

# 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 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, you must provide A&K USA with the following:

- 1) A scanned, color copy of the identification pages of your passport
- 2) A scanned, full-color copy of a recent passport-size photo (2"x 2")

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 at: [operations@abercrombiekent.com](mailto: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.

Our partner VisaCentral offers easy, efficient U.S. passport processing. Visit them online at [visacentral.com/abercrombiekent](http://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.

## LOCAL HEALTH & SAFETY PROTOCOLS

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

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.

### Clothing

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.

- 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

- Face masks and hand sanitizer
- Sun block and insect repellent
- Sunglasses
- Prescriptions and medications (in their original bottles and/or packaging)
- Simple first-aid kit
- 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.

	<b>Tailor Made Journeys</b>
Local Guides	\$20 per person, per day (full day)
Drivers	\$10 per person, per day (full day)
Airport Transfer Drivers	\$5 per person, per transfer
Hotel Porters	\$2 per bag
Housekeepers	\$2 per person, per night
Included Meals	Included
Restaurants or Room Service on Own	10-15% unless already added