



• REAL EXPERIENCES •

YOUR LOCAL TRAVEL GUIDE

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LET'S TRAVEL TO BOLIVIA

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CULTURAL TIPS

PREPARE FOR YOUR UNIQUE ADVENTURE WITH OUR TRAVEL MAGAZINE OF PLANNING IN THE AMAZING BOLIVIA

Welcome to the land of contrasts and natural wonders! Bolivia, a country located in the heart of South America, offers a unique experience that combines the cultural richness of its native peoples with the breathtaking beauty of its landscapes. From the Andean highlands to the lush Amazon jungle, Bolivia captivates travelers with its geographic diversity and historical heritage. Get ready to be amazed by Bolivia every step of the way with these amazing travel tips to Bolivia!

As a result, getting ready for a journey to Peru may seem intricate, yet with the guidance and recommendations from **Machu Travel Peru**, the process becomes effortless. We offer you an extensive guide on preparing for your visit to one of the world's most intricate countries, ensuring you create enduring memories.

VISA AND PASSPORTS

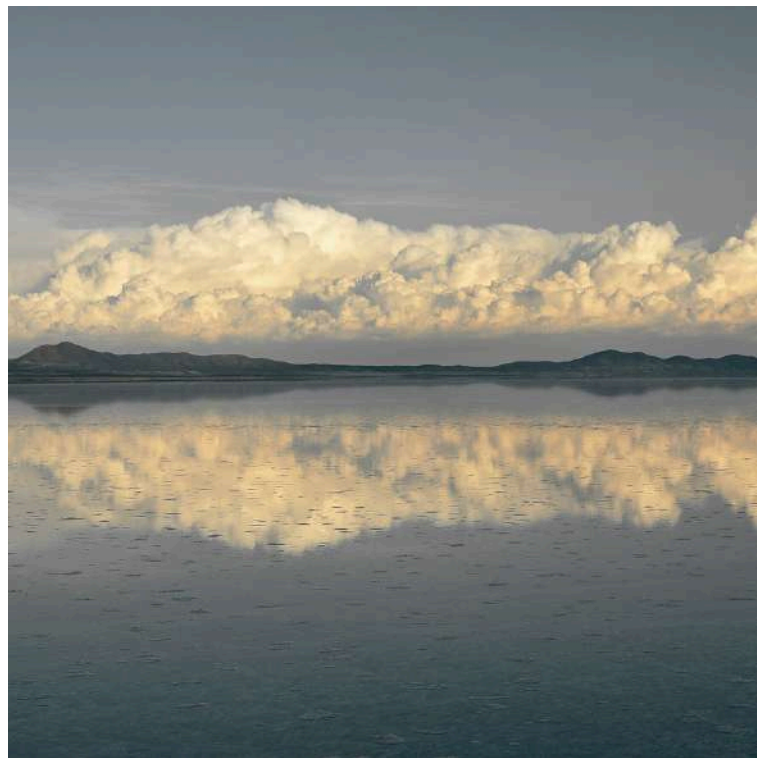
I. TO ENTER TO BOLIVIA

VISA REQUIREMENTS

If you're planning to visit Bolivia, you'll need a tourist visa in most cases. You can get this visa when you arrive at La Paz International Airport or by visiting the Bolivian embassy in your home country. You'll need to provide specific documents in both cases, including:

- Two passport photos
- A passport that's valid for at least six months
- A printed itinerary of your activities in Bolivia
- Proof of hotel reservations
- A bank statement
- An exit flight ticket from Bolivia
- Payment of \$160.00 per person in cash
- Validation of a special immigration form

Be sure to use new, uncrumpled banknotes when paying the fee in cash. It's your responsibility to make sure you have all the necessary documentation and to stay informed about any updated requirements for travelers to Bolivia.



