

# THE ADVENTURES OF THAILAND!

## YOUR PERSONAL GUIDEBOOK

### ON PREPARING FOR

### YOUR SAFARI

PREPARED FOR  
PHELPS FAMILY



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## Preface

This Safari Guide contains all the information you will need before going on your safari. It is divided into two sections:

**Section One: Before Departure** contains important information that you will need before you leave. **Please read it now** for this reason.

**Section Two: On Safari** contains details and reference materials that will help you during your safari. Please make sure you review it before your safari departs.

Please contact us if you have any questions.

## Section One: Before Departure

### Checklist: Before Departure

- Please read this entire guide before your departure.** It contains important information to help you prepare for your safari. We recommend you bring this safari guide with you on safari.
- Get a passport or check your passport.** If you already have one, make sure it will remain valid for at least six months **after** the date of your return from your safari. If it doesn't, please get a new passport now. Countries will not issue the required admission visas if your passport expires within six months of your departure from Thailand.
- Obtain the required visas:** You will need a visa for your safari. You may find more information on applying for one at this site: <https://thaiembdc.org/visas/>
- At the airport.** Your international airline is required to check your passport, prior to your departure. Occasionally, airline staff may not be familiar with visa requirements, and they may initially refuse to let you board the aircraft if they do not see a current travel visa in your passport. Showing them your visa approval should be accepted in place of a visa in your passport. If the airline staff does not accept the visa application, ask to speak with a supervisor and suggest they check the embassy's website of the country you will visit.
- Please talk with your medical professional and/or a professional at a travel health clinic about recommended health precautions.** This safari guidebook provides you with important information on the various precautions you may choose to take, but it is ultimately up to you to consult with your own medical professionals to determine your personal precautionary health measures.
- Arrange for transportation to and from your hometown.** Safari Professionals does not make international flight arrangements.
- Please be sure to send us a copy of your international air confirmations as soon as you received them.** We need to provide your flights details to our team in Thailand in order to coordinate all your arrangements.

## Documents

### **Passport**

Please visit the U.S. State Department's website for complete information.

[http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

- If you have a passport, make sure that it will remain valid for at least **six months after the date of your return** from your safari. **Your airline may have been instructed to not let you board your flight if this requirement is not met.**
- If you have changed your name (are newly married, for instance) be sure that we have your name as it appears on your passport. Your safari arrangements must be confirmed using your passport name. Please note that, if a name change is required, the airlines and other providers of services will charge a fee, which will be added to your safari balance.
- If you have a passport that has expired within the last 15 years, or one that will not remain valid for at least six months after the date of your return home, you will need to renew it. Renewal requires an application, two passport photos, your latest passport, and payment of the renewal fee.
- If you are getting a U.S. passport for the first time, or if your old one expired more than 15 years ago, you will need to provide proof of citizenship, proof of identity and two 2"x2" photos. For complete details, please visit this website:  
[http://travel.state.gov/passport/get/first/first\\_830.html](http://travel.state.gov/passport/get/first/first_830.html)
- If you are applying for your passport, please make sure to leave enough time to obtain any travel visas you may need.
- Please check to determine if you have **at least two blank visa pages** for the travel visas and entry/exit stamps you may obtain. Endorsement pages cannot be counted as visa pages. If you do not have a minimum of two blank pages, we strongly recommend you obtain a new passport.
- You may use a professional passport/visa service to assist you with any passport-related transaction. An additional fee will be charged by the passport/visa service. You may use any service you wish. We have found The Travel Documents Company (<https://www.traveldocs.com/>) to be highly effective in providing personalized assistance with passport and visa services.

Passport agencies of the U.S. Department of State are located in several cities and there are over 7,000 locations which accept passport applications throughout the U.S. Please visit this website to locate one near you: <http://iafdb.travel.state.gov/>

If you require expedited service, we strongly recommend you use a professional passport/visa service. Please note that additional time may be needed to obtain visas. If you apply for expedited service directly to the State Department, be sure to specify your departure date on your application. This is very important: passports are processed by the State Department in the order of departure date. Application forms that simply arrive by overnight services do not receive expedited treatment. The State Department charges an additional fee to expedite the processing of your passport.

