



paititi INSTITUTE



SHAMANIC PERMACULTURE design certificate course

In the following pages you will find many frequently asked questions and important info that it's good to know before your arrival. Please take the time to read through all the information carefully and email info@Paititi-Institute.org with any questions.

Join us for a one month immersive **Shamanic Permaculture Design Certificate (PDC) Course** in the remote mountains of Peru where the Andes and the Amazon meet each other.

The goal of the course and the center is to share and inspire solutions for living in a sustainable and harmonious relationship with nature while creating a supportive, self sufficient and nurturing community around us. Weaving together the teachings of permaculture design, hands on experience, and the interconnection of our inner and outer landscapes, we immerse ourselves into a deep exploration of nature and the ways we can co-evolve and heal together.

The common thread between Shamanism and Permaculture is that nature is our teacher and the principles of Permaculture can be applied to many facets of our life both on the micro and macro scale. Today you can find many different lineages which are considered shamanic with countless techniques, ritual and ceremonies on offer. However, the essence of Shamanism (as we approach it) is neither about a fancy or exotic ritual, nor a religious following. Shamanism is a profound exploration of the true meaning of relationship and interdependence with self, with others, the Earth and the Cosmos. In essence first and foremost it is about learning to observe our inner landscape, question our perspective of reality, and cultivate a deep understanding of how our states of being, our attitudes and our perceptions have powerful impact on all life, allowing us to take greater responsibility for our thoughts, words and actions.

During this course we encourage our participants to connect with nature from the inside out as we unravel the interconnection of our inner and outer landscapes. Entering the high jungle, we'll experience deeply how we're interconnected with this magnificent organism, earth. **The complete Permaculture Design Certificate (PDC) course of study will be woven with learning to be in deeper relationship with ourselves.**

Internationally Recognized Permaculture Design Certification

Permaculture provides a design approach that allows us to create resilient and productive systems using natural ecosystems as our model. In this 33 day intensive hands-on training, we cover the complete 72 hour Permaculture Design Certificate training along with ample hands on experience to reinforce classroom learning. We work from broad design principles to the specifics of system design for maximizing productive food systems, water management, waste management, community infrastructure and harmonizing with the abundant energies of nature.

During roughly 50% of our time, students will have an opportunity to play a hands-on, experiential role in the further conceptual development, design planning, and implementation of our Permaculture Education Center at the Paititi Institute grounds where the course is held. Our Apu's (mountain's) ancient name is Larapata Hatunpata meaning – Lara (Noble), Pata (Elevated), Hatun (Great), Pata (Elevated.) At its base is the most sacred river to the Quero, Machiguenga and Huachipari tribes - the River Mapacho, at 1800 meters elevation. At the land's peak we border one of the largest reserves of South America, Manu, at an altitude of around 3800 meters. Through its unique position on the edge of the Andes Mountains and the Amazon Rainforest there exists three distinct ecological climate zones allowing for an incredible variety of learning opportunities on one site and with surrounding communities. We can grow all the tropical foods at the base such as yucca, plantains, avocados and mangos; all the amazing temperate climate foods such as apples, peaches, pears and leafy greens; and all the high sierra plants at the property's peaks, including quinoa and potatoes. There's fresh and pristine spring water, old growth forest, over 20 waterfalls, majestic peaks, rich fertile soil, ancient ruins nearby and infinite magic yet to be discovered.

The intention of the center and our permaculture design is to develop and maintain fully sustainable, wholistic, regenerative and harmonious systems activating the full potential of mother earth and humanity.

The Permaculture Design Certificate course is an internationally recognized course resulting in a Permaculture Design Certificate. In order to receive this certification, participants must be present for the full course.



What is Shamanic Permaculture?

As humans, we are inexorably linked to the natural systems around us for our sustenance – physical, spiritual, mental and economic. We all have potential for massive abundance of energy, health and vitality – this is in fact our birthright and available to us through the application of appropriate knowledge related to living choices. In order to be in true harmony with our natural environment, we must also attune to the inner environment of our own bodies, thoughts, words and emotions.

