



HEROIC
HEARTS
PROJECT

La Medicina Retreat Center
Travel Tear Sheet

1

Tarapoto, Peru

Overview

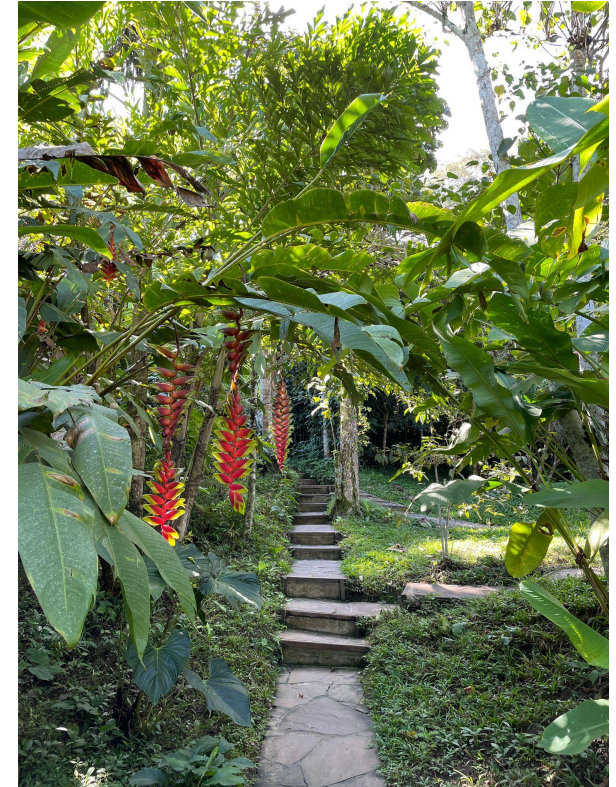
- Before you Travel
- Locations & Country Info
- During Travel
- Hotel Info, Meals & Transportation
- Retreat Center Info
- Retreat Schedule
- Packing List
- Community Agreements



La Medicina Retreat Center

Before you Travel

- ❑ **Provide HHP Emergency Contacts & Comms Procedure document to Spouse/Significant Other/Emergency POC** so your loved ones know who to contact if necessary
- ❑ **Provide Travel Notice to your Bank** so you have no issues with bank cards
- ❑ **Print/Photocopy and Screen Shot of:**
 - ❑ Passport
 - ❑ Travel Itinerary
 - ❑ [Travel Medical Insurance](#) (Optional, but highly recommended. HHP does not cover the costs of medical visits/treatments that occur in country)
- ❑ **Add emergency phone number for TakeTwoTravel (+1-646-751-8886) into your phone contacts**
- ❑ **Review the Packing List.** HHP covers carry-on only
- ❑ **Print and or add this document to your personal digital drive** for ease of reference