Loss or theft of a valid passport is a serious matter and should be reported in writing immediately

to Passport Services, Department of State, Washington, D.C., or to the nearest passport agency. If you are abroad, it should be reported to the nearest U.S. consulate or embassy. We strongly suggest you make a photocopy of your passport and carry the photocopy with you, separate from your passport. In case of loss, this will help expedite the paperwork for obtaining a new one. In addition, we require that you provide Safari Professionals with a copy of the photo page of your passport, so we may book your hotel and transportation reservation in Thailand.

If you experience any problem in obtaining a passport, please call us and we'll assist you.

## **What to Take**

### **Documents**

Before your departure, we will provide you with additional information that will help you on safari. Take this safari guide and other information with you. **DO NOT put any important documents in the luggage that you check through.** Keep these items with you at all times in your carry-on luggage. And don't forget your passport!

### **Luggage and Packing**

Most people tend to take too much clothing and gear on safari. Pack light and plan on taking only one medium soft-sided suitcase or duffel bag. The size for checked baggage is 45 lbs and for a carryon is about 15lbs. There is a limit of 1 of each per traveler. You may plan on using your carry-on as your day bag during game drives.

**Keep one carry-on bag in your possession at all times with important items such as medications, tickets, passport, etc.**

Although the U.S. Transportation Safety Administration (TSA) publishes guidelines regarding the dimensions of carry-on luggage, each country and each airline establishes their own guidelines.

**Please check with all your international airlines now to determine if your carry-on luggage meets their specific requirements.** And we suggest you check again, just before your departure, to ensure their policies have not changed.

**Some international airlines restrict carry-on luggage to one piece and do not allow an extra piece such as a purse or computer case. Again, please check with your airline to determine their carry-on allowance and policies.**

The U.S. Transportation Safety Administration (TSA) provides the following information regarding luggage:

“Please check with your airline for their specific policies on carry-on and checked bags, including the number of bags allowed and size/weight restrictions. To help you and your bags get through security quickly, here's a packing tip: Many harmless items, when packed in a less than orderly fashion, might look like threats in the X-ray and require additional screening. So if you're packing electronics, be sure to wrap the cords tightly. Also, pack your items in layers: a layer of clothes, a layer of electronics, a layer of clothes, and then a layer of other items. This gives an officer a better view and will reduce the chances of your bag needing additional screening.”

We strongly recommend you consider securing your checked baggage with locks approved by the

U.S. Transportation Safety Administration (TSA). These locks provide security but allow the TSA to open your baggage if it is chosen for inspection, without destroying your locks. TSA approved locks can be purchased just about anywhere padlocks or travel items are sold. Additional details are available at this TSA website: <http://www.tsa.gov/travel/travel-tips>.

Please use the large, easy-to-spot luggage tags provided by Safari Professionals. When our safari travelers use the same tags, it makes it easier for guides, lodge staff members and drivers to identify the pieces belonging to you. We recommend you place a copy of your itinerary inside your checked luggage in the unlikely event that your baggage does not arrive at your destination. You may also wish to attach an additional tag to your checked luggage that includes your flight schedule.

## **Climate and Weather**

The weather in Thailand is generally very hot and humid, particularly between March and May. While you may have some of that, you are traveling at the best time which is November to February (cool season).

## **Clothing**

Once again, travel light. Casual wash-and-wear summer clothing is appropriate for your safari. You'll want to bring lightweight sunscreen, a sunhat, and beach wear. A rain jacket is advised year-round. A swimsuit and a good pair of walking shoes is also recommended (see the Footwear section below for more details).

Please keep in mind that airplanes can be quite cool during overnight international flights. Dress so you will be warm and comfortable during your flight.

## **Footwear**

Comfort is the key. Any good waterproof hiking shoes or hiking boots are usually sufficient unless you have specific ankle issues that may require higher top shoes. Casual shoes will also be needed around hotels and lodging.

## **Cameras**

Virtually everyone who wishes to take photographs on their safari uses a digital camera, mobile phone or tablet. Most people find that a digital camera with a zoom lens rated between 200 to 300mm allows them the greatest flexibility in taking wildlife photos. The zoom feature is handy for framing your photo and the longer focal length will bring your subjects closer to you.