Shamanic Permaculture in it's essence is this intention to unravel what it truly means to be a human in service for the benefit of all life and the path to this service is through knowing one's own true nature and self. Please read the following blog article which shares a bit more about the meaning of Shamanic Permaculture [HERE >>](#)

As an essential and core part of this process, we explore what it means to be stewards of nature, stewards of our personal body temples and stewards of harmonious community.

We incorporate nutrition, Qigong, Yoga, healing breath, dreamwork, sacred plant medicines and eastern meditation practices throughout the course to activate deeper vitality and a realignment of the energetic channels of the organism.

Preparing Yourself Physically

The Paititi Institute sanctuary is about 4 hours drive from the Sacred Valley of Peru, followed by a 2+ hour advanced hike in. The land is quite magical and also wild. Due to the physical demands of participating in this program all accepted participants are strongly encouraged to go for some hiking trips in order to prepare for the journey, and to prepare more specifically for at least one month using the following exercises to build core strength, once you're on the mountain – you'll be glad you did. [View Exercises >>](#)

Be prepared for simple and rustic accommodations. All participants will be staying in personal tents (which you bring for yourself) for the full program, and showers are taken in the nearby creek - cold and refreshing. The biting gnats which come out at times on hot sunny days can be largely avoided by wearing lightweight long sleeves and pants with a lightweight scarf. We ask that anyone signing up for this program be prepared to face new and unexpected challenges and we're specifically seeking participants inspired to approach these situations with a positive, solution-based attitude. All of these factors can be a powerful aid in deepening the transformation process, although it's up to each participant to embrace the challenges and make the best of them.

It is also important to be aware that participants must carry their personal belongings when hiking into the center so please **PACK LIGHT**. We can arrange for mules to carry bags for elders.

We recommend getting a good pair of hiking boots and **BREAKING THEM IN** before you come. Given the circumstances we can only accept participants who are in stable and good health. More details on packing can be found towards the end of this document.

Participation Requirements

- Full participation is required and participants will not have the opportunity to leave our remote center during the course except in the case of an emergency. If you do choose to leave the site you may miss essential course material required for certification.
- Participants should be healthy and in good physical shape. During this program you will be on your feet a lot. At this time, while the road is still being built, there is a 2+ hour hike into the property. In addition, many tasks on the property itself involve steep ascents and descents.
- Participants should be comfortable living in a tent, taking cold showers, living with minimal solar electricity, solving unexpected challenges with a positive attitude, and hiking steep terrain.
- Participants must be minimum 21 years old. Younger participants may be accepted with a letter of recommendation. Contact us to discuss.
- All participants must be physically and mentally healthy and stable. If you have a chronic and/or debilitating health condition this program is not appropriate for you at this time. Instead we are happy to work with you as a patient where we can offer the proper support in your healing process. [Read more about working with us as a patient >>](#)
- Travel Insurance with minimum of \$100,000 of emergency evacuation coverage (more details on page 12 of this document).

Detox

It's important to be prepared to potentially go through a detox process. There are a number of factors contributing to this. Being in the pristine environment without our normal distractions alone raises our vibration and speeds up our metabolism. In addition ceremonies along with a clean non-processed, mostly vegan diet will deepen the cleansing process. Another factor to consider is the adaptation of your organism to the different digestive bacteria prevalent in this region of the world.

It's not uncommon to feel weak and tired during this process of detox and you may even experience cold or flu symptoms, or other physical conditions from your past. In addition, since the physical body is not separate from the emotional and spiritual body, the physical detox can bring to the surface deep repressed emotions and tensions to be faced and resolved.

We'll be available to help guide participants through this process. There's no blessing without a purification first and in this way even the purification becomes a blessing.



