



THAILAND

KNOW BEFORE YOU GO



WiFi

WiFi is available at the hotels and lodges in common areas. It may, however, be slower than you are accustomed to.



TIME ZONE

The time zone in Thailand is 12 hours ahead of Eastern Standard Time. The country does not observe Daylight Saving Time.



ELECTRICITY

Electricity in Thailand is 220 volts AC, as opposed to the U.S., which is 120 volts. A voltage converter and plug adapter is required. Reduced or fluctuating power may sometimes occur.



CURRENCY

The currency is called the Thai Baht. ATMs are widely available and compatible with most credit cards. Airports and hotels are best for exchanging currency.



SOUVENIRS

Popular items include hand-painted platters, high grade gems/jewelry, handicrafts, silver goods, ceramics & pottery, silk fabrics, wood carvings, wine, woven baskets and clothing such as boho pants.



IMMUNIZATIONS

While no immunizations are required, you should consult your medical provider for the most current advice. See Travelers Handbook for more information.



PASSPORT & VISA

All American and Canadian citizens must have a passport which is valid for at least 6 months after your return date. No visa is required for stays up to 90 days.



WATER

The tap water is untreated so we recommend drinking only bottled water or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. Bottled water is provided throughout.



BOOKING INTERNATIONAL FLIGHTS

Check your itinerary or contact your destination manager before confirming international flights. Most itineraries require an evening departure out of Phuket (HKT).



**Thomson Family
Adventures**

800.262.6255 | www.familyadventures.com





CULTURE

Thai people generally do not shake hands, but use the wai greeting. A wai consists of placing your hands together as in prayer; raising them toward your face, while slightly bowing your head. For older people and monks, the hands are raised to the bridge of your nose. For young people, you do not wai greet, but just nod slightly.

Never pat a Thai on the head, regardless of age, as the head is believed to be the most sacred part of the body. Also, never point your foot at a person as the foot is considered dirty. Do not step over any part of a person who is seated on the floor.

Monks are not to be touched in any way.



ROYAL FAMILY

In Thai culture, people have a deep, traditional reverence for the royal family, and visitors should be careful to show respect for the king, the queen, and the royal family, as well as any image of royal family members. It is unacceptable to speak ill of the royal family and it is required by both the standards of Thai culture as well as Thai law to stand in honor of the King prior to movie screenings and other public events. Do not deface any of the Thai money because it has a picture of the King on it.



SHRINES AND ATTIRE

Visitors should dress neatly in all religious shrines. You should never enter a temple in shorts, sleeveless shirts, or other unsuitable attire. When visiting the Grand Palace legs should be covered to the ankle, capris are not sufficient. Avoid tight fitting clothing as well.



BUDDHAS

Each Buddha image - large or small, ruined or not - is regarded as a sacred object. You should not pose for photographs in front of them, and never climb onto one to take a photograph or do anything which might indicate a lack of respect.



PHOTOGRAPHS

Do not photograph people without asking permission first. Follow your guide's advice in this matter. In some areas people will expect money if you photograph them. You should also not photograph people in prayer.



IMPORTANT NOTE ABOUT ELEPHANTS

Following an awareness movement within the global tourism industry, Thomson Family Adventures and our partner in Thailand feel strongly about the proper treatment of elephants. Over the past decade many camps have been built exclusively to entertain tourists and elephants are often put to show displaying unnatural activities for them. We are aware that some people in rural communities rely on income from such camps, but we also believe it is right to encourage a gradual shift towards a more responsible management of camps which will ensure long-term and a more sustainable income for these communities. The camps visited on our itineraries have been approved by in-house sustainability coordinators and are in accordance with global standards for Animals in Tourism.

MUST HAVE

Packing Essentials



FOOTWEAR

- Comfortable walking shoes
- Casual shoes or sandals

OUTERWEAR

- Fleece Jacket
- Wind & Waterproof Jacket



ACCESSORIES

- Sunglasses & Wide Brimmed Hat
- Camera
- Binoculars (optional)



LUGGAGE

- Daypack/Backpack (waterproof recommended)
- Duffel bag or soft-sided suitcase



APPAREL

- Lightweight Long Pants (convertible are best)
- Long-Sleeved Shirts
- Quick Dry T-Shirts/Athletic Wear
- Sleepwear
- Undergarments and Socks
- Sports Bras (for athletic activities)
- Swimsuit
- Bandannas (many uses, including dust protection)
- Skirt, dress or nice pants (optional for evenings)



PERSONAL ITEMS

- Sunscreen
- Toiletry kit (shampoo, toothbrush, etc.)
- Hand Sanitizer
- Tissues
- Medications / First Aid Kit
- Plastic bags, Zip-lock
- Anti-diarrheal (Pepto, Imodium)
- Aspirin, Ibuprofen. etc.
- Chargers (phone, camera)
- Insect repellent
- Flashlight (optional, early mornings)

Note: Checked luggage may not exceed 44 pounds.

