

## **PREPARING FOR YOUR JOURNEY**

### **REVIEW YOUR PASSPORT**

Your passport needs to be valid for at least six (6) months after your journey ends, and should have enough blank visa pages for entry and exit stamps from each country you visit

### **SECURE YOUR E-VISA**

Bhutan requires a tourist visa for all international travelers except India and Bangladesh.

### **UPDATE VACCINES & MEDICATIONS**

Check with the Centers for Disease Control and Prevention ([cdc.gov/travel](http://cdc.gov/travel)) or the World Health Organization ([who.int/en](http://who.int/en)) for the latest on required and recommended vaccines for your destination. You'll want to visit your doctor or local travel clinic a couple of months before departure to allow time for any vaccinations to take effect or to fill any prescriptions.

### **MONEY MATTERS**

We recommend travelling with some cash and at least two different major credit cards, such as Visa and Mastercard, so you have back up if your card is not accepted or lost. Contact your bank and credit card companies to let them know where and when you'll be travelling, as well as confirm any foreign transaction fees. Only exchange currency at authorized outlets such as currency exchanges, ATMs or hotels and save receipts as they may be required for exit.

### **KEEP CONNECTED**

While most smartphones work overseas, you might need to turn on international roaming service before you travel. Contact your carrier for information on coverage and voice and data plan options while travelling abroad. The company can offer local tourism sim cards upon request.

### **GETTING ONLINE**

Many hotels have Wi-Fi and you'll usually be able to stay connected throughout your journey, although Internet access may be poor to nonexistent in remote destinations.

### **CHARGING YOUR GADGETS**

Be sure to bring a global travel adapter set with you to recharge your electronics at your hotel or aboard ship.

### **WEATHER & TIME ZONES**

Many websites and smartphone apps allow you to check the forecast and time zones for specific destinations. We recommend [weather.com](http://weather.com) and [timeanddate.com/worldclock](http://timeanddate.com/worldclock). Upon arrival, the time on most smartphones will automatically adjust to the local time.

## **PACKING FOR YOUR JOURNEY**

Choose comfortable, versatile clothing that can be layered to account for changes in the weather throughout the day. Smart casual is appropriate for evenings.

### **STAY HEALTHY ON THE ROAD**

Carry your prescriptions and over-the-counter medications in their original containers in your carry-on luggage. Pack a simple first-aid kit along with medicines for motion sickness and mild upset stomach. As a precaution, use only bottled water and avoid foods from street vendors.

### **KEEP VALUABLES SECURE**

We strongly recommend leaving valuables such as jewelry at home as A&K cannot be responsible. Use safes where available to secure your valuables, especially passports, money, jewelry, electronics and medications. Replacing a lost or stolen passport is much easier if you have a copy on hand. Pack a photocopy of your passport's personal information page with your luggage, and keep a photo of it on your smartphone.

### **ARRIVE TO A WARM WELCOME**

Our Always Bhutan Travel representative will welcome you at the airport when you arrive. See your itinerary for additional arrival instructions.

### **SMART SHOPPING**

If you are interested in shopping, we recommend local shops; however, Always Bhutan travel will not be responsible for the quality or value of merchandise. Any purchases and shipping are at your sole discretion. Be sure to review your credit card receipts before signing, paying special attention to currency conversion. We recommend taking items with you in lieu of shipping them whenever possible.

### **PHOTOGRAPHY ETIQUETTE**

Be sure to ask permission before taking pictures of local people, including small children. Note photography is not permitted in some locations, which is usually clearly marked. If in doubt, ask your guide to avoid having your camera confiscated.

### **TIPS ON TIPPING**

Tipping will depend on you and how you travel.