



QUIET LION TOUR 2020

GENERAL HINTS AND INFORMATION

Appliances: Most Australia appliances will work in the hotel room with an adaptor.

Bathers: There are swimming pools at every stop. Take thongs or other casual footwear.

BTRMA Shirt and Cap: Participants will be provided with a trip shirt and cap/hat. The shirt is mainly for use on ANZAC Day. Extra shirts are available at a small cost. Wearing of the cap/hat will ease control of all participants. You are free to use your own hats.

Clothes: Take light cotton clothing but one warm garment for use in the plane or the air-conditioned accommodation. At Hellfire Pass and the Kanchanaburi Wreath Laying ceremony respectable clothing and headgear (if worn) is required. At religious venues participants are required to cover their arms and legs. Sarongs and wraps will be available.

Currency: Travellers should gauge the amount of cash to take with them. \$A300 (cash suggested) with them that should be ample for normal incidentals and small shopping. It will be possible to change currency at the Airport on arrival in Bangkok, at Kanchanaburi, at Bang Pa In and at Ayutthaya. Access to ATMs is limited (and possible) outside Bangkok. The old traveler's adage "You carry the amount you can afford to lose" applies.

Departure Tax: Ex Perth and ex Bangkok, this is included in the tour cost.

Equipment: A torch is essential. Alarm clock and power converter would be handy.

Footwear: A stout pair of walking/hiking shoes is essential for Hellfire Pass and the Heritage Trail walk.

Government travel advice: Advice is available on the Internet under www.dfat.gov.au. It is your own decision on whether to travel. We recommend you register on smart travellers. The organisers of the tour are mindful of the risk of travel and take advice from our Thai organisers and reliable contacts.

Gratuities: We make a gratuity payment on your behalf to tour staff at the end of the trip. Please do not offer tour staff gratuities. Wait staff in restaurants not part of the tour usually expect a gratuity. Ask tour guides if unsure.

Laundry: Reasonably priced laundry facilities are available at Home Phu Toey.

Medical: All should obtain medical advice from your own Doctor well before travelling (February). They should also carry their own small handwash, electrolyte sachets (the heat can be very draining), small medical kit, suntan lotion and tropical strength insect repellent. There is detailed information on health matters on the web site www.who.int. General assistance on medical matters is available on tour. Routine use of handwash in particular, before putting hands near mouth, eating or drinking can be effective in preventing illness.

Passports: Passports are required to have a minimum of 6 months before expiry. Carry a photocopy in your luggage.

Public Liability Insurance: The BTRMA relies on policies of its travel agents Flightworld, airlines, Thai representatives Pacific Horizon Tours, and the hotels in Thailand (limited cover).

Safe Deposit facilities: are only available at the Royal Benja, Bangkok; Pung Waan Resort and Spa and Home Phu Toey.

Small back pack: Recommended for carrying camera, water, flannel, handwash, electrolyte sachets and medical kit.

Security: A neck wallet, “joey” pouches or waist belt recommended for valuables including your cash and passport. It is your responsibility to manage your own valuables.

Students dress for ANZAC Day: Students are required to wear black shoes, socks and trousers for the wreath laying ceremony at Kanchanaburi on ANZAC Day

Telephone coverage: With International Roaming you can stay in touch with your family, but it is expensive especially if you have data downloads. Telephone international roam can be turned off or activated prior to leaving Australia. If you are worried about the cost consult your service provider or turn off the data and international roam.

Alternatively, you can purchase a SIM card upon arrival in Thailand and replace the existing SIM card until you return home. These can be purchased at the airport or in Bangkok.

Travel Insurance: A personal travel insurance policy is a condition of travelling on the tour. Carry a photocopy of the policy in your luggage.

Water: Water is provided free at our accommodation and on tour buses. Ensure that you choose the marked free bottle/s and not others in your mini bar, which are charged for. It is normally necessary to supplement this supply of water. Bottles can be purchased in Bangkok and at some stops on the tour.

Wine: Good wine is rare & expensive in Thailand. It can be purchased at your own cost.

Thai culture: Travelers are encouraged to learn a little of Thai culture and basic phrases such as Sawadee-ka (good morning etc), La-konn (good bye) and khob-khun-ka (thanks). The Thai method of greeting is the “Wai” (to show respect) which involves bringing the palms of both hands together and raising them to face level, the finger tips about eye level and head bent slightly forward. Thais do not like physical contact, particularly with people unfamiliar to them.

WIFI Coverage: is available in most of the accommodation, usually in reception areas, with varying degrees of effectiveness. An email home can be a cost efficient way of staying in touch.

SEE ALSO THE TERMS AND CONDITIONS