doctors to prevent altitude sickness is **Acetazolamide (Diamox)** (not recommended if allergic to sulfa drugs).

Intestinal issues:

It is rare but on occasion, people have gotten travelers diarrhea. We have found **IMODIUM** to be a fast-acting product that offers immediate relief.

TRAINING FOR THE CHALLENGE

Ecuadoruns is a sports training company focusing on trail running and adventure racing. Head coaches and co-founders, Joaquín López and Felipe Munchmeyer, have



over 15 years experience in adventure racing in Ecuador and abroad, and are currently ranked amongst the Top 5 teams in the world. Through expeditions off the beaten path all across Ecuador, Joaquin and Felipe have been to the deepest corners of this magical country. Ecuadoruns can guide your training process remotely through personalized plans using the app Training Peaks. Our experienced team of coaches will prepare your fitness for Arutam race considering the rough terrain and climatic conditions of the Amazon. For more information, you can contact us at ecuadoruns@gmail.com or through WhatsApp +593993857382

RECOMMENDED PRE-JOURNEY RESOURCES:

Online:

Take [Awakening the Dreamer](#) (free 2-hour self-guided online course)

Books:

Any one of the suggested books will provide you a deeper perspective of the territory you will be entering.

Amazon Beaming, by Peter Popescu from Viking Press. This book is difficult to find but often available from your library or through www.ABEBOOKS.com. It is a great introduction to the Amazon.

The Four Sacred Gifts: Indigenous Wisdom for Modern Times by Anita Sanchez

Jaguar in the Body, Butterfly in the Heart, by Ya'Acov Darling Khan, from Hay House

Savages, by Joe Kane, from Alfred A. Knopf

The Shaman Within by Claude Poncelet

The Spears of Twilight: Life and Death in the Amazon Jungle: An Anthropological Study on the Achuar, by Philippe Descola, from The New Press

The World Is As You Dream It, by John Perkins, from Destiny Books

IN SUMMARY

This Eco Race Journey will be an eye-opening and life-altering experience for everyone! The urgency of halting the destruction of the rainforest, empowering the indigenous people, and changing the dream of the modern world makes the trip all the more significant at this time in our world's history. We are so excited to embark upon this adventure with you and will be here every step of the way to answer any questions you may have.

Welcome! Your Journey has already begun.