Footpath leading up to Retreat Accommodation at La Medicina Retreat Center

Locations and Country Info

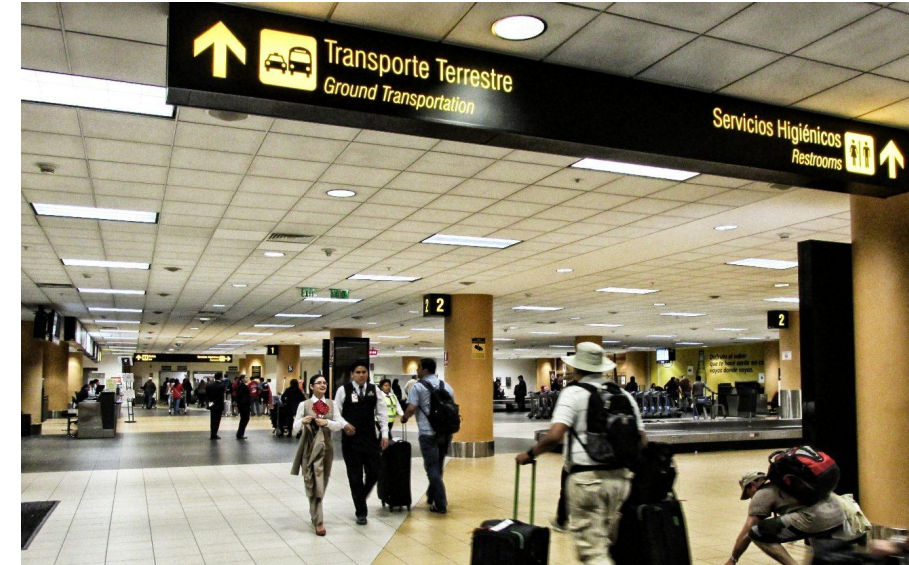
- **Retreat Center:** La Medicina, 30-hectare sanctuary, located in the High Protection Zone of the Cordillera Escalera National Park
- **Closest Town:** [Tarapoto](#)
- **Arrival Airport:** Cadete FAP Guillermo del Castillo Paredes Airport (TPP)
- **Hotel:** [Green House Hotel, Jirón Abelardo Ramírez 263, Tarapoto 22202](#) (10 minutes drive to/from TPP), +51 958 157 588
- **Climate:** Hot, muggy, and mostly cloudy. Over the course of the year, the temperature typically varies from 70°F to 94°F and is rarely below 67°F or above 98°F ([more details on climate](#)).
- **Language:** 84% speak Spanish, the official national language. 26% speaks a first language other than Spanish.
- **Currency:** Peruvian Sol/Soles (PEN). Roughly 30 cents to USD.



Green House Hotel, Tarapoto

During Travel

- ❑ **Pack some diet-friendly snacks to take with you** as there will be limited options available at the airport (all meals during travel are self-purchase up until dinner at on the day of arrival)
- ❑ **Leave yourself plenty of time to get to the airport and check in**
- ❑ **Do not drink the tap water**
- ❑ **Update the HHP Team on your travel movements via the Group Signal Chat** (i.e. Wheels up/Wheels down)
- ❑ **You will be flying through [Jorge Chávez International Airport \(LIM\)](#), Lima, Peru**
- ❑ **If you get a delayed or canceled flight**, let us know via the Group Signal Chat. If early morning/late at night or you are not getting any response, reach out to our travel agent directly on **+1-646-751-8886**.



LIM Airport

- ❑ Upon arrival to LIM, clear customs (if necessary pick up your checked bag) and move through security for your domestic flight to TPP (security lines at LIM can be long)

During Travel - Currency

- ❑ If time during transit through LIM, **visit the ATMs prior to checking into your domestic flight** and pick up ~200 Soles (~55USD) for emergency cash. Be aware that you will be charged an international access fee of 1-3% per transaction (depending on your bank). You can also bring US Dollars with you to exchange at one of the currency exchange kiosks at LIM airport (wait until outside baggage claim).
- ❑ There will be opportunities to exchange money or draw money in Tarapoto **but not at the retreat center**.
- ❑ **How much money do I need?** Purchase of local souvenirs is available on the last day of the retreat (optional, but highly encouraged). These can be purchased in \$USD which is recommended so you don't have to be concerned with exchanging money back. A general guide would be souvenirs for a family = USD\$300, self + partner = USD\$200, self = \$120.
- ❑ The \$USD notes you bring should be crisp, untorn notes otherwise they will not be accepted.



ATMs at Lima Airport

- ❑ Optional, but highly encouraged is also to add around USD\$40 (PEN\$150) anticipated costs after the purchase of local crafts to tip the local retreat facility staff

Hotel Info, Meals & Transportation

- **Check In:** Upon arrival / **Check Out:** 10:00am
- **Rooms:** Twin shared (same gender)
- **Breakfast at Hotel:** Continental Breakfast provided 7:30-9.30am
- **Airport Pickup:** Provided from TPP Airport to Green House Hotel (a Green House Hotel staff member will have a sign with your name on it at the arrivals gate)
- **Arrival Dinner:** The HHP Veteran Peer Support Specialist will take the group out for a diet-friendly meal the day everyone arrives, remainder of meals (whilst not at retreat center) are on your own
- **From Hotel to Retreat Center:** Picked up from Green House Hotel by La Medicina Retreat Staff between 10:00-11:00am on day after arriving and driven 20 mins to retreat center
- **From Retreat Center to Hotel:** Dropped off at Green House by La Medicina Retreat Staff between 10:00-11:00am on day of departure
- **From Hotel to Airport:** Participants arrange their own transportation from Green House Hotel to TPP Airport



