



TRAVEL LOGISTICS, COVID, AND PLANNING YOUR TRIP: ALL YOU NEED TO KNOW

We are so honored that you're joining us for an immersive experience in nature, community, and beautiful medicine in Tarapoto, Peru!

As you prepare, please **thoroughly read** this document and the other documents attached to your registration email. They contain important information to help you make the most out of your experience, including recommendations for the diet, medications, resources, and holistic preparation.

We look forward to healing with you!

COVID-19

Testing Requirements

For fully vaccinated travelers (2-3 doses depending on vaccine, including a booster):

- Travelers with **proof of full vaccination (including booster)** are no longer required to present a negative test for entry into the country.
 - Accepted vaccinations include: Moderna, Pfizer/BioNTech, Janssen (Johnson & Johnson), Oxford/AstraZeneca, Serem Institute of India, Sinopharm, & Sinovac.
- **Regardless of vaccination status, Soltara requires an **antigen or PCR molecular COVID test** taken **within 72 hours of your retreat start.****
- For example, if you are meeting the group at 11:00 am on a Sunday, the test should be taken no earlier than 11:00 am on Thursday.
- Please **bring a hard copy or screenshot** of your results to the hotel for pick up on the first day. Please do not email us your results beforehand.
- Results will be checked on Day 1 of your retreat
- Tests must be **ANTIGEN or PCR**; antibody tests will not be accepted

For unvaccinated or not fully vaccinated travelers:

- Those traveling to Peru who are **not fully vaccinated (including a booster)** must present a **PCR molecular test** with a negative result (within **48 hours**) prior to boarding an incoming flight to Peru, in accordance with current health regulations.

- For domestic flights within Peru, not fully vaccinated travelers must present a negative **PCR molecular test** (with results no longer than **48 hours** old) when traveling between provinces (Lima to Tarapoto).
- **Regardless of vaccination status, Soltara requires an antigen or PCR molecular COVID test** taken **within 72 hours of your retreat start**.
 - For example, if you are meeting the group at 11:00 am on a Sunday, the test should be taken no earlier than 11:00 am on Thursday.
 - Please **bring a hard copy or screenshot** of your results to the hotel for pick up on the first day. Please do not email us your results beforehand.
 - Results will be checked on Day 1 of your retreat
 - Tests must be **ANTIGEN** or **PCR**; antibody tests will not be accepted

Additional testing information:

- **If you need to take a COVID test while you are in Peru** (for domestic travel if you are not vaccinated, or for entry into your Soltara retreat), we recommend these options:
 - In Lima: [Unilabs at the Lima Airport](#). They provide antigen or PCR COVID-19 tests with quick results.
 - In Tarapoto:
 - PCR molecular tests: [Centro de Salud Morales Minsa](#)
 - PCR test hours are limited to between 7 am – 8 am with results after 4 pm same day. Cost is 100 soles/ USD \$27.
 - Attendants may not speak English so try to be prepared (for example, with Google Translate) if you do not speak Spanish
 - If you are unvaccinated and need a PCR test to depart from Tarapoto, we can help arrange your test for departure once you arrive at the center.
 - Antigen: [Clinical Rodriguez y Especialistas](#)
 - The cost is 60 soles/ USD \$16 and there is typically a 20 - 30 minute wait.
 - Please note: Soltara will accept antigen tests for entry into the retreat, but only PCR tests are accepted for travel for unvaccinated individuals
 - Attendants may not speak English so try to be prepared (for example, with Google Translate) if you do not speak Spanish
 - There are clinics all over Peru doing testing now. If you are elsewhere in Peru, research online or inquire at your hotel to find one near your destination.
 - You can also consider looking into verified at-home testing that requires a proctor to verify results.
- **Please note:** If you have had COVID-19 in the 3 months leading up to your retreat, we recommend rescheduling, as it is possible your COVID test could come up positive. Unfortunately, we will not be able to welcome anyone to the retreat who presents a positive COVID test.

Vaccines

- Again, regardless of vaccination status, Soltara **still requires** an Antigen or PCR test taken within 72 hours of arrival to enter the retreat
- If you're getting vaccinated, we recommend at least **2 weeks** in-between vaccination and your retreat to ensure no interactions with the medicine
- **Soltara does not require COVID vaccination to participate in the retreat.**
- Please note that in Peru, proof of full vaccination (including a booster) is required in order to enter many enclosed public spaces such as restaurants, museums, public buildings, etc. The vaccination certificate can be physical or virtual. Larger, name-brand stores and hotels are more likely to check for vaccination status while smaller businesses are less likely to check. In some cases, a recent negative PCR test will be accepted for entry. [This article](#) can offer some practical advice for how to navigate.

Returning to the US/Other Countries

- Most countries require a COVID test within **72 hours** of returning to your home country
- **Lima airport now offers COVID testing through Unilabs** (Location: Jorge Chavez International Airport)
 - Results in 1 hour for antigen and 12 hours for PCR tests
 - You can arrive to the airport early for your departing flight and **book your testing appointment** [via this link](#) (choose the airport location).
- Please book your departing flight accounting for additional time needed to obtain a COVID test (Continue reading for more information on arrival/departure times)
- For domestic flights within Peru, travelers must present proof of full vaccination (including a booster), or a negative **molecular test** (PCR test with results no longer than 48 hours old) when traveling between provinces (returning from Tarapoto to Lima).
 - If you are unvaccinated or have not received a booster shot and you need to obtain a PCR test for departure from Tarapoto to Lima after the retreat, we can arrange transport to the testing site in the morning after the final ceremony. This can be scheduled and explained once you arrive on site. Approximate cost is \$30 plus transport fee.

Other Peruvian Entry Requirements

Affidavit of Health and Geolocation Authorization: You must submit an online form called the Affidavit of Health. This online form can be found at <https://djsaludviajero.minsa.gob.pe/dj-salud/>

- You cannot submit this form earlier than 72 hours before your flight into Peru, so we recommend doing it the day before you fly
- *If the link doesn't work*, Google Search "Peru Health Affidavit" and follow the link
- If you are a US Citizen, look for "EEUU" under "Nationality"

- Select “PAS” under “Type of Document” and enter your passport number.
- Please use the address of the hotel/bed & breakfast you will be staying at as your destination on this form
- If you have further questions about how to fill out this form visit [How to Complete Peru's Health Affidavit Form](#)

Other Soltara Retreat Requirements

Traveler’s Medical insurance covering the dates of your travel. **Health insurance in your home country is not sufficient**

- **Soltara requires travel insurance** for your safety - it can be any travel medical insurance that suits your needs.
- We suggest a plan that covers all possible medical expenses and accommodations in case of COVID-19 infection.
- We **do not** read and approve insurance plans. If you are unsure if you have the appropriate plan or contact your insurance company directly.

Summary

- ✓ Proof of full vaccination (including booster) **OR** negative PCR test within 48 hours of international flight into Peru and 72 hours of domestic flight
- ✓ Viral (antigen or PCR) COVID-19 test within 72 hours of retreat start for Soltara
- ✓ Peruvian Health Affidavit form within 72 hours of flight to Peru
- ✓ Traveler’s medical insurance
- ✓ Return ticket/proof of onward travel within allowable tourist stay (ranges from 30 – 180 days, dependent on immigrations)
- ✓ Passport **valid for 6 months beyond arrival date**, & visa if necessary (most countries in the Americas and Western Europe do not require a visa, [check here for complete list](#))

TRAVEL

Group Hotel Shuttle: Arriving and Departing from Your Retreat

- To catch the shuttle to Soltara, book your flight to the **Tarapoto Airport (TPP) which will most likely fly via Lima Airport (LIM)**
 - Note: When flying domestically within Peru, liquids must be carried in your carry-on luggage. If you have packed liquids in your checked luggage coming into Lima, you will need to move the liquids to your carry-on luggage before boarding your flight to Tarapoto.
 - A reminder that we do not allow any chemical shampoos, conditioners, body, face wash, or other toiletries at our center, due to its location inside a High Protection Zone of the Cordillera Escalera National Park. Protecting the groundwater is very important here and only natural, biodegradable, organic items can be used. We will provide natural soap for you during your stay.
- **We offer free group pickup on Day 1 of your retreat at 11:00 AM** from [Tucan Suites Hotel](#) which is 7 minutes from TPP Airport
 - If you plan to fly in on Day 1, your flight must land **by 9 AM** on Day 1 for enough time to ensure you arrive to the Tucan Suites Hotel for the **11 AM** meet-up
 - We highly recommend arriving the day before, to ensure smooth arrival
- **Dropoff, after your retreat, is on the last day at 10:30 am at the Tucan Suites Hotel**
 - Check out at the center will be 10 am on the last day – if you will be flying out or staying in Tarapoto after, you can ride with our shuttle back to the hotel and take a taxi from there if needed.
 - **We *highly* recommend departing at least 1 day after your retreat ends**, but if you must depart the same day, plan to depart after 2 pm, or longer if you need to wait for COVID test results. Otherwise, you may miss your flight.

HOTELS

Staying in Tarapoto Before/After

- **Recommended Hotel Choice:** [Tucan Suites Hotel](#)

Located 7 min from the Tarapoto Airport and offers shared airport pick-up for an additional cost of 20 Peruvian Soles (approximately USD \$5). Pick-up must be confirmed with the hotel at least 48 hours prior to flight arrival and needs to include the flight information and flight number.

