



TRAILS OF INDOCHINA

*Artisans of bespoke journeys to  
Southeast Asia & beyond*

# THAILAND

## PRE-DEPARTURE INFORMATION



# INTRODUCTION



Boasting a historic culture, lively arts, beautiful beaches, exciting nightlife, friendly and hospitable people, the Royal Kingdom of Thailand offers something for everyone. Combine the former with one of the most dynamic cuisines in the world, Thailand tops the list as a vibrant country to visit. Thailand is divided into four main geographic regions: a fertile central area fed by the Chao Phraya River, a north-eastern plateau, the mountains and fertile valleys of the north, and the rainforests and beaches of the southern peninsula.

## QUICK FACTS



**Currency:** Thai Baht



**Capital City:** Bangkok



**Time Zone:** GMT +7



**Electricity:** 220 Volts, 50 Hz



**International Airports:**

Bangkok Suvarnabhumi  
Bangkok Don Mueang  
Chiang Mai

BKK  
DMK  
CNX



**Population:** 68 million



**Language:** Thai



**Calling Code:** +66



**Religion:** Buddhism

Chiang Rai    CEI  
Phuket        HKT  
Koh Samui    USM



World renowned, Thai cuisine is a blend of particular tastes; spicy, sour, sweet, and always highlighted with citrus flavours of lemongrass and lime. Although Thais generally prefer spicy food, not all dishes are so intense and there are degrees of spice as Thai food can be modified to suit most tastes. Thailand is also the perfect place for a large choice of tropical fruits such as mangos, pineapple, mangosteen, and dragonfruit to name a few.



### **Tom Yum Goong**

An infamous Thai dish known around the world, tom yum goong is a spicy and sour soup made with prawn, mushroom and lemongrass. The dynamic flavours of this soup are refreshing, with fragrant spices and herbs that create a tantalising broth



### **Pad Thai**

Arguably Thailand's most recognised dish, pad thai is a mix of fried rice noodles, bean curd, egg and tamarind sauce. Typically paired with either shrimp or chicken, pad thai comes accompanied with peanuts, chilli, bean sprout and lime



### **Som Tum**

A common dish for lovers of spice, som tum can be found in all regions of Thailand. A mixture of sweet, sour and spicy flavours with shredded unripe papaya, chopped long beans, roasted peanut palm sugar, garlic, chilli and fish sauce



### **Mango Sticky Rice**

A well-known dessert, also known as khao neow mamunang in Thai, is a combination of sticky glutinous rice, sweet and juicy mango and coconut milk. The dish is most popular during April and May when mangoes are in peak season but can be enjoyed year-round



## Currency in Thailand

Thailand's currency, the Baht (THB), typically trades around 35 Baht to 1 US Dollar. US Dollars are not accepted in shops, restaurants, taxis, etc. Therefore, currency should be exchanged to Thai Baht for use within Thailand.

### Currency Exchange

Currency exchange counters can be widely found in the major tourist areas. For more remote areas and small towns, it is better to bring local currency with you. If you are not changing at a local bank, please check several counters to gauge the exchange rate.

### ATMs

You will have no trouble finding ATMs in Bangkok or other major tourist centres including Chiang Mai, Phuket, and Koh Samui. It can, however, be difficult to find an ATM if you are travelling to a remote region of the country. If you are unsure, it is wise to bring adequate funds in Thai Baht.

### Credit Cards

The most widely accepted credit cards are Visa and MasterCard, followed by AMEX and JCB.

Credit card fraud can be a problem, so please exercise caution and do not allow vendors to take your credit card out of your sight.



## Gratuities

While not compulsory, tipping is greatly appreciated throughout Southeast Asia, especially in the service industry, when you are pleased with the services provided. For reference, we have provided a general guideline below:

- Guides (>10 travellers): \$10-\$20 per day per traveller
- Drivers (>10 travellers): \$6-\$15 per day per traveller
- Guides (<10 travellers): \$10-\$20 per day per traveller
- Drivers (<10 travellers): \$6-\$10 per day per traveller
- Restaurants: 5-10% of the total bill
- Hotel Maid Service: \$2 - \$3 per day
- Porters: \$2 - \$3 at time of service
- Local Boat Transport: \$5 - \$10 per boat
- Overnight Cruise: \$20 - \$30 per person per night (to cover all crew)

**Please note all prices are quoted in USD.**





## Insurance

Travellers are highly recommended to purchase trip and travel insurance. This can cover anything from trip cancellation to accidents, emergencies, hospital fees, property loss and medical evacuation.