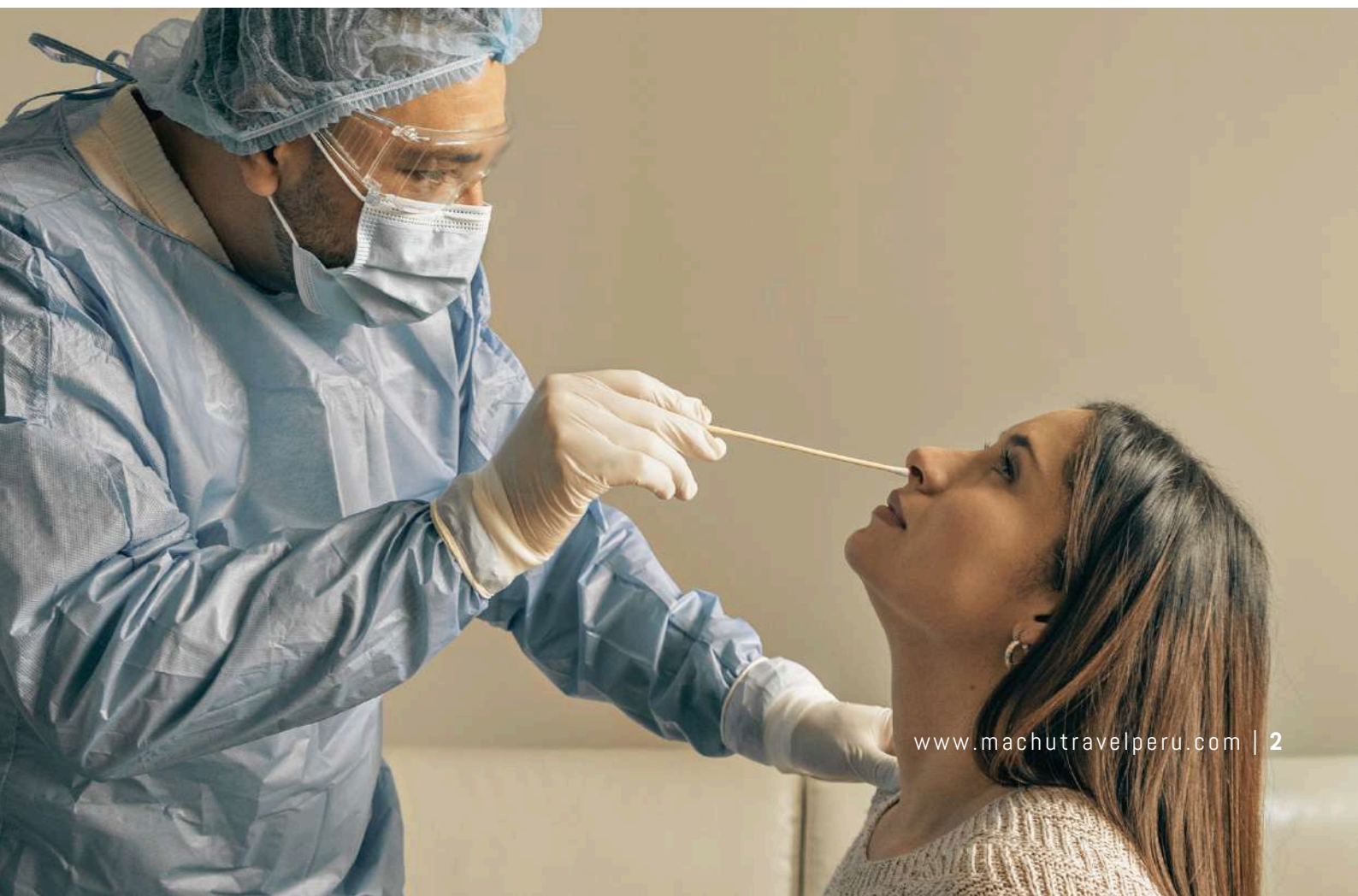
2. COVID RESTRICTIONS

Bolivia is one of the few countries that still requires some health documents to prove your health status against COVID-19.

- A negative COVID-19 nasal antigen test for persons over 5 years of age, taken no more than 48 hours prior to boarding.
- A negative RT-PCR COVID-19 test for persons older than 5 years, taken no more than 72 hours prior to flight boarding.
- Complete vaccination schedule against COVID-19. At most 14 days before the last dose.

All COVID-19 vaccination types are accepted in Bolivia, regardless of the originating laboratory.

Wearing a mask is not mandatory, but we recommend that you bring it in case of an emergency.





WHAT TO BRING

A. ACCORDING TO THE ACTIVITIES AND WEATHER

Bolivia is an Andean country par excellence that has two different but amazing options, the Andes and the Amazon. Each zone has its own weather and therefore its own clothing requirements to face the cold of the Sierra and the humidity of the Amazon.

