

## You're traveling to Myanmar!

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

### *Passports & Visa*

A passport with more than six months validity remaining from the date of entry and evidence of onward/return transportation are required. A visa is required for United States citizens to enter Myanmar.

*Click on bullet items below for more information.*

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

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.

#### **Airport porter/hotel bellboy:**

\$1.00 - \$2.00 USD per bag.

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

\$10.00 - \$12.00 USD per person per day.

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

\$6.00 - \$7.00 USD per person per day.

PREPARATION

# MYANMAR

SUMMARY



## What to Pack

Dress is casual but neat and conservative in style with the climate being hot and humid most time of year. Body revealing clothing i.e. shorts, halter tops, etc. should be avoided. Bring lightweight, loose fitting clothing in natural fibers like linen, silk, and cotton to be the most comfortable.

Quick-drying clothes are a good idea for visits during the rainy season or Thingyan (the "water festival").

Longer skirts, trousers, blouses and shirts with sleeves to cover your shoulders are the norm. It is preferred for women to have their arms and legs covered, particularly when visiting temples. A pashmina or a sarong is a great must pack item.

An umbrella and rain jacket is essential during the rainy season from May-October.

Mosquito repellent, sunscreen, sun hat, sunglasses, hand sanitizer/handi-wipes, binoculars and a flashlight with extra batteries.

Hiking/trekking shoes and a good pair of walking shoes.

Public restrooms in Myanmar typically do not have toilet tissue, so you may wish to carry a small amount during your touring days.

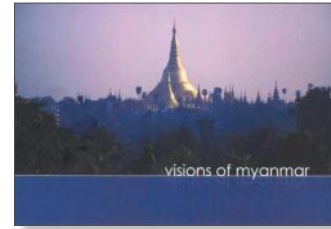
Water purifier or a Safe Water Drinking Bottle since water is not safe to drink in Myanmar.

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

Electrical converter and outlet adapter. Their electrical voltage is 230 volts AC, 50HZ and they use a two round prong plug.

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

## Reading List

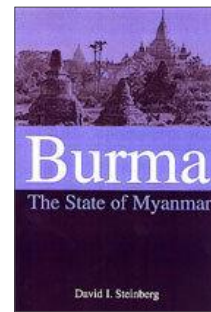


### Visions of Myanmar

Author: James Muecke, Cultural Portrait, 2008, This beautiful photo essay of

one of the most picturesque and least visited countries of Asia displays the rich diversity of its people in addition to the natural and architectural wonders of the country.

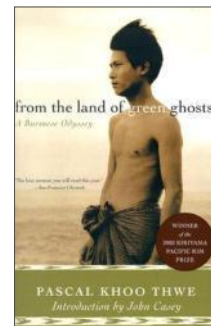
### Burma, The State of Myanmar



Author: David I. Steinberg, History, 2002, Steinberg brings readers up to date on the recent release of political prisoners, economic and military conditions, United Nations actions, and the complex, ever-

changing relationship between Thailand and Myanmar in this portrait of contemporary Burma.

### From the Land of Green Ghosts A Burmese Odyssey



Author: Pascal Khoo Thwe, Biography/Memoir, 2003, The young Burmese author, a member of a remote hill-tribe in the Shan hills, captures the traditions and challenges

of the Padaung people in this astonishing debut. His memoir follows his fate from a traditional upbringing in the village, through love and war, and escape from a rebel camp on the Burmese-Thai border with the help of a Cambridge don. A student activist in the mass demonstrations of 1988, Khoo Thwe fled to England and Cambridge, where he graduated with honors, an extraordinary feat.