Web | [LINK](#)

Phone # | +51 999 450883

Address | Jr. 01 de abril 315,
La Banda de Shilcayo - San Martín Perú

Check-In | 3:00 pm

Check-Out | 1:00 pm



Average Pricing

Suite - 298 Peruvian Soles or \$78 USD

Executive Suite - 341 or \$90

Apartment - 396 or \$104

Panoramic - 451 or \$119

Prices include breakfast, use of the pool, free Wifi

- **Recommended Bed & Breakfast Choice:** [ZYGO Bed & Breakfast](#)

Located 10 min from the Tarapoto Airport and offers an airport shuttle upon request and free Wifi. Adjacent to [ZYGO Café](#), which serves dieta friendly vegetarian food.

Web | [LINK](#)

Phone # | +51992415546 via Whatsapp, Telegram, Signal (Guests may reserve through Booking.com but we do recommend to directly contact Zygo for a more personalized approach for your stay)

Address | Jiron Miraflores 248 La Banda de Shilcayo,
Tarapoto, Peru

Average Pricing

Large bedroom 1 person - \$28 USD

Large bedroom 2 people - \$37 USD

Twin room 1 person - \$24 USD

Twin room 2 people - \$43 USD

ZYGO can fill up, we therefore recommend booking about 30 days beforehand.



PACKING

The weather in Tarapoto tends to be warm and humid. We are in the high jungle and average temperatures reach 26 - 28 C (80 - 83 F) with high humidity (65 - 70% average relative humidity). You'll want to wear light and breathable clothing. We recommend you bring light and loose long-sleeved shirts and long pants as there are likely to be mosquitos. The land is surrounded by a national park and has a high water table that eventually feeds into the drinking water for the surrounding area. Due to this fact, it is **very important** that you do not use any toiletries or products that are not natural and biodegradable while you are at the center.

The following list covers everything you may need to ensure your journey is as pleasurable as possible!

- **Face covering/mask** (Required for travel in Peru - not worn on your retreat)
- **Digital/printed copies of your travel insurance and negative COVID test**
- **Sun hat/scarf/bandana to cover head** (important for after last ceremony/arcana)
- **Flashlight(s)** (Important! One bright white light for the jungle + one dim **LED RED LIGHT** for ceremonies - [here](#) is an example)
- Lighter(s) (for Mapacho, a sacred jungle tobacco sometimes smoked in ceremony)
 - No commercial cigarettes or vaporizers please. Natural jungle tobacco (mapachos) will be provided for use in ceremony
- Reusable water bottle
- Hand sanitizer (for travel)
- Sneakers/walking shoes and socks
- Sturdy sandals
- Enough clothes for your entire stay (no laundry service is available on site. Some hand washing is possible with the natural soaps provided)
 - 1 pair swimming gear for flower baths
 - Loose fitting, breathable long pants
 - Loose fitting, breathable long-sleeved shirts
 - Casual/active attire for warm weather (enough for your entire stay)
 - Underwear/undergarments
 - 1 Warm sweatshirt or jacket (just in case, sometimes nights can be chilly and body temperature can fluctuate in ceremony)
 - 1 Rain jacket or poncho/small foldable umbrella (December - May - rainy season)
- Insect repellent (natural and biodegradable only, please – no DEET, natural repellent is available on-site for purchase)
- Sunscreen (natural and biodegradable only)
- Small, foldable umbrella
- Natural ingredient toiletries (natural and biodegradable only, we provide a line of shampoos, conditioners, and soaps in each bathroom)

- Personal watch (so you don't have to use your phone for the time)
- Small first-aid kit for scrapes, cuts, and bug bites
- Power adaptor if necessary (for hotel, no charging of electronics is available at the center as we are off-grid and power is limited)
 - Peru uses 220 volt electricity, so visitors will need a converter for 110 volt devices. Most plugs in Peru are the two-pronged flat type found in the US.
- It is not necessary to bring electronics such as laptops unless you will use them outside of the retreat while visiting Peru
- Necessary medications (**that have been approved during intake process – please consult with a facilitator before taking any while on your retreat**)
- Spanish/English Dictionary
- Notebook / Journal & pens
- Art supplies if you are creative
- Passport + 2 photocopies of passport
- Money belt/passport wallet
- Bank card with “Plus” or “Visa/MC/AMEX” logo
- Credit card with cash withdrawal option
- Travel/medical insurance information
- **USD \$500-\$1000** (for souvenirs, Shipibo market, meals when not at Soltara, etc.)
- **Remaining balance due for retreat in crisp, like-new USD bills** (no tears please, thank you for your understanding!)
- Notify financial institution of travel plans

Additional preparation support is available via [this link](#) with our therapist Sharon Slate, or [this link](#) with our therapist Sean Chiddy. These can help clarify intentions, address anxieties, and set the foundation for the work you will do here. Many guests have found this to be highly beneficial in their preparation for medicine work.

For other questions, please see our [FAQ page](#) 😊

We look forward to journeying with you!

*In grateful service,
The Soltara Team*