- **In the Altiplano, the dry season starts in mid-April and lasts until October.** This season is characterized by hot and dry days with an average temperature of 70°. The nights are usually cold and the temperature often reaches freezing point.
- **From November to the middle of April, the rainy season arrives with heavy rains.** Typically, the mornings remain clear, while the afternoons are cloudy and rainy. Moreover, the temperature during these months is warmer than in the dry season.

In both seasons, despite having a clear and sunny day, the breezes can be very cold. For this reason, dressing with more than one layer is recommended. In this way, hats, jackets, and gloves never hurt to visit Bolivia at any time of the year.

B. LUGGAGE SIZE AND WEIGHT RESTRICTIONS

Our first recommendation is to check the baggage and weight limits of the airline operating your international and domestic flights. In general, most airlines allow a checked baggage weight of 50 pounds (23 kilos) and a carry-on luggage weight of 17 pounds (8 kilos). But this will depend on the class of flight ticket you have: tourist, executive, business, or first class.

The most basic allows carrying only a carry-on, not more.

Therefore, it is worth checking and reading the baggage restrictions of your flight ticket if you do not want to pay extra for overweight baggage in the same airport.

Other Bolivian airlines have specific baggage restrictions, which are detailed below.

- **Boliviana de Aviación (BoA):** Checked baggage is limited to one (1) 44 lb (20 kg) piece and carry-on baggage is limited to 11 lb (5 kg)
- **Amazonas:** Checked baggage is 20 kg (44 lbs) and carry-on baggage is 5 kg (11 lbs)

Allowances depend on the category of ticket bought, so please check carefully before your travels. Trips to the jungle may require further weight restrictions. Lodges there often have weight limits for luggage that you can take on the boat to your destination; typically this is between 10 and 15kgs per person (each lodge defines the weight). If you have more than the allowance, the remainder of your belongings will be securely stored at your lodge's local office until you return.

C. BOLIVIAN FASHION AND DRESS CODES

The Andean country of Bolivia is a very casual place to dress and you don't want to wear sports or adventure clothes all the time. Just bear in mind the prevailing climate, which is cold and dry, and wear good jeans, comfortable shoes, and a good jacket. Everything else is up to you and your tastes.



PACKING LIST SUGGESTIONS

Experience has shown that you should pack just what you need according to the prevailing climate of the country you are traveling to. In this case, Bolivia, being an Andean country, tends to have a cold and dry climate, so you should pack according to this factor.

1. COMMON THINGS TO PACK

- Flight tickets and a valid passport; upon receipt of your Tourist VISA from Bolivian customs, you will be required to present both the visa and your passport at the majority of hotels, attractions, and trekking sites.
- Additionally, we advise you to bring a duplicate photocopy of your passport to safeguard it in a location separate from the original.
- Standard amenities, although conditioners and soaps are typically provided by the hotels.
- A pair of cozy hiking and strolling footwear with excellent ankle support
- Shirts with extended sleeves and T-shirts
- One-piece swimming attire
- A camera, a charger, an extra battery, and an abundance of memory cards
- As electrical energy, the converter is 220 volts.
- The standard first aid package
- A fleece outerwear



- Locks for high-quality luggage
- Sunscreen, lip balm, and high-factor sunscreen
- A watertight poncho or lightweight garment
- Maintain a money harness or purse
- Ultra-lightweight pants
- Undergarments, naturally
- A headgear or hat that provides sun protection
- Hand sanitizer (ideal for carrying in a day knapsack)
- Synthetic sandals
- If you tend to get chilly readily and are visiting the Andes between April and October, bring long underwear.
- Ensure that your daypack has sufficient space for your camera equipment, water bottles, munchies, and a poncho (as many restrooms do not provide toilet paper).

2. WHAT TO PACK FOR THE JUNGLE?

- Utilize plastic Ziploc containers to prevent moisture damage to spare batteries or equipment
- An insect repellent that is composed of diethyl meta-toluamide (DEET)
- Binoculars





- An article of long pants and a long-sleeved blouse constructed from a breathable, lightweight material
- Headlamp or torch with additional batteries
- Excellent impermeable hiking sandals
- Light rain clothing and attire
- Pocket money should be carried in a durable duffel, backpack, or baggage

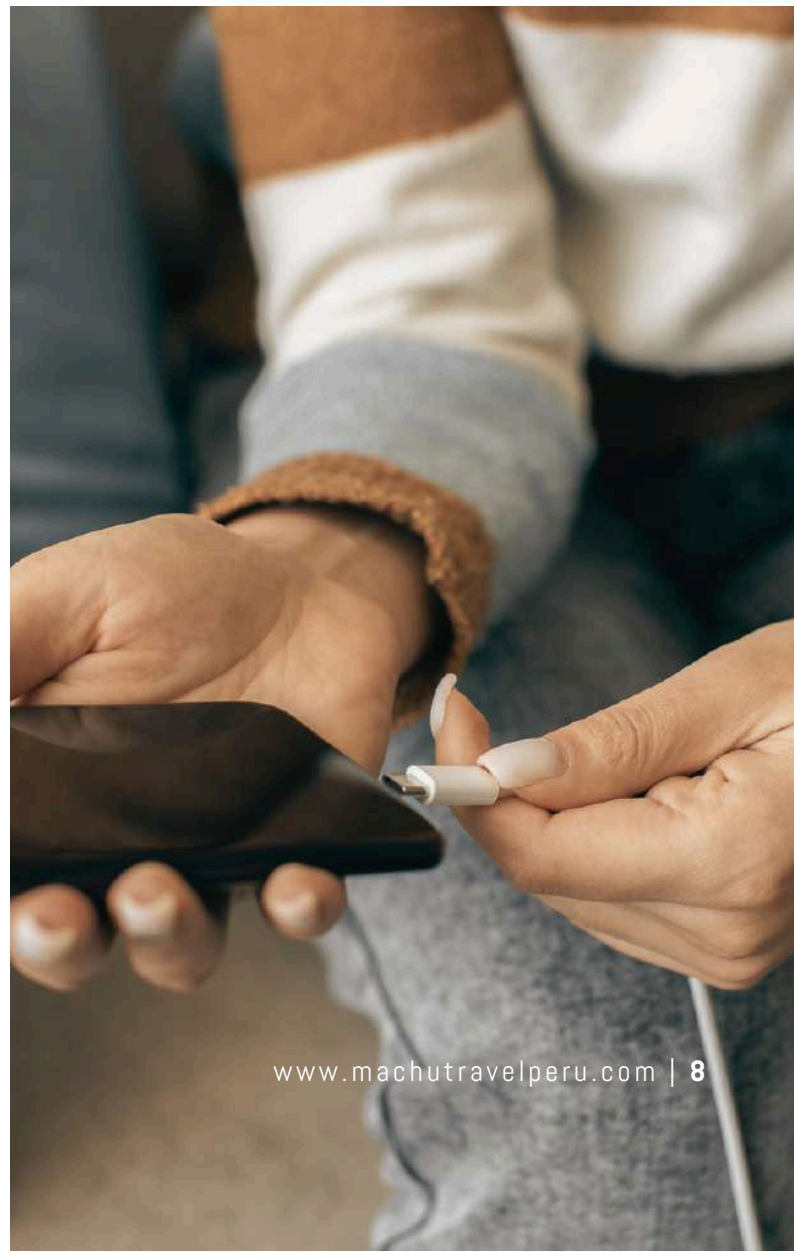
3. FOR TREKKING AND HIKING

- Warm garments, mittens, and a hat for chilly nights
- Headlamp or torch with additional batteries
- Waterproof hiking footwear or boots
- Utilizing Ziploc plastic bags to shield cameras and garments from moisture
- Eliminating insect repellent
- Hiring walking poles and sleeping blankets is an option.
- On the trail, carry your daily necessities in a hiking rucksack.

VOLTAGE IN BOLIVIA

PLUGS AND SOCKETS

The alternating current at 220 volts and 60 cycles per second supplies power to Bolivia. To operate electronic devices in Bolivia that are not capable of handling 220 volts at 60 hertz, a voltage converter is an essential element. Verify the compatibility of your electronic devices before your trip by examining their voltage requirements. A multitude of e-readers, laptops, cellphone adapters, and tablets feature dual voltage capabilities, eliminating the need for an additional converter.