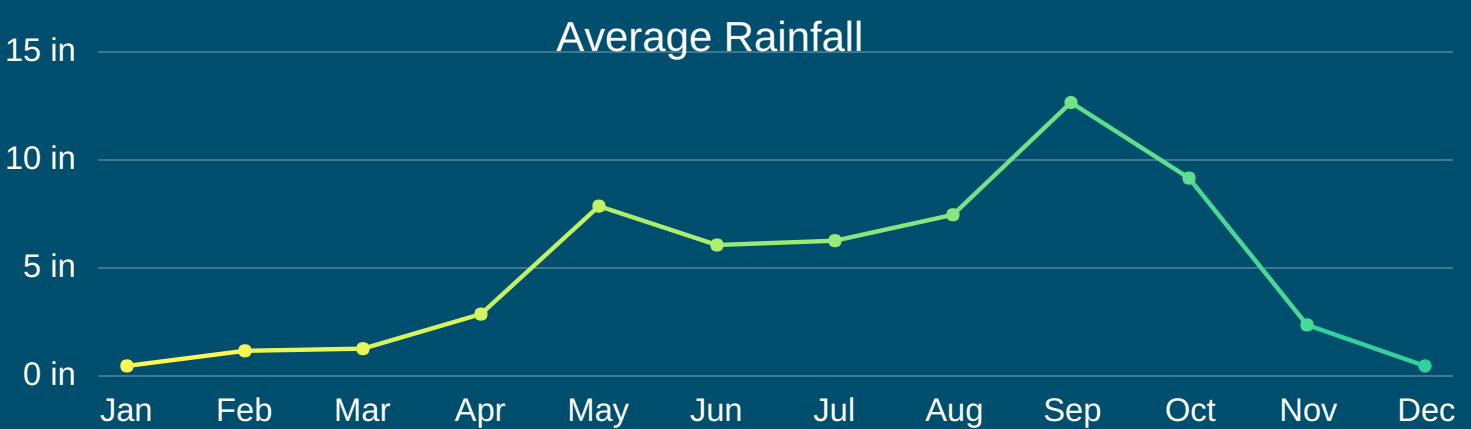
WEATHER INFORMATION

Thailand has three seasons: cool, hot, and wet. The coolest months are December - March while the hot season is April and May. June through November is the wet season, with temps in the upper 80s with lots of rain.