Boardwalk to enter La Medicina Retreat Center

Retreat Center Info - Facilities

- **Rooms:** Twin shared (same gender), each room has its own bathroom/shower with soap/shampoo provided. If you bring your own, biodegradable only
- **Power/Cell Phone/WIFI:** No power sockets, cell phone or WIFI available
- **Water:** All water is spring water UV treated and available to drink.
- **Meals:** All meals provided. No dinner served on evenings of ceremonies.
- **Washing Clothes:** No laundry available. Soap and bucket available to hand wash clothes and hang dry
- **Library:** Extensive library on site with books on plant medicine and spirituality
- **Safe/Secure Storage:** Available for important personal belongings (e.g. phones) and prescribed medications



*Twin shared rooms at La Medicina
Retreat Center*

Retreat Center Info - Staff & Practices

- **Healers:** One Female, One Male for each retreat. [Shipibo](#) healing tradition
- **Facilitators:** Westerners (trained in Shipibo healing) who interpret for healers, brief participants and provide support during ceremonies
- **HHP Veteran Peer Support Specialist:** Remains with retreat participants throughout, facilitates sharing circles (sharimonies) and assists facilitators (as necessary) during ceremonies
- [Ayahuasca:](#) Prepared through traditional methods within local area
- [Mapacho:](#) Sacred tobacco offered for use in ceremonies (not mandatory)
- **Protecting Crown of Head (Arcana):** Hat/ head covering/ bandana used after last ceremony
- **Vomitivo:** Consuming large amounts of Lemongrass Tea to purge and clean body in preparation for ceremonies
- **Flower Bath:** Mixture of herbs and flowers administered by healers prior to and in preparation for each ceremony



HHP Veteran Participant with local healers

- **Yoga:** Morning Yoga energizes and awakens the body, Pre-ceremony Yoga calms the nervous system

Retreat Schedule - Day 1 & 2

Day One

- 11:30 - Arrival/Tour**
- 12:00 - Flower Bath**
- 13:00 - Lunch**
- 14:00 - Orientation Talk**
- 18:30 - Dinner**



View of Fire Pit from Chilloka at La Medicina Retreat Center

Day Two

- 09:00 - Breakfast**
- 10:00 - Ayahuasca Talk**
- 11:30 - Vomitivo**
- 12:00 - Flower Bath**
- 13:00 - Lunch**
- 18:30 - Pre-Ceremony Yoga**
- 19:30 - 1st Ayahuasca Ceremony**