Indigenous Ceremony

As part of the course participants have the option to partake in ancient Amazonian indigenous ceremonies of Ayahuasca and Andean culture of San Pedro and Coca. All of these plants have been declared a national heritage and cultural treasure of Peru. This healing tradition is considered to be an uninterrupted live transmission lineage going back to times immemorial, carrying illuminated reminders from the period of humanity when the ancestors were fully immersed in the primordial enlightened essence of humanity's true nature.

We'll start the journey with an initiation into the Indigenous Andean tradition of coca. Coca leaf offers energy and nutrition, simultaneously supporting the group to establish deeper bonds within the community, and to the native Andean Culture. Coca leaf ceremonies are utilized throughout the course.

Transformation is supported by healers and guides who have completed traditional apprenticeships, initiations and serve as intercultural bridges of the timeless planetary wisdom of humanity. We work with the Sacred and Medicinal Plant medicines as teachers and the spirit of these plants can support us in connecting to deep subtle energies of our body and the interwoven reality surrounding us.

The ceremonies associated with many sacred plants have been known to reconnect people with Mother Nature, heal from ailments and clear confusions, doubts and obscurations of consciousness for many millennia. We encourage our participants to connect with Nature from the from the inside out to tap into the source of creative potential in the universe as we know it.

We caution participants against reading too much online about these practices as we've found there's a lot of misunderstanding and misuse of these traditions. For more background on the sacred shamanic traditions of Peru we ask that you watch a lecture given by Roman Hanis titled "Knowledge of the Amazon" at the link listed below. In addition, we encourage all participants to view the documentary "The Sacred Science" which was filmed at the Paititi Institute's old center in the lower Amazonian basin and more accurately represents the way we work with these traditions.

LECTURE: <https://youtu.be/UgkdjM2fiYQ>

DOCUMENTARY: www.thesacredscience.com

Ceremony Diet Preparation

In preparation for ceremonies, there's a specific diet that must be maintained. During the ceremony times we facilitate this diet and only serve the appropriate foods for those participating. Diet details will be shared in future preparation materials.

Medications and Vaccinations

For your well-being, all pharmaceuticals, supplements and health conditions MUST be reported to us. If you start any medications or supplements after you register it is important to let us know right away. Taking ANY pharmaceutical medication will affect your ability to partake in medicinal plant work. Many pharmaceuticals are contra-indicated with the Amazonian and Andean plant medicines and must be avoided 3 days to 6 weeks prior (or more) depending on the drug and the duration of use. Every situation is unique and it is IMPORTANT that you contact us as soon as possible so that we can research your specific situation. We do NOT recommend that anyone quit medications without the guidance of their overseeing physician.

There are no required shots for travel in Peru at the time of writing this document. The Center for Disease Control and Prevention makes some recommendations regarding vaccinations at the following website. It is up to you and your health care provider to determine what are the best steps for you. All participants are responsible for their own health decisions and travel at their own risk. <http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru> Some countries may require Yellow Fever vaccinations when traveling from Peru. Please do some research before you travel.

At this time we are not aware of there ever being a reported cases of Dengue, Malaria or Yellow Fever in the region where our mountain land is located. Malaria preventative pharmaceuticals are highly contra-indicated with the indigenous ceremonies and consciousness work we are involved in.

Substance Policy

At Paititi alcohol and substance abuse is prohibited. Alcohol and drugs are not permitted on site nor are participants permitted to return to the property intoxicated. If facilitators suspect alcohol or drug use, we reserve the right to ask participants to leave with no refund.

As a community we work with sacred plants for physical healing, spiritual growth, transformation, and community council. Plants can be powerful tools in healing and transformation within the proper context and understanding, but these tools are easily misused and misunderstood. We work with plants and plant spirits within a container of intention, guided by the ancient transmission lineages of the Amazon, Andes, and Tibet, under the supervision of qualified medicine men and women.

Tobacco: Social smoking is not permitted. If you wish to smoke you may do so by yourself and away from community areas. We encourage mindful and prayerful smoking. If you are a smoker please bring your own tobacco as we don't supply tobacco or pick up tobacco for participants during supply runs.