## Health

Please consult your doctor to discuss your particular health or immunisation requirements. For further information, please refer to the Centre for Disease Control (CDC) website at [www.cdc.gov](http://www.cdc.gov)



## Medical

Thailand's major cities have health care that meets international standards. However, if you find yourself in need of medical attention in a rural region, public hospitals may be unsanitary. If a problem arises where you are in need of medical attention, the best option is to visit an international clinic. Please contact your hotel or guide for information on clinic services and to find one that is appropriate for Western visitors.



# YELLOW FEVER CERTIFICATE



A Yellow Fever Vaccination certificate is only required for travellers coming from – or in transit through an airport of – a country with risk of yellow fever transmission. The vaccination requirement is imposed by this country for protection against yellow fever since the principal mosquito vector *Aedes aegypti* is present in its territory.

If you are visiting Thailand and you live in or have travelled through a yellow fever zone, then you need to have a yellow fever certificate to show that you have been vaccinated against the illness.

When you arrive in Thailand, you will be asked for your yellow fever certificate. You need to show this at the medical counter before queuing for immigration.

Check to see if you have been in any of these places during the last six months. Please consult your doctor to discuss your particular health or immunisation requirements.

If you would like to have a source of further information, please refer to the Centre for Disease Control (CDC) website at [www.cdc.gov](http://www.cdc.gov)

## AFRICA

Risk of yellow fever transmission exists in these countries:

Angola, Benin, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, Republic of the Congo, Côte d'Ivoire, Democratic Republic of the Congo, Equatorial Guinea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Kenya, Liberia, Mauritania, Niger, Mali, Nigeria, Senegal, Sierra Leone, South Sudan, Sudan, Togo, Uganda.

## AMERICAS

Risk of yellow fever transmission exists in these countries:

Argentina, Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Panama, Paraguay, Peru, Suriname, Trinidad and Tobago, Venezuela.

## Validity of Certificate

A yellow fever certificate is valid for ten years after vaccination.

## Children

A vaccination certificate is required for children over one year of age.

## Common Procedure:

1. Complete yellow fever form
2. Wait in queue for an assigned health counter
3. Submit required documents to immigration officer and proceed to arrival immigration counter.

## IMPORTANT TO NOTE



The Thailand Foreign Office warns that any e-cigarettes found by Thai officials are likely to be confiscated, with the owner fined or sent to prison for up to ten years.

In November 2014, Thailand approved legislation outlawing the import of e-cigarettes into the country. This has since been expanded to the export as well as sale of e-smoking devices and equipment. Although it is common to see people vaping in Thailand offenders are technically breaking the law as possession is illegal.

- Please be informed that tourists cannot bring vaporisers (like e-cigarettes and e-baraku) or refills into Thailand.
- These items are likely to be confiscated and they could be fined or sent to prison for up to 10 years if convicted.
- The sale or supply of e-cigarettes and similar devices is also banned and they could face a heavy fine or up to 5 years imprisonment if found guilty.



The following should act as a useful checklist of essential items worth taking

- Passport - ensure your passport is valid for at least 60 days after your date of return
- Copies of your passport - it is advisable to leave copies at home as well
- Sun protection: Hat, sunscreen, sunglasses and lip balm
- Antibacterial wipes and/or gel
- Comfortable walking shoes
- Lightweight clothing
- Mosquito spray and insect repellent
- Money Belt - ensure that it is discrete and comfortable to wear
- Personal Medication - it is often good to carry a doctor's note to ensure easy passage of medication across international borders
- Basic First Aid Kit
- Emergency contact numbers: Trails of Indochina, Insurance Company, credit card companies, friends and family
- Toilet paper – not all sightseeing public toilets will have toilet paper.

## **Clothing**

Since the weather is consistently warm throughout the country, it is advisable to bring comfortable lightweight, loose fitting, cotton clothing and long-sleeved items for protection from mosquitoes and the sun.

During the rainy season, an umbrella and open-toe sandals are recommended. Thailand is a very casual country and a lightweight jacket may only be needed in the more upmarket hotels and restaurants. A hat and high-factor sun block is advisable for protection against the hot sun when sightseeing.

T-shirts and knee length shorts are acceptable for visiting temples or pagodas

## **Plugs and Converters**

In Thailand, the electricity runs at 230 Volts, 50Hz. The standard plug used is a two pin plug.





## CONTACT US



If you have any questions or encounter any issues, please contact us at our Thailand office so we can provide an immediate solution.

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