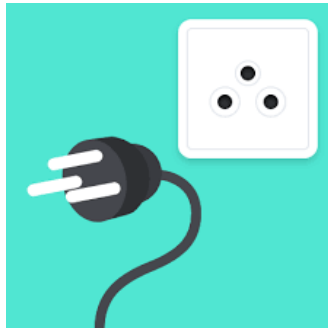
You will be able to charge your camera batteries at each place you stay. But make sure you have the proper adapter.

Digital cameras store their image files on memory cards. It's easy to fill up a card when using a digital camera, so we suggest you bring more than one. Some travelers bring a dedicated hard drive to store image files, allowing the cards to be reused throughout the safari.

**If you purchase new photographic equipment for your safari, please test it to make sure it is functioning properly.** And **be sure to bring extra batteries**, even if your equipment uses rechargeable batteries. Batteries can run out of power while you are on a game drive and a spare will ensure that you won't miss a great photo opportunity. It is unlikely you will be able to purchase another battery while on safari.

## Electric Adapters

When you are gathering the items, you will be taking on safari with you, be sure to grab a travel adaptor. In Thailand, the associated plug type is O, which you can see below. Note: Thailand operates on a 230 volts AC and 50 Hz frequency.



Type O

## Checklist: Clothing

- Light weight, quick-drying clothing
- 2 or 3 long sleeved shirts (we recommend shirts with roll up sleeves).  
Most travelers find a total of 3 or 4 shirts to be sufficient
- Lightweight rain jacket
- Sweatshirt/jacket for cooler nights
- 2 or 3 pairs of light weight, quick-drying pants (you will be hiking in the rainforest and shorts/skirts are not recommended)
- 1 or 2 sets of short sleeve shirts and shorts for around camp if you prefer
- Belt
- Sleepwear
- Underwear and socks
- Swimsuit (if you wish to use available pools or on the beach)
- Wide brimmed hat for sun protection
- Comfortable and waterproof hiking boots
- Casual shoes
- Flip-flops or shower shoes
- Sports bra

Remember quick drying clothing is ideal so can be washed and dry conveniently

Easy to roll suitcase/duffle bag is preferred

## Checklist: Miscellaneous

- Portable external battery to charge your phone
- This safari guidebook
- Toiletries (toothbrush, toothpaste, shampoo— if you wish to use your favorite, shaving cream, razors, deodorant, comb, tampons, etc.)
- Insect repellent
- Pre-moistened towelettes or baby wipes
- Facial tissues



- Hand sanitizer
- Binoculars
- Sunscreen and lip balm (A minimum SPF of 30 is recommended)
- Retractable hiking pole
- Powdered laundry detergent (for your personal delicate items)
- Electrical adapter plugs
- Security pouch for carrying your passport and money
- At least one extra pair of glasses or contact lenses
- A copy of your eyeglass prescription in case you lose or break your glasses
- Sunglasses
- Daypack (which doubles as your carryon luggage)
- Medications for diarrhea, colds, sunburn, upset stomach, etc.
- Basic first-aid kit (band-aids, antiseptic ointment, aspirin, etc.)
- Prescription medications you may need
- Written copy of your prescriptions with the chemical name of the medication (Keep this separate from your medications)
- Small notebook or journal and pens
- Sewing kit, rubber bands, duct tape
- Watch and/or travel clock
- Your favorite snacks that are not subject to heat damage (nuts, hard candies, mints, granola bars)
- TSA approved luggage locks
- Sports drink hydration tablets for staying hydrated and quickly replenishing trace elements (available at sporting goods stores)
- Paperback books, digital reader or other reading materials. Travelers often trade books on safari.

### **Checklist: In Your Carry-On or On Your Person**

- Passport, airline confirmations, frequent flyer card
- Credit card (due to security concerns, do not use debit cards)
- Cash in both USD and Baht (THB; Symbol ฿)
- Flashlight with extra batteries
- Medications (do not pack medications in checked luggage)
- Written copy of your prescriptions with the generic names of the medication (Keep this separate from your medications)
- Spare pair of prescription glasses or contact lenses if you wear them. If you wear contacts, we suggest you also bring along a pair of glasses. Eye drops.
- A copy of your eyeglass prescription in case you lose or break your glasses
- Cameras, digital memory cards, extra batteries, lens cleaning items
- Photocopy of your passport photo page (Keep this separate from your passport)
- Ear plugs, neck rest, eye shade for your overnight flights
- Spare set of underwear & socks in the unlikely event your luggage is delayed
- Something to read during your flights

## **Money**

### **Currency & Credit Cards**

American Express, MasterCard, and Visa credit cards are widely accepted. ATMs are found in all major cities and almost all provincial banks.