Cannabis: We agree that cannabis can be used as a medicine however it is NOT legal in Peru and is therefore not permitted on our property. Possession, growing and intake of cannabis is not permitted.

Please be mindful and aware that many people work with us to heal from substance abuse and we hold a container that can support this process.

Community Food

As a community we believe that food is medicine and wish to engage with everything we put in our body in a conscious and healing way. We eat a whole foods-based natural diet. Meals are often vegan with the possible addition of ghee and local animal protein at times for those in need. Below is a common sample menu:

- **Breakfast:** oatmeal or amaranth w/ superfood toppings & seasonal local fruit
- **Lunch/Dinner:** fresh raw salad from our garden, brown rice and soup

For those who feel the need for meat in their diet, we do raise chickens and ducks which are offered at times (usually about once a week or two). Those who wish to eat meat must be willing to go through the full process of sacrificing the animal, cleaning and preparing.

As we're 6 hours travel from a market and all food which is not grown on site must be carried in on mules for 2 hours, you won't find the same food selection you may be used to in your modern life. Food is simple, nourishing and prepared with love. **If you require a special diet be sure to communicate and discuss your restrictions with us clearly prior to or at the time of your registration so we can determine if it will be possible to accommodate.**

Schedule

The following is a basic format. We allow for flexibility to accommodate the natural flow of the group and schedule is subject to change.

6:30am	Wake Up Horn & Morning Blitz (daily tasks)
7:30 - 8:30am	Morning Wellness Practice
8:30am – 9:30am	Breakfast
9:30am – 12:30pm	Session 1
12:30 – 1:00pm	Snack
1:00 – 4:00pm	Session 2
4:00 – 6:30 PM	Linner and Personal Time
6:30 – 8:30 PM	Evening Activity (on some days)

Activities during sessions will vary including:

- Core Permaculture design course work
- Hands on project and service work
- Wellness activities: Yoga, meditation, Qigong, breath work, dreamwork and nutrition
- Shamanic ceremonies



Energy Contribution

The course contribution is **\$1900 for the 33 day course**.

AVAILABLE DISCOUNTS:

- \$200 early bird discount (**see event registration page for deadline**)
- Couple and group discounts are available. Contact us for more info.

EXTENDED STAY:

At most times it is an option to extend your stay beyond the one month program. After participation in the PDC the service contribution is based on the following scale. If interested to potentially extend your stay please contact us to discuss the options.

- During the **first & second month of service the contribution is \$20 a day.**
- During the **third month of service the contribution is \$15 a day.**
- After 3 months potential scholarships (discounted or non-paying roles) may be available upon review. Currently there is a limited amount of scholarships available. In some cases scholarship may be possible sooner than 3 months.
- Work Study Service scholarship are available for local Peruvians and others from developing countries.

CONTRIBUTION INCLUDES:

- Food (2-3 meals a day + snacks)
- Lodging in personal tents (participants should bring their own tents)
Hotel on the first night: The first day of the program we will meet in the Sacred Valley for introductions and Coca Initiation.
- Basic Supplies: toilet paper, candles, hand sanitizer, etc
- Introduction to transformation practices & ceremonies as outlined in this document.
- PDC course instruction, project facilitation and miscellaneous group activities. (Please note that participants are expected to participate in some hand-on project & service work during the course).
- Transportation from the Sacred Valley to the Center

CONTRIBUTION DOES NOT INCLUDE:

- Airfare to Cusco, Peru
- Ground Transportation from Cusco to our meeting location in the Sacred Valley (Pisac)
- Trips to the city: If participants decide to go to the city for personal needs they must cover their own transportation and any personal spending in the city.
- Personal food outside of what we offer on site.
- Personal hygiene products such as toothpaste and shampoo, laundry soap, etc.
- All expenses and costs caused by or associated with illness or injury including, but not limited to, medical expenses, hospital bills, medications and emergency transportation and/or evacuation.

