



## You're traveling to Bhutan!

This short guide will help you prepare for your upcoming journey with Alluring Asia.

### *Passports & Visa*

A passport valid for at least 6 months following the date of your arrival in Bhutan is required. In addition, a visa is required for United States citizens to enter Bhutan.

*Click on bullet items below for more information.*

- Apply for a passport
- Renew by mail
- Report and replace lost/stolen U.S. passport
- Correct or change U.S. passport information
- Visa information

### *Immunizations & Vaccines*

We strongly recommend you seek the advice of your physician for all travel vaccinations. For additional information please visit [www.cdc.gov/travel](http://www.cdc.gov/travel).

### *Tipping*

Goods and service charges of 10% are added to bills in most leading hotels and restaurants. Where it is not included, a tip of 10-15% of the bill would be appropriate.

#### **Hotel bellboy:**

\$1.00 - \$2.00 USD per bag.

#### **Your tour guide:**

\$20.00 - \$25.00 USD per person per day.

#### **Driver/assistants:**

\$10.00 - \$15.00 USD per person per day.

PRE TRAVEL

# BHUTAN

GUIDE

## What to Pack

Dress is typically casual and conservative in Bhutan.

Women should avoid sleeveless, tight or short garments, and bare legs above the knee are not appropriate for both men and women.

During spring and fall, bring layers that can accommodate temperatures varying from 32 degrees at night to the high seventies during the day.

Pack long johns, pants, cotton shirts, and sweaters. Dark colors and tough fabrics are best, as 24-hour laundry service is not widely available in Bhutan.

Lip balm, sun block, sunglasses, a hat, mosquito repellent, tissues and a good pair of walking shoes are highly recommended.

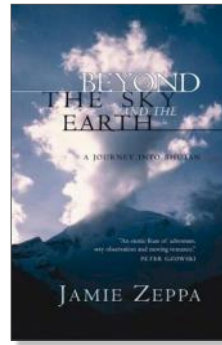
Electronic chargers for your camera, phone, iPad, etc. and extra camera memory card(s).

Electrical converter and outlet adapter. Bhutan's electrical voltage is 220, 50Hz; typically using three round pin plugs.

Due to restricted weight limits on all the Domestic flights (20kg or 44 pounds) it is recommended that you travel light.

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## Reading List

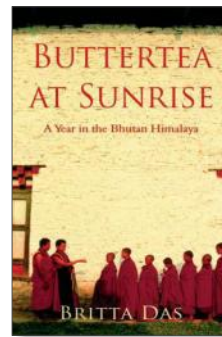


### **Beyond the Sky and the Earth: A Journey into Bhutan**

Author: Jamie Zeppa; 2000, 320 pages.

Jamie Zeppa was 24 when she left a stagnant life at home and signed a contract to teach for two years in the Buddhist hermit kingdom of

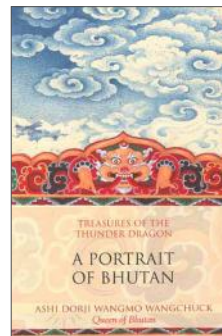
Bhutan. *Beyond the Sky and the Earth* is a joyous and lush memoir that will transform the way you think of faith, Western life, and love.



### **Buttertea at Sunrise: A Year in the Bhutan Himalaya**

Author: Britta Das; Travel Narrative, 2007, 224 pages.

Set against the dramatic scenery of the Himalaya, this beautiful memoir reveals hardships and happiness in a land almost untouched by the West. When Britta, a young physiotherapist, goes to work in a remote village hospital, her good intentions are put to the test amidst a dramatic culture shock. But as she visits homes in the mountains and learns the mysteries of tantric Buddhism, the country casts its enduring spell.



### **Treasures of the Thunder Dragon**

Author: Ashi Dori Wangmo Wangchuck; Memoir, 2007, 224 pages

This portrait of Bhutan is a captivating blend of personal memoir, history, folklore and travelogue. An engaging account of the changes the author witnessed when the country decided to end its isolation also tells a larger story—that of Bhutan's rapid transition from a medieval kingdom to a modern nation within the space of a decade.