Traveler's cheques are accepted by almost all banks and large hotels and shops. To avoid additional exchange rate charges, travelers are advised to take traveler's cheques in US Dollars, Euros, or Pounds Sterling.

Also note that the import and export of local currency is limited to ₺50,000. The import and export of foreign currency is unlimited but amounts over US\$20,000 must be declared. Foreign currencies can be exchanged at banks (which have the best rates), hotels (which charge high commissions) and bureau de changes can be found in larger towns (generally open 8am – 8pm). Outside large towns and tourist areas, high value notes may be difficult to exchange, so **visitors are advised to carry small change.**

## **Health**

### **General Health Considerations**

Before you leave for an extended vacation, especially one to an international destination, we recommend you consult your physician and a professional travel clinic. Make the doctor's appointment **no less than eight weeks before your departure**. You may need some prescriptions, inoculations (some of which need to be taken well before your departure), and perhaps some special advice that relates to your own physical condition. If you haven't had a physical examination recently, you should get one. Discuss your itinerary and describe your planned activities with your doctor if you have any questions about your fitness.

#### **If you have any medical condition that requires special care or medications, let us know.**

In addition to getting specific inoculations and drugs, it is a good idea to bring along some general medicines as well. A broad-spectrum antibiotic is advisable. Be aware that some antibiotics (like tetracycline) can cause hypersensitivity to the sun. Diarrhea medicine is also advisable, as is medication for itches or rashes.

Be sure to bring enough of the prescription medicines that you are currently taking. Pack your medications in your carry-on luggage, not in your checked luggage. And don't take just enough in your carry-on luggage for the flight, assuming you will retrieve the rest when you get to your destination. Occasionally, checked luggage is delayed, and you could find yourself without medication. Carry a written copy of the prescriptions for any such medication you need, including its chemical (generic) name.

If you have any special condition or allergy that might possibly require attention overseas, have your physician write a letter describing the nature of the condition and the treatment - send a copy to us and carry the letter with you. If you should happen to need medical care away from home, your temporary physician will be able to treat you more efficiently and effectively.

If you have severe allergies that may require the use of an Epi pen, please be sure to bring them.

### **Dental Check-Up**

It's a good idea to see your dentist a few weeks before departure. A broken or lost filling can be very aggravating while traveling. You might also consider taking along one of the commercially available dental emergency kits. Such kits allow you to replace lost fillings, cement crowns or caps, and alleviate toothaches. Ask your dentist or pharmacist for a recommendation.

### **Eyeglasses And Contact Lenses**

If you wear eyeglasses, take an extra pair along on the trip. If you wear contact lenses, you may want to take an extra pair of contacts and a back-up pair of regular glasses. A copy of your eyeglass prescription will make it easy to replace your glasses, if necessary. Contact lens users should bring plenty of any solutions they use. Wearers of soft contact lenses that need daily care should not hesitate to bring them. If the lenses require treatment in an electric sterilizer, however, be sure that you have plug adapters and a voltage transformer that will allow you to use the equipment on 220 volts. Please note that at some locations, electricity provided by solar power or generators may not be available 24 hrs. each day.

### **CPAP Machines**

If you use a CPAP machine, please be aware that some lodges and camps may not provide 24 hr electrical service. Portable, battery-operated CPAP machines are currently on the market and you may want to consider purchasing and bringing one with you, if you need your CPAP every night.

### **Checklist: Health**

- Consult your physician and/or a professional travel clinic no later than eight weeks before your departure.
- Plan ahead and get the necessary inoculations well before your departure.
- Ask your medical professional for a recommendation for malaria prevention medication. Let your doctor know if you are or may become pregnant.
- Let Safari Professionals know of any medical issues you may have and carry a letter from your physician with relevant information.
- Hand-carry your prescription medicines and bring written copies of all your prescriptions in case you need to replace any while you are on safari.
- Take some personal medications for infection, headache, upset stomach, allergies, and diarrhea. Get advice and prescriptions from your doctