



## ESSENTIAL INFORMATION

### BHUTAN 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 all international tourists except India & Bangladesh citizens holders for entry into Bhutan and must be arranged prior to departure. Always Bhutan Travel has made arrangements to obtain your visa authorization through our office in Bhutan. In order to obtain this pre-authorization, we require that you provide Always Bhutan Travel with a scanned, color copy of the identification pages of your passport.

Please send this to us via email to by email at: [travel@alwaysbhutan.com](mailto:travel@alwaysbhutan.com) no later than 60 days prior to departure. During your journey, our 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. The fee for the Bhutan visa is included in your tour cost.

### VACCINATIONS

A yellow fever vaccination is only required to enter Bhutan 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.

**STAY HEALTHY ON THE ROAD** High altitudes are a feature of travel in Bhutan 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

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.

## **PACKING LIST & BAGGAGE RESTRICTIONS BHUTAN BAGGAGE RESTRICTIONS**

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

### **PACKING LIST**

Bhutan's varied topography and high altitudes 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.

### **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
- 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
- Lightweight binoculars
- Foldable walking stick
- 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.