

ESSENTIAL INFORMATION

MYANMAR

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of one (1) blank visa page for entry and exit stamps.

A tourist visa is required for U.S. and Canadian passport holders for entry into Myanmar and must be obtained prior to departure. There are currently two options available as outlined below. A&K recommends an electronic visa.

Electronic Visa (eVisa): To apply for an eVisa, visit <https://evisa.moip.gov.mm/>. The current fee for a single-entry visa is USD \$50 (subject to change without notice). Read and follow all instructions carefully to ensure a smooth arrival in Myanmar.

Visa Stamp: A visa stamp in your passport can be obtained either by applying directly to a Myanmar consulate or through a visa processing service. While there are additional costs involved in using a visa service, this option is available for guests who prefer assistance in the visa process.

Please be aware that the Myanmar government rarely issues visas to persons with occupations it deems “sensitive,” including journalists.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K’s account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

VACCINATIONS

A yellow fever vaccination is only required to enter Myanmar if you are arriving from, or have transited through, a yellow fever-endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it. If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

CASH & CREDIT CARDS

Cash transactions should be paid in Myanmar kyat, though some merchants will accept U.S. dollars. If you do pay with U.S. dollars, use recently issued bills in smaller denominations. Major credit cards are accepted on a limited basis, mainly in the larger shops, hotels and restaurants. Access to ATM machines is widespread in Yangon but limited elsewhere in the country.

PACKING LIST & BAGGAGE RESTRICTIONS

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BAGGAGE RESTRICTIONS

On flights within Southeast Asia, each passenger is limited to approximately 44 pounds (20 kilograms) of checked baggage in Economy Class and approximately 66 pounds (30 kilograms) in Business Class. For carry-on baggage in both Economy and Business Class, passengers are allowed one piece of luggage with a maximum weight of approximately 11 pounds (5 kilograms).

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to collect and manage your luggage for you.

PACKING LIST

Choose versatile, casual clothing that can be layered if the weather requires. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

Temples and other religious sites require modest dress to enter. Guests are advised to pack clothing that covers knees, shoulders, and upper arms for select visits. You may be required to remove shoes when entering sacred sites.

Clothing

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Sweater or lightweight jacket
- Long comfortable skirts for women
- Comfortable walking shoes with traction
- Lightweight raincoat or poncho
- Brimmed hat for sun protection
- Sleepwear
- Personal garments
- Socks
- Swimwear/cover-up
- Foldable umbrella for rain protection and sun shade

Other Recommended Items

- Sunglasses
- Sun block / Insect repellent
- Simple first-aid kit
- Prescriptions and medications (in their original bottles and/or packaging)
- Extra eyeglasses/contact lenses
- Smartphone
- Charging cables for electronics
- Global travel adapter

Optional Items

- Small LED flashlight
- Foldable walking stick
- Lightweight binoculars
- Small daypack or fanny pack

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

TIPPING GUIDELINES MYANMAR

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey.

	All Small Group Journeys and Pre/Post Tour Group Extensions	Tailor Made and Signature Journeys
Resident Tour Director or Group Extension Guide	\$15 per person, per day	Not applicable
Local Guides	Included	\$20 per person, per day (full day)
Drivers	Included	\$10 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Hot Air Balloon Pilots (if applicable)	\$10 per person	\$10 per person
Cruise Vessel Staff (if applicable)	Included	\$15 per person, per day – Gratuities are accepted on board and shared among the staff.
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.