Terms & Refund Policy

- We accept deposits via credit card which are made during the online application process. If you are not accepted to join for the program, your payment will be fully refunded.
- Your remaining balance will be submitted in cash (USD) on the first day of the program.
- Your deposit is refundable with 3 months advanced notice (from the start date). Any refunds given (once accepted into the retreat) are subject to a 10% admin fee.
- After 3 months the 30% deposit is NOT refundable but is transferable to a future Paititi Institute program provided we receive your cancellation notice a minimum of 6 weeks prior to the start date. Transferred credits are valid for up to 2 years. Any amount paid over 30% is refundable with 6 weeks notice.
- For cancellations within 6 weeks of the start date, payments are non-refundable and will only be transferable to a future program if we can fill your place in the retreat. We will try our best to do so.
- The contribution is non-refundable and non-transferable once the program begins.
- We reserve the right to cancel this retreat if our minimum number of participants is not met 6 weeks prior to the start date. All payments will be fully refunded if the program is canceled.

More about the Contribution

The contribution is an essential symbol for a reciprocate energy exchange and covers the expenses for the teaching team, coordination team, food, lodging, site maintenance, education and ceremonies. All profits are invested into the site development of the Paititi Sanctuary for the benefit of all to share. This charge allows us to continue to have the possibility to welcome people into our community and support the growth of our center and the transformation of each person who enters our grounds.

Our community is made up of individuals who come in service to benefit others and to co-create a place that expresses and nurtures the true potential of human beings and Mother Nature. The energy you contribute supports this space that offers profound healing to many physically, spiritually and emotionally. We see this place as a lighthouse and its purpose is to guide humanity to its true nature. In our experience, this work is priceless and everyone involved in it doesn't make any profit at this point, but we are fortunate to have created a regenerative container that allows us to continue this work and grow our vision.



Changing Money

There are many places to change money but the best rates can be found in Cusco on and near Avenida Del Sol. If you don't want to travel to Cusco, the airport or Sofie's Market in Pisac offer slightly lower rates. Changing US Dollars and Euros to Peruvian Soles is easy to find. If you have a different currency you may wish to change it to US Dollars or Euros before you depart your home country. Most ATMs in Peru will also give US Dollars (with an additional fee).

Meals While Traveling

If you end up eating out in restaurants while en route to the center please be aware that many restaurants use MSG (Mono Sodium Glutamate) in Peru (especially in Lima and Iquitos). Here MSG is called Ajinomoto and for those of you who are not aware, this stuff is very toxic and we recommend avoiding it. When you go to a restaurant you should tell them you are very allergic to Ajinomoto and they will leave it out. If you don't tell them you are severely allergic and could go the hospital, many places may not tell you the truth about using it, from our experience.

Passport and Visas

A valid passport is required to enter and depart Peru.

In Peru a tourist visa is automatically granted for citizens of most countries for a stay up to 180 days (6 months) per calendar year when entering the country. **If you would like to get the full 180 day visa you have to request this when going through customs** or else they often stamp it for 60 or 90 days. Please visit the Consulate of Peru Website for the most current visa information and details on visa requirements. Laws are always being updated and we recommend doing some research prior to your travel.

Please note that most destinations, including Peru, require that you have adequate unused pages in your passport, allowing for necessary stamps upon arrival and departure. It is recommend that you have at least two free pages in the Visas section of your passport before any international travel.



Required Travel Insurance

We require all participants to have travel insurance with emergency evacuation coverage.

Accidents can happen anywhere and the closest (basic) health post to us is a 3+ hour hike up and down a mountain (likely much longer if injured). We hope that we will never use this but especially in these early stages we ask everyone to take appropriate precautions.

There are lots of good travel insurance options out there which are pretty inexpensive. The important thing for us is that the insurance covers emergency evacuation for medical, or other situations. We require a minimum of \$100,000 USD of emergency evacuation coverage. This should cover worst-case scenario things like a helicopter evacuation and medically equipped planes in most cases. Normal medical insurance (at least in the US) does not cover this. Also if someone does not have a regular medical insurance plan in their home country it is a good idea to get a travel plan that covers medical expenses. Most companies bundle it all together which can be nice because the travel insurance will cover out of pocket expenses your medical insurance will not cover.

