

ESSENTIAL INFORMATION THAILAND, BHUTAN & NEPAL

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 three (3) blank visa pages for entry and exit stamps.

Thailand

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Thailand for stays of up to 30 days.

Bhutan

A tourist visa is required for U.S. and Canadian passport holders for entry into Bhutan and must be arranged prior to departure. Abercrombie & Kent has made arrangements to obtain your visa authorization through our office in Bhutan. The fee for the Bhutan visa is included in your tour cost.

In order to obtain this pre-authorization, you must provide A&K USA with the following:

- 1) A scanned, color copy of the identification pages of your passport
- 2) A scanned, full-color copy of a recent passport-size photo (2"x 2")

Please ensure all digital copies are in sharp focus, clear and easy to read. Photos should be scanned at a resolution of 300 pixels per inch, without any shadows or glare. Images which do not meet these requirements may result in your visa being rejected by Bhutanese immigration authorities.

Please send this to us via email at: operations@abercrombiekent.com no later than 60 days prior to departure. During your journey, an A&K representative will provide you with a visa authorization number prior to boarding your flight to Bhutan. This authorization number enables you to obtain a visa on arrival in Bhutan.

Nepal

A tourist visa is required for U.S. and Canadian passport holders for entry into Nepal.

There are currently two options available as outlined below. A&K recommends a visa on arrival.

Visa on Arrival: A tourist visa can be obtained on arrival at Tribhuvan International Airport (KTM). The current fee for a multiple-entry visa valid for 15 days is USD \$30. A multiple-entry visa valid for 30 days is USD \$50. All fees are subject to change without notice and must be paid in cash in U.S. dollars. Carrying two passport-size photos is also recommended.

Visa Stamp: A visa stamp in your passport can be obtained either by applying directly to a Nepalese 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.

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.

YELLOW FEVER VACCINATION & MALARIA PREVENTION

A yellow fever vaccination is only required to enter **Thailand** and **Nepal** 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. There are no required vaccinations to enter **Bhutan**.

You may be travelling to an area of malaria transmission. We strongly advise that you speak with your doctor or travel clinic regarding your itinerary, individual risk assessment and options for mosquito bite prevention and antimalarial drugs. We recommend filling any prescriptions before you depart.

LOCAL HEALTH & SAFETY PROTOCOLS

High altitudes are a feature of travel in **Bhutan** and **Nepal** and you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

OF SPECIAL NOTE: SMOKING IN BHUTAN

In Bhutan, tobacco sales are strictly banned. Visitors are allowed to bring up to 200 cigarettes into the country and must declare the cigarettes at the airport and pay a tax of 200%. Carry the tax receipt with as smoking in (allowable) public places without a receipt is subject to a stiff fine. Hotel policies on smoking may differ and it is important to inquire about designated smoking areas/rooms available at your hotel.

CASH & CREDIT CARDS

Thailand: Cash transactions can often be made in either U.S. dollars or local currency, though Thai Baht are generally preferred. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are widely accepted in larger shops, hotels and restaurants. Access to ATM machines is widespread in cities and towns such as Bangkok and Chiang Mai but limited in rural areas.

Bhutan: Cash transactions can generally be made in either U.S. dollars or local currency, though some smaller shops may require payment in Bhutanese ngultrum. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted on a very limited basis, mainly only in the largest shops, hotels and restaurants. Access to ATM machines is limited to Paro and Thimphu.

Nepal: Cash transactions can generally be made in either U.S. dollars or local currency. U.S. dollars should be 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 available in Kathmandu but limited in rural areas.

PACKING LIST & BAGGAGE RESTRICTIONS

Flights to **Bhutan** have a strict luggage restriction of approximately 44 pounds (20 kilograms) of checked baggage per person in Economy Class and approximately 66 pounds (30 kilograms) in Business Class. Carry-on luggage is limited to approximately 11 pounds (5 kilograms) per person in both Economy and Business Class.

Airlines flying within **Nepal** have varying baggage weight restrictions. If flying to Nepal's Chitwan National Park (Bharatpur), the small aircraft used have a maximum baggage allowance of approximately 44 pounds (20 kilograms) per person. Carry-on luggage is limited to approximately 6 pounds (3 kilograms) per person.

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.

Clothing

The varied topography and high altitudes in **Bhutan** and **Nepal** create weather conditions which can change radically in the course of the day and evening. 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.

- 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

Other Recommended Items

- Face masks and hand sanitizer
- Sun block and insect repellent
- Sunglasses
- Prescriptions and medications (in their original bottles and/or packaging)
- Simple first-aid kit
- 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

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 Journeys
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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
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.