BUDGET AND MONEY

A. ATMS & MONEY EXCHANGE

- The official currency of Bolivia is the Bolivian Peso (Bs). Each boliviano is equivalent to 100 centavos. Banknotes are obtainable in denominations of Bs200, 100, 50, 20, 10, and 5, while coins are accessible in denominations of Bs5, 2, and 1 as well as 50, 20, and 10 centavos.
- Whenever possible, it is recommended to conduct currency exchanges at Casas de Cambio (money-changing kiosks) or banks. Bear in mind that dollar notes that have sustained tears or splits may be rejected or exchanged at a substantial discount. Preferably, one should acquire new bills directly from their bank. Avoiding airport currency exchange is advised due to the unfavorable exchange rates and associated taxes. Considering that \$1 bills are generally exchanged for around two-thirds of the current rate, it is prudent to refrain from doing so at the airport whenever possible.
- Debit cards are accepted at banks.
- While credit cards are typically accepted in major metropolitan areas, smaller communities, villages, and local markets may require the use of physical currency.

B. BUDGET

- While the majority of expenditures are encompassed within the travel cost, supplementary funds might be necessary to cover meals not specifically outlined in the itinerary.
- While there is some variation in prices, US Dollars are typically worth slightly more than three times their American equivalent. Therefore, whereas a hearty entree in the United States may cost around \$10 to \$14, a similar entrée in Bolivia could cost between 60 and 100 Bolivianos (less than \$10).
- Whether you choose to purchase mementos is completely at your discretion. Excellent small souvenirs are available for ten Bolivianos.
- Transportation options during your leisure time, such as taxis, will be location-dependent. Cost estimates can be obtained from your Travel advisors.
- The airport taxes are extra expenses included in your flight ticket. Therefore, you don't have to worry.

C. TIPS

In Bolivia, as in any other Latin American country, it is not customary to leave a tip. However, if you wish to do so of your own free will, you should do so in Bolivianos and not in dollars. In the case of groups, below you will find a small reference.



- Your guide will cost \$20 per day for your entire party, rather than per person.
- Your driver will cost \$10 per day for your entire party, rather than per person.
- At high-end restaurants, tipping 10% of total service to waiting staff is customary. This tipping should be done with the local coin, the Bolivian. However, please check if the service charge has already been included in your bill.
- For bellboys, it is typical to give 5-8 Bolivianos as a tip, for luggage.

INSURANCE, HEALTH, AND SAFETY

A. BEFORE TRAVEL: PREPARING FOR ALTITUDE, VACCINATIONS AND, QUESTIONS FOR YOUR DOCTOR.

- **We strongly advise that you consult your healthcare provider about health topics in an altitude country prior to departure;** it may be more beneficial to speak with a doctor at a travel clinic.
- **If you are getting ready for a trek, you will feel significantly better with good physical fitness.** Having good aerobic health will provide significant benefits!
- There are no mandatory immunizations, **although the CDC advises getting vaccinated for Hepatitis A and B, Typhoid, and Yellow Fever if traveling to the jungle**
 - Bolivia requires proof of Yellow Fever regardless of whether you go to the jungle or not.
- **Those with heart disease, asthma, or any respiratory disorders should consult their physician prior to embarking on a journey to high-altitude places like La Paz.** There is a prescription medication available (Diamox) that can help all travelers adjust to the altitude more smoothly, but some people may be allergic. Again, check with your doctor.
- They also recommend bringing **malaria pills if you are visiting the jungle.**





B. HIGH ALTITUDE SICKNESS

La Paz (3,640 m.a.s.l.) is around 550 meters more than the highest United States city, Leadville, Colorado (3,094 m.a.s.l.) For many people, this high altitude will make itself felt. Common effects are headache, nausea, loss of appetite, trouble with sleep, and lack of energy. For most people, keeping hydrated, taking Diamox (check with a doctor as mentioned above), avoiding heavy meals and alcohol in the first days, taking it easy, and drinking coca tea are sufficient remedies. But, if your symptoms worsen, please contact your Machu Travel Peru Team.

C. PRECAUTIONS FOR FOOD AND WATER

When in Bolivia, only bottled water should be consumed. Make the conscious decision to consume only peelable fruits and avoid uncooked vegetables such as lettuce. It is imperative to consume food that has been thoroughly prepared, with the flesh being served hot. Due to the inadequate sanitation and water quality in Bolivia, adhering to these recommendations and dining at reputable establishments can substantially diminish the likelihood of acquiring gastrointestinal ailments.