Some trip insurance that you can buy when purchasing your plane ticket cover emergency evacuation, but not all do and they are probably more stringent. If you go this route you must buy the trip protection insurance for a round trip ticket. Generally any medical portion of the coverage is void after a short time (often around 2 weeks). Also with round trips we think many of these trip protection ticket add-ons only cover you for a max 30 days.

It is also nice to get a policy that has 24\7 live assistance and collect call access.

Some companies you can check out are:

- Travel Guard
- Seven Corners
- World Nomads
- Allianz Travel
- AIG

OF COURSE YOU MUST NOT TAKE OUR WORD FOR ANY OF THIS AND DO YOUR OWN RESEARCH. If anyone finds valuable info to share with the group please feel free to pass it on.

Once you have your insurance please send us digital copies of your policy so that we can keep them available and on file. We must receive this before the retreat starts.

About the Accommodations

The new Paititi Institute land is located on a magical 4000 acres in the Mapacho Valley of the Peruvian Andes bordering the Manu National Reserve.

Our center is off the grid and designed for simplicity. It gives us what we need and not always what we want. Many of the luxuries found in the modern world are not available here. The reality is that as a global collective through fulfilling our needs and wants, we've caused great destruction and imbalance to the environment and our communities. Instead we choose to live here at the Paititi Institute in a basic way, learning to cultivate a deep peace and joy in living within our means with each other. We're here drawing together diverse ideas, skills and ways of living, ancient and modern, in order to empower each other to move from being culturally conditioned and dependent consumers to becoming productive conscious citizens of the earth. In this way, it's our wish that those who visit depart with hands on experience and deeper understanding of the Permaculture and Transformation practices we work with, but even more importantly with a renewed trust in nature and a deeper understanding of what it means to take true responsibility for our lives.

Rustic conditions can serve as a powerful catalyst for deepening our personal growth and connection to nature. Be ready to surrender and embrace a wilderness experience.

Personal Space: We're building personal huts, however only a few are complete at this time. Until then all participants should bring their own tent/camping hammock that can handle rain. We recommend that you bring a tent large enough for you to sit up in for more comfort. Available huts will be offered to the instructors and elders in the group.

Communal Space: We have beautiful community space where we gather often. In addition we have a some of large tents, a community chapel and ample space in mother nature available utilize for personal time.

Water: There is delicious mountain spring water for drinking which we filter for extra protection. Showers are set up in a small creek which is refreshingly cold and quite awakening :) We also have passive solar hot water showers under construction which may be ready!

Solar Electricity: We have a small solar system with a charge station. Devices with USB charging work best. Please note that the system is small so we ask everyone to limit their charging needs to 1 time per week. Most visitors bring their own solar charger for devices.

Laundry: There will be bins available for you to wash your own laundry by hand. One advantage of packing light is that you will have less to wash :) Please bring your own biodegradable soap. Pure castile soaps work well.

Bathrooms: We use composting toilets as part of our Permaculture program.

Phone, Internet & Emergency Contact

It's ideal to set yourself up in a way where you'll require minimal-to-no phone and internet during the course.

Internet: We have a satellite internet at the center which will be available to participants for emergency use and brief occasional (1-2 times during the month) check-ins with friends and family. Please be aware that the internet is slow and will mainly function for checking email.

Phone Service: There is cell service on site through the provider Movistar. Anyone interested in having a personal phone can purchase a prepaid Movistar phone or put a prepaid SIM in your unlocked phone in Cusco, Pisac or Calca prior to the start date. (Take note it's much more economical NOT to do this at the airport in Lima or Cusco).

Emergency Contact Info: You are welcome to share the following phone number of our service coordinator with your close family and friends: **+51-964-542-782**
Please note that this number is subject to change in which case we will send an updated number prior to the retreat starting. Let your friends and family know to send a text message if they are not able to reach anyone as there are some spots at the center where service goes in and out.

You are also welcome to give your loved ones the following email where they can write in case of emergency as it will be checked every 1-2 days: **info@paititi-institute.org**

In case cell service goes down, the **satellite phone** on site can also receive text messages from those who wish to reach you with an important message. Feel free to share the following directions for sending a free text message to this phone. Let them know that messages should only be sent to the satellite phone if they are not able to get through via the cell number first.

Sending a Text Message:

- Go to this website:
<http://connect.inmarsat.com/Services/Land/IsatPhone/SMS/sms.html>
- Enter this phone # (behind the prefix 87077) 6407631
- Enter your message. There is a 160 character max length.
- Press "send"



Leaving Site

If you do determine that you need to leave the site before the program is over for some reason please note that we cannot guarantee that an Institute vehicle will be able to drive you. There's a colectivo (mini-van) service daily returning to Calca in the Sacred Valley. Though it's not possible to reserve seats, there is typically space for small groups of people.

In the case of a medical emergency helicopter transportation may be required. The cost of emergency transport will be covered by the participant and/or their insurance.

Weather & Packing

The temperature at the center can be very warm during the day and chilly at night. The wet season is December through March and the Dry Season is June through September, the other months are transition periods. In general, quick dry, lightweight long sleeves and long pants are best to protect against the intense sun as well as the small gnats that come out at times. On the next page you will find a packing list of important items to remember.

It is very important to PACK LIGHT. The hike into the land is NOT a tourist trail and you will need to carry your belongings into the center. It is an advance hike and is pretty steep at points. The hike into the land is mostly down hill and takes experienced hikers in good shape about 1.5 to 2 hours, however it can take inexperienced hikers 4 - 6 hours. Many who do consider themselves in good shape and relatively experienced are challenged by this hike. With that said, it is a beautiful journey and everyone has been able to make it with a wide range of fitness and age levels taking it slow.

Your pack will feel a lot more heavy hiking down the mountain so it is a good idea to take a 2 hour hike with your pack on and fully packed prior to our journey (preferably in the mountains at high elevation). This will help you prioritize and figure out what is really essential! We recommend keeping your pack weight around 10 - 20 kilos (22-45 lbs). If you are less experienced we suggest staying on the lower end of this scale!

For those of you who do not have experience backpacking, it is worth noting that there is a difference between camping gear and backpacking gear. What you want for this journey is **lightweight backpacking gear**. Also please have proper **high-top hiking boots** and break them in before you arrive. Ankle high running or day hike shoes will not cut it here.

When packing make sure all your belongings can fit into one bag. We DO NOT recommend having a smaller bag on your front. It is quite difficult and dangerous to hike in this way where you cannot see your feet and the ground ahead.

It is also important to make sure your pack fits properly. You should be able to tighten the waist snug. Shoulder straps should be able to rest on your shoulders but with minimal pressure. Here's an article and video about fitting your pack:

<http://www.rei.com/learn/expert-advice/backpacks-adjusting-fit.html>

https://www.youtube.com/watch?v=pnLCM_3RjuA

Packing List

- **Hiking backpack:** When buying a pack be sure to try them on with weight. A good camping store should have a sales person who can fit you properly. A pack that fits right can make your journey a LOT more pleasant!
- **Sleeping bag & sleeping pad:** Nights can get into the 50s F (40s F in extreme cases)
- **Personal tent:** This will be your home for the month so we recommend a tent that you can sit up in (rather than those tiny one person sleeping tents). Make sure it's waterproof!
- **A good pair of hiking boots:** High-top is best in order to protect your toes going downhill. It's worth investing in a good pair and please break them in before you arrive!
- **Head lamp with red light option & batteries:** Rechargeable batteries are best. We have a small solar system for charging. You may wish to have your own solar charger.
- **Loose fitting long pants:** At least one pair of quick dry pants that do not require a belt are good to have for days that we are hiking with your pack on.
- **Loose fitting long sleeve shirts**
- **Comfortable outfit for ceremonies, Yoga and QiGong sessions**
- **Crocs or slip-on shoes:** Good to have for ceremonies and walking around base camp.
- **Journal and/or notebook and pens/pencils**
- **Water bottle**
- **Personal first-aid kit**
- **Towel or travel towel**
- **Bathing suit (optional)**
- **Biodegradable soap and Shampoo**
- **Rain coat/pants or poncho**
- **Sun hat:** Sun can be very intense in the mountains, so get a hat that covers the ears. In Pisac and Cusco you can find hats if you wish to buy one when you arrive.
- **Sweater and/or Poncho:** You can also find lots of nice sweaters and ponchos in Pisac.
- **Crisp new bills:** It is difficult to change money that is ripped, folded and worn looking.
- **Yoga mat (optional):** We have some available, however we do not have enough for everyone.
- **Smaller day bag or waist pack:** (pack this in your pack when hiking so your hands are free)
- **Rain cover for your backpack**
- **Water proof stuff sacks** (the kind that you roll down and clip): Great for packing things you don't want to get wet like your sleeping bag, cloths and electronics.
- **Lightweight scarf:** to protect yourself from gnats at the bottom of the land.
- **Solar luci light:** Recommended lantern for light in tents (no candles allowed in tents!)
<https://www.mpowerd.com/>
- **Lip balm & natural sun screen**
- **NATURAL Insect Repellent (NO DEET)**
- **Work gloves**
- **Alarm clock** for morning wake up (phone or watch)

Trash

Being off the grid means we do not have services such as trash pickup. As a community we consider this a blessing because it forces us to become accountable for the waste that we consume and produce. We ask that as a guest of our community you help us to keep our waste to a bare minimum.

Together we practice a Leave No Trace Ethic. It is very simple: leave the place you visit the same or better than you found it; leave no trace of your having been there, so that others – both human and animal – can enjoy the land. The following are some guidelines that we ask you to follow:

1) Leave all packaging at home.

If you are bringing new products of any sort please take them out of the package before you pack your bag. Beyond that, consider the amount of packaging when making your purchases.

2) Carry out the waste you produce.

If you do bring in plastic or other waste please do not leave it with us when you leave. (For example, if your flashlight breaks or your shoes wear out and you decide to toss them, please do not throw them out in our trash.) We also welcome everyone to help carry out additional waste that we find.

3) Please do not bring packaged food.

If you do decide to buy packaged food please dispose of the wrappers in the city before coming to our center or carry them out with you.

4) Use a reusable water bottle.

If possible do not buy bottled water in the city. Instead you can bring a reusable bottle and fill it up with our spring water. If you bring any plastic bottles with you please carry them out.

5) Bring a cloth shopping bag to use instead of plastic bags.

6) Ladies, please bring 100% biodegradable feminine products.

We ask that you bring products that can be composted such as 100% cotton tampons and pads. Health food stores should have these. Even better, you can also look for reusable cloth pads which can be washed and reused and/or a Diva Cup.

7) Please take used batteries home with you to recycle.

Please do not throw them in the trash (ours or yours) as they are very corrosive and toxic. It is important to recycle them and most first world countries have battery recycling as part of their recycle programs. We recommend rechargeable batteries.

Community Consciousness

Paititi is a labor of love and grows through the contribution of it's residents and volunteers. Here, our work is our prayer and as a community we practice presence, compassion, selfless service and hard work for the benefit of all beings. We work together to cultivate the highest view – a perspective from which we strive to see the greatest benefit for everyone in all situations and under all circumstances wishing that all beings may be free from suffering.

During the our time together a powerful sangha (spiritual community) is formed and it is natural that in any community setting conflicts can arise. **Please take a moment to read the following article about the [Paititi Community Agreements HERE >>](#)**

We look forward to welcoming you...

As you prepare for your trip feel free to contact us at any point for advice, guidance or further questions.

info@paititi-institute.org

Many blessings,
The Paititi Institute