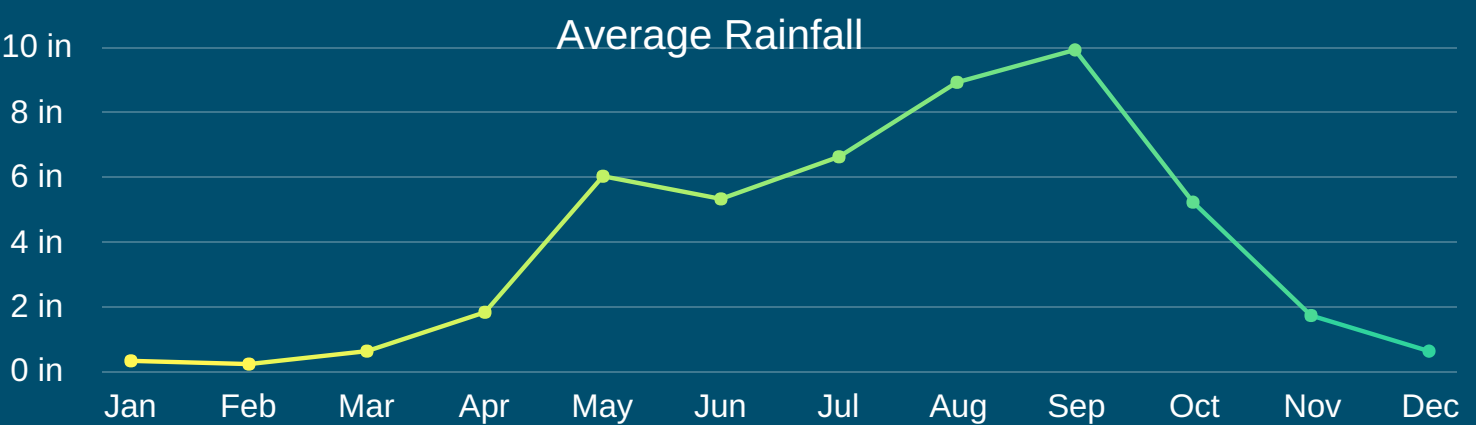
BANGKOK

Months	High / Low
Feb - Apr	92 / 80
Jun - Nov	90 / 83
Dec - Jan	87 / 79



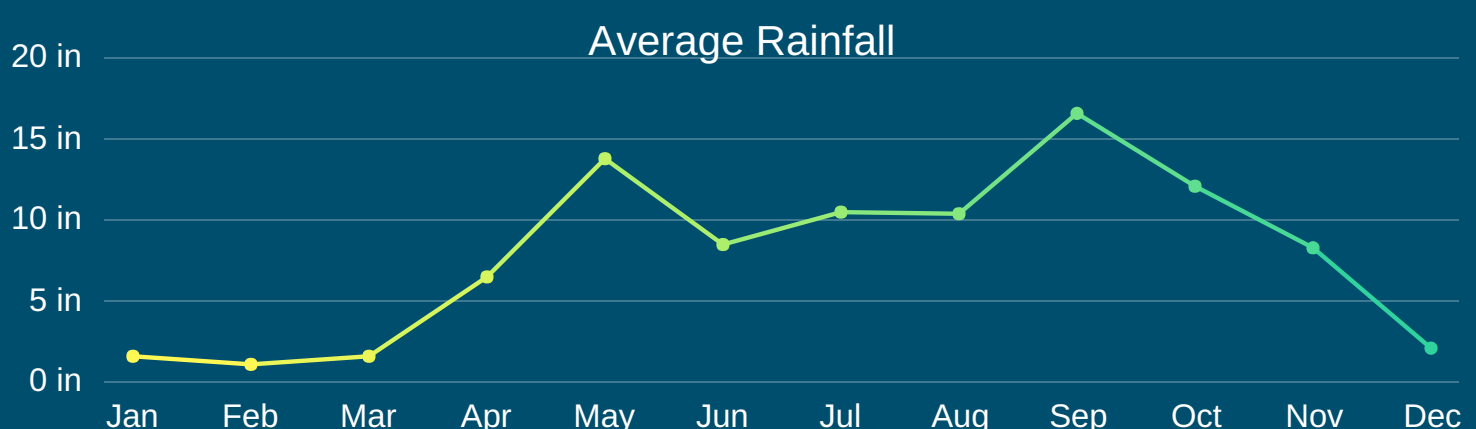
CHIANG MAI

Months	High / Low
Feb - Apr	94 / 66
Jun - Nov	88 / 75
Dec - Jan	82 / 59



PHUKET

Months	High / Low
Feb - Apr	91 / 75
Jun - Nov	88 / 77
Dec - Jan	88 / 75



DON'T FORGET...



REMOVE JEWELRY



Don't bring anything expensive or irreplaceable.

TRAVEL DOCUMENTS



Passport
Itinerary
Emergency contact info

CELL PHONE



Turn off roaming
Check for international rates/plans

SPEAK UP



Don't wait until you get home. If you have any problems on the trip regarding accommodations, meals, activities, etc. speak to your guide or contact TFA.

FOOD



If your child is not an adventurous eater, we recommend that you bring some of their favorite snacks from home, such as peanut butter or trail mix.

CASH & CREDIT CARDS



Always contact your bank before traveling.

LANGUAGE



ENGLISH

Hello
Good morning
Yes
No
Please
Thank You
How much does it cost?
Goodbye

Sa wat dee khrap/kha (M/F)
A roon sa wat
Khap/Ka
Mai
Karuna
Khaawp khoon khrap/kha
Thao-rai?
Sa wad dee

THAI