

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, we require that you provide A&K USA with a scanned, color copy of the identification pages of your passport and a second, color copy of a passport photo. 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 to by 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.

COVID-19 COUNTRY ENTRY REQUIREMENTS & TRAVEL ADVISORIES

The following are the current COVID-19 screening requirements for entry into Thailand, Bhutan and Nepal for U.S. and Canadian residents. Visit the U.S. Department of State at travel.state.gov

or the Government of Canada at travel.gc.ca/travelling/advisories for up-to-date information and travel advisories. All requirements are subject to change.

Thailand

Thailand currently has no COVID-19 vaccination or testing requirements for entry for U.S. and Canadian residents.

Bhutan

- All travellers ages 12 years and over arriving in to Bhutan are subject to random RT-PCR testing at formal points of entry.
- Travellers are required to provide proof of a mandatory guide and stay at Tourism Council of Bhutan (TCB) certified hotels. Abercrombie & Kent final documents are acceptable as proof.

Nepal

All travellers entering Nepal must meet the following conditions (depending on vaccination status):

- **Vaccinated Travellers**
Present an original COVID-19 vaccination certificate indicating full vaccination completed no less than 14 days before arrival. The current approved vaccines are Pfizer (Comirnaty), Moderna (Spikevax), AstraZeneca (Vaxzevria) and Janssen/Johnson & Johnson (Ad26.COV2.S). To meet changing requirements, a booster shot is recommended.
 - **Unvaccinated Travellers**
Present documented proof of a negative COVID-19 PCR test (**RT-PCR, Gene expert, True NATT or WHO accredited test**) taken within 48 hours prior to boarding your first flight leg to Nepal.
- Vaccines and pre-departure PCR tests are not required for children under the age of 5. Children ages 5-18 are exempt from vaccine requirement but are subject to all other entry requirements.

COVID-19 Testing Information

A&K will arrange any required COVID-19 testing during your journey in **Thailand**. The current cost for local testing is \$100-\$200 (subject to change) and can be paid by cash in local currency or U.S. dollars.

A&K will arrange any required COVID-19 testing in **Nepal**. The current cost for local testing is USD \$30 (subject to change) and can be paid by cash in local currency or U.S. dollars. Results typically provided within 12 hours.

VACCINATIONS

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**.

LOCAL HEALTH & SAFETY PROTOCOLS

In **Thailand**, wearing masks is not required; physical distancing of at least 6 feet (2 meters) is recommended. Shops, restaurants and tourist sites may check temperatures before permitting entry.

In accordance with local regulations, face masks are required indoors, including while on public transport and taxis in **Bhutan**.

In accordance with local regulations, face masks are required in **Nepal** indoors and when outdoors, including while on public transport and taxis. All persons are required to practice physical distancing of at least 6 feet (2 meters).

Note all protocols are subject to change in accordance with relevant guidelines, local regulations and conditions.

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.

Safe Travel Essentials

Be sure to bring personal protective equipment (PPE), including face masks, travel-sized hand sanitizer with at least 60% alcohol, facial tissues and disinfecting wipes or spray.

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

- 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

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.