Retreat Schedule - Day 3 & 4

Day Three

08:00 - Morning Yoga

09:00 - Breakfast

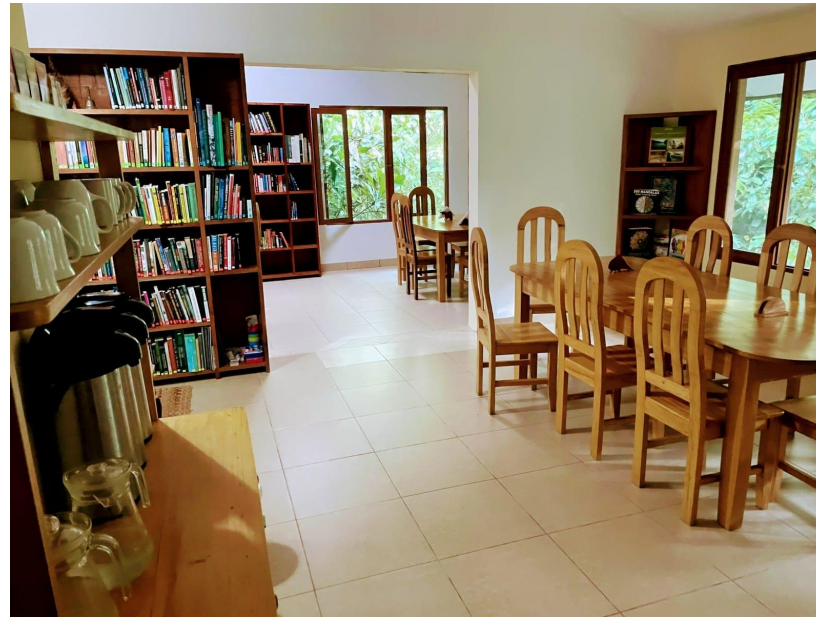
**09:30 - Consultations
with Healers**

12:00 - Flower Bath

13:00 - Lunch

**18:30 - Pre-Ceremony
Yoga**

**19:30 - 2nd Ayahuasca
Ceremony**



*Dining Hall and Library at La Medicina
Retreat Center*

Day Four

08:00 - Morning Yoga

09:00 - Breakfast

12:00 - Flower Bath

13:00 - Lunch

18:30 - Pre-Ceremony Yoga

**19:30 - 2nd Ayahuasca
Ceremony**

Retreat Schedule - Day 5 & 6

Day Five

09:00 - Breakfast

**11:00 - Shipibo Market &
Group Photo**

13:00 - Lunch

14:00 - Group Share

18:30 - Dinner



*Hammock outside rooms at La Medicina
Retreat Center*

Day Six

09:00 - Breakfast

10:00 - Depart to Tarapoto

Packing List

- ☐ Flashlight or headlamp - 1 x bright for jungle, 1 x red for ceremony (if combined, must be one button switch, not scroll through)
- ☐ Refillable Water Bottle
- ☐ Bathroom items – toothbrush/toothpaste, floss, shampoo and soap (biodegradable only) etc
- ☐ Insect Repellent (Deet Free only)
- ☐ Travel alarm clock or watch
- ☐ Raincoat
- ☐ \$100-200USD to purchase local crafts on last day of retreat (optional, highly recommended)
- ☐ \$40USD/\$150USD to tip facility staff (optional, highly recommended)
- ☐ Lighter (for Mapacho)
- ☐ Hat/ head scarf/ bandana
- ☐ Sneakers/walking shoes
- ☐ Sandals/Flip Flops
- ☐ Swimwear for Flower Baths
- ☐ Comfortable clothing (located in the high rainforest, it does get cool at night):
 - ☐ 2-3 pairs pants
 - ☐ 2-3 pairs shorts
 - ☐ 3-4 short sleeve shirts
 - ☐ 3-4 long sleeve shirts
 - ☐ 1-2 hooded sweatshirt or light jacket
 - ☐ Qty underwear/socks
- ☐ Journal and Pens
- ☐ Talisman/Sacred Item
- ☐ **No** Alcohol, Cannabis or any Non-prescribed Medication
- ☐ **No** Weapons of any kind (including personal knife and/or multi-tool)

**Towels and Bedding are provided*

Community Agreements

Showing Respect & Honoring Boundaries

- We invite you to practice **cultural humility**. Everyone is coming to this experience with a diversity of backgrounds and lived experiences. Please be mindful of this in your words, humor, and actions.
- During group shares, support others through practicing presence, actively listening and simply affirming what others have said. Refrain from offering analysis or advice unless it has been explicitly asked for.
- During ceremonies, allow facilitators to tend to fellow guests who may be struggling, as tempting as it may be to want to offer a helping hand! We encourage you to **stay present with your own experience**.
- Please keep the experiences, words, and sharing of others **confidential** by not repeating/relaying outside of our retreat cohort. What is said on retreat stays on retreat!
- Please do not take **photographs** of others without their consent.
- **No gossiping, bullying or violence of any kind will be tolerated.** Please take any issues you may have with another guest directly to the Veteran Peer Support Specialist or facilitation team.
- We ask that you contribute to keeping the space safe by **respecting others' emotional and physical boundaries** (e.g. do not assume others are comfortable with physical interactions such as hugs without consent). Practitioners will provide hands-on assistance with your consent.
- **No romantic or sexual encounters** with fellow retreat guests are permitted. Please be mindful of being in an open and vulnerable state and maintain appropriate boundaries of personal intimacy and space.