D. TRAVEL INSURANCE

Machu Travel Peru does not provide travel insurance for their Bolivia travel packages, so travelers must obtain their own. Fortunately, travel insurance in Latin America for trips up to 30 days usually costs less than \$100. This insurance covers medical emergencies, such as the flu, as well as lost luggage. **Thus, we suggest excellent travel insurance options,** such as those available at <https://www.iatitravelinsurance.com/en> or <https://heymondo.com>





KEEP IN TOUCH

A. HOW TO CALL FROM AND TO BOLIVIA

To call anywhere in Bolivia from your home country, you must first type 0 twice followed by the country code 591, then enter the Bolivian city code and finally the complete mobile or landline number. On the other hand, if you want to call from Bolivia to your country of origin or another foreign country, you must first type double 0, then type the country code of the country to call, then the city code of the city to which the destination phone belongs and finally the cellular or landline number.

B. INTERNET

Fortunately, most hotels and restaurants in Bolivia have high-speed Wi-Fi. **In addition, the Andean country has a fixed connectivity of 6.69 Mbps**, which makes it a country with an average connection speed compared to other South American countries.

C. MOBILE PHONE USE

You can buy a prepaid SIM card at the four Bolivian telecom operators: ENTEL, TIGO, NUEVATEL and TELECEL. Of course, you will need to bring your original passport and make sure that your phone is compatible with Bolivian cell phone networks. But don't worry, you will be accompanied by one of our guides or assistants in this process.

HOW TO ARRIVE AND DEPART FROM BOLIVIA

1. ON ARRIVAL

All the tour packages in Bolivia of Machu Travel Peru are complete and personalized. For this reason, you will have an assistance staff and transportation; they will be in charge of welcoming you to Bolivia as soon as you step on Bolivian soil and will take you directly to your previously selected hotel in Bolivia.

Our staff will be waiting for you in the international arrivals hall of the airport with a sign with our logo or with your name. After picking up your luggage, you will only have to locate our staff.

If you cannot locate us, you will surely hear several offers of transportation to your hotel from taxi drivers. For your safety, we recommend not taking them and waiting for our arrival.

2. SAY GOODBYE TO BOLIVIA IN THE BEST WAY WITH US

Likewise, all Bolivia tourist packages offered by Machu Travel Peru include full transportation and accompaniment from the hotel to the airport of departure, alleviating any concern from the traveler.

3. AIRPORT TAXES

Bolivia, along with other South American countries, includes taxes and airport fees in the air tickets issued by the airlines operating there.

This means you don't have to worry about any additional expenses.

CULTURAL TIPS

A. RESPONSIBLE TRAVEL

Bolivia is a multicultural country with a strong Andean influence. In this sense, you will find indigenous people with colorful clothes and typical features. Therefore, it is important to respect them as people and ask them if you can take a picture of them. Never do it without their permission. **Likewise, when you travel to remote places like Lake Titicaca or the Salar de Uyuni, it is always important to carry a backpack to keep your solid waste.** Finally, it is a good idea to carry water in a reusable bottle. Responsible travel will be always guaranteed with Machu Picchu Peru.

B. LANGUAGES

Bolivia, which has almost 50% of its pre-Hispanic population intact, without racial variations, has Aymara and Quechua as official languages, in addition to Spanish.

The Iberian language is mainly spoken in Bolivia's large cities, such as La Paz, Sucre, Oruro and Potosí. Quechua and Aymara, on the other hand, are spoken in high Andean areas such as Lake Titicaca or the Andes. But don't worry, you'll be accompanied by an experienced English-speaking guide from Machu Travel who will explain and translate all the facts and experiences Bolivia has to offer.





“WHEREVER YOU GO BECOMES A PART OF YOU SOMEHOW”

As you will see, the magical destination of Bolivia has much more to offer than just scenic views. Lake Titicaca, Uyuni Salt Flat, La Paz, Potosi, Sucre, and many other treasures are just examples of everything you can enjoy. Take advantage of the wonderful tours and get to know in-depth the fantastic country of Bolivia. We hope, together with the travel experts of **Machu Travel Peru** to have solved your doubts. See you next time!