

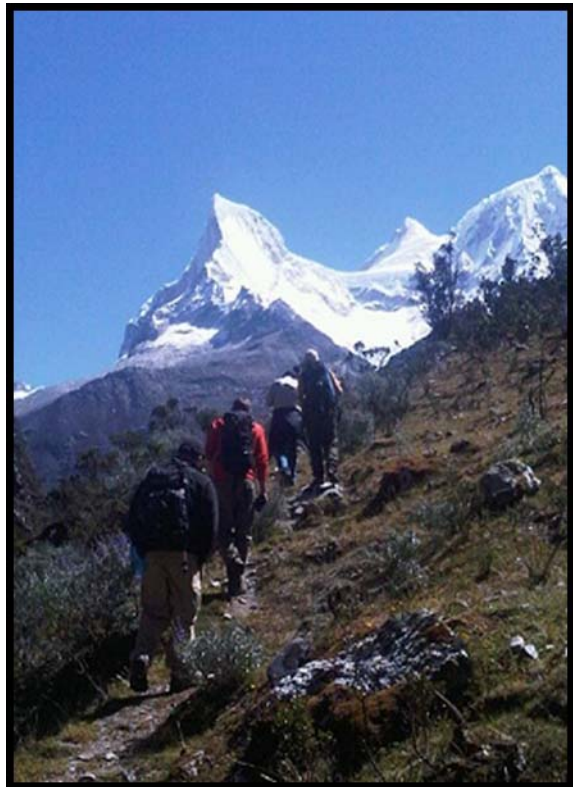


What God bases his heart for the nations on is  
*His passion for His own name and His glory.*

Join Climbing For Christ in Peru to bring glory to  
His name!



# Mission: Peru



Left: The site of a proposed church (the first) to be built for the village of Chalhua. Right: The 2011 team treks toward Huandoy (20,955 feet/6,350 meters).

Web site: [www.climbingforchrist.org](http://www.climbingforchrist.org)

Email: [info@climbingforchrist.org](mailto:info@climbingforchrist.org)

## Welcome to Mission: Peru

*"May the peoples praise you, O God; may all the peoples praise you. Then the land will yield its harvest, and God, our God, will bless us. God will bless us, and all the ends of the earth will fear him." — Psalm 67:5-7*

### History

Peru is located on South America's West Coast, bordering Ecuador, Colombia, Brazil, Bolivia and Chile. The trip will begin in Lima and take us to the city of Huaraz, located near Nevado Huascarán (the highest mountain in Peru and second highest in South America). Huaraz is a city of 48,500, situated more than 10,100 feet above sea level. Most of this city has been built in the past 40 years. Only 10 percent of the buildings in this city survived a 1970 earthquake, which killed half of the 30,000 people who were living there at the time.

### What can be found in Peru?



**Huascarán with a Catholic church being built in the foreground.**

**Beautiful mountains:** There are 22 peaks here above 6,000 meters (which is 19,685 feet and up) in the Cordillera Blanca, where — it has been said — "superlatives crash and burn." This is the highest range of mountains outside the Himalayas.

**Catholicism:** According to the 2007 census, 81.3 percent of the country's population of 29.2 million is Roman Catholic. Evangelicals make up 12.5 percent of the population. There is a Catholic church either standing or being constructed in many of the villages.

But there is some question about what is believed in these churches.

### Flights & Visas

Team will gather in Missouri and depart together. Flight information included in trip details on page 4. No visa required.

### Currency

Exchange rate: US\$1 = 2.64 PEN

### Vaccinations

Before travelling to Peru, visit a travel clinic or see your doctor to be sure you have the following vaccinations updated: Measles/ Mumps/ Rubella (MMR); Tetanus/ Diphtheria; Polio; Hepatitis A; Hepatitis B; and Typhoid. Malaria meds are NOT needed.

### Travel Insurance

Travel insurance is important! Check your health insurance coverage and send us the following information: Health insurance company name, policy number, and phone number. *Please note that Climbing For Christ will not pay for any insurance or medical treatment you may require as a result of your participation in the mission trip.*

### Time Difference

In Peru the time is UTC/GMT - 5 hours (the same as Central Time Zone in the United States).

### Food & Water

Peruvians' diets consist of maize (corn), tomatoes, potatoes, peanuts, fruits and fish.

Drink **ONLY** bottled water in country or filtered water while trekking. Team leaders will carry filters.

### Electricity

Voltage: 220 volts

### Before You Go

Return the following list of information to [info@ClimbingForChrist.org](mailto:info@ClimbingForChrist.org):

- Acknowledgement of Risk
- Certificate of Physical Fitness
- Paper copy of Passport
- Travel insurance information
- Membership Profile

Note: This paperwork will be emailed with team updates.

### Cost

Estimated at US\$3,000. This includes international airfare.

### Altitude

This trek involves going to moderately high altitudes. This is not something you should worry about. There is plenty of oxygen even at the highest point of our trip. However, the process of adaptation or acclimatization does take time. The most important rule is to gain height slowly. Remember to bring Diamox.

### First Aid

A medical kit will accompany the trek. You should bring your own personal first-aid kit consisting of a broad spectrum antibiotic, antiseptic cream, throat lozenges,

diarrhea treatment (Imodium), altitude medicine (Diamox), painkillers, band-aids, blister treatment, and rehydration supplements (dioralytes and electrolytes).

### Weather

Weather: Warm and sunny during the day, cold at night. Inside houses can be cold. This is the dry season.

Month of July	Mean Temperature °F	
	Daily Minimum	Daily Maximum
	36	67

### Communication

The team will have a satellite phone and will send daily dispatches to allow our friends and family to follow along with our trip.

### Training

This is our mantra: You should be preparing physically (running, walking, hiking with a backpack, etc.) and mentally (missions are 90 percent mental — where your head goes your body follows, so get psyched up for the trip) and, most importantly, spiritually (be in the Word daily, pray unceasingly, listen to hear Him speak to you as you get ready to GO!

### Cultural Sensitivity

Personal bubbles are not important to Peruvians like as they are for Westerners. Stepping back during conversation would be considered unfriendly.

Sitting with your ankle on your knee is impolite.

Tip only in restaurants, 10%.

### Gear List

- Passport and money
- Four-season sleeping bag (at least 20-degree or colder)
- Thermarest or similar sleeping mat
- Hiking boots
- Waterproof jacket and rain pants
- Fleece jacket or similar
- Down jacket
- Warm hat and gloves
- Trekking pants (2 pair)
- Trekking shirts (2)
- Mid-weight long underwear tops/bottoms
- Underwear
- Socks (at least 2 pair plus liners for trekking)
- Backpack
- Headlamp and an extra set of batteries
- Water bottles
- Personal toiletries
- Snacks
- Bible
- Camera
- Diamox (for trekkers)

For travel/non-trekking/around town:

- Pants
- Shirts
- Underwear & socks
- Sneakers or shoes

### Embassies

**Canada Embassy**  
Bolognesi 228. Miraflores; Lima  
Lima, 18 Peru  
Tel: +51 1 3193200

**USA Embassy**  
Avenida La Encalada, block 17,  
Surco; Lima  
Lima, 33 Peru  
Tel: +51 1 6182000

### Suggested Reading

- *True Religion*, by Palmer Chinchén

- *Radical*, by David Platt
- *Before You Go – A 40-day Devotional*, by Jack Hempfling

### Training Suggestions

*Prepared by Al Robinson — Board Member of Climbing For Christ Canada:*

There are three key principles that every trainee should understand before training begins. **The first principle** is to begin your training program at your present level of fitness. Too much too soon is the path to injury and disappointment. If you have been inactive for the past six months or more, then two sessions per week for the first 2 weeks would be plenty of training for you. This could be increased to three sessions for weeks 3 and 4, then a further increase to four sessions per week for the remainder of the training period, weeks 5-12. If the trainee is age 40 or older, I recommend three sessions per week for the full 12 weeks.

**The second key principle** is gradual weekly increases in time, distance and weight of your back pack. This will help you avoid injury as your body learns to adapt to the stress you are putting it through, at a slow and reasonable pace.

**The third key principle** to remember is that rest is very good for your body while training. In the running world they are called recovery days, and your body needs them just as much as a rigorous work out. **See Suggested Training Schedule on following pages.**

## Suggested Training Schedule

<b>3 Sessions Per Week</b>							
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1	Rest	30 min run	Rest	30 min walk/pack 10lbs	Rest	Rest	30 min/hike
2	Rest	35 min run	Rest	35 min walk/pack 10lbs	Rest	Rest	35 min/hike
3	Rest	40 min run	Rest	40 min walk/15 lbs	Rest	Rest	40 min/hike 10 lbs
4	Rest	45 min run	Rest	45 min walk/pack 15 lbs	Rest	Rest	45 min/hike 10 lbs
5	Rest	50 min run	Rest	50 min walk/20 lbs	Rest	Rest	50 min/hike 15 lbs
6	Rest	55 min run	Rest	55 min walk/20 lbs	Rest	Rest	55 min/hike 15 lbs
7	Rest	60 min run	Rest	60 min walk/25 lbs	Rest	Rest	60 min/hike 20 lbs
8	Rest	65 min run	Rest	65 min walk/ 25 lbs	Rest	Rest	65 min/hike 25 lbs
9	Rest	70 min run	Rest	70 min/ walk 30 lbs	Rest	Rest	70 min/hike 30 lbs
10	Rest	75 min run	Rest	75 min/ walk 30 lbs	Rest	Rest	75 min/hike 35 lbs
11	Rest	80 min run	Rest	80 min/walk 35 lbs	Rest	Rest	80 min/hike 40 lbs
12	Rest	90 min run	Rest	90 min/walk 40 lbs	Rest	Rest	90 min/hike 45 lbs
<b>Tuesday Note – Run 6, walk 1.</b>							
<b>Thursday Note – Find a road with many hills.</b>							
<b>Sunday Note – Find a trail/road with a good elevation increase for your climb.</b>							

<b>4 Sessions Per Week</b>							
<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1	30 min run	Rest	30 min walk/pack 10lbs	Rest	30 min/hike	Rest	30 min/hike
2	35 min run	Rest	35 min walk/pack 10 lbs	Rest	35 min/hike	Rest	35 min/hike
3	40 min run	Rest	40 min walk/15 lbs	Rest	40 min/hike	Rest	40 min/hike 10 lbs
4	45 min run	Rest	45 min walk/15 lbs	Rest	45 min/hike	Rest	45 min/ hike 10 lbs
5	50 min run	Rest	50 min walk/20 lbs	Rest	50 min/hike	Rest	50 min/hike 15 lbs
6	55 min run	Rest	55 min walk/20 lbs	Rest	55 min/hike	Rest	55 min/ hike 15 lbs
7	60 min run	Rest	60 min walk/25 lbs	Rest	60 min/hike	Rest	60 min/hike 20 lbs
8	65 min run	Rest	65 min walk/25 lbs	Rest	65 min/hike	Rest	65 min/hike 25 lbs
9	70 min run	Rest	70 min/walk 30 lbs	Rest	70 min/hike	Rest	70 min/hike 30 lbs
10	75 min run	Rest	75 min/walk 30 lbs	Rest	75 min/hike	Rest	75 min/hike 35 lbs
11	80 min run	Rest	80 min/walk 35 lbs	Rest	80 min/hike	Rest	80 min/hike 40 lbs
12	90 min run	Rest	90 min/walk 40 lbs	Rest	90 min/hike	Rest	90 min/hike 45 lbs
<b>Monday Note - Run 6 walk 1 – if you find it too easy, increase your speed.</b>							
<b>Wednesday Note – Walk a road with lots of hills if possible.</b>							
<b>Friday Note – Use the same steep incline as your Sunday climb, but for this one don't use a pack.</b>							
<b>Sunday Note – Find a trail/road with a good elevation increase for your climb. Sunday's climb is your bread and butter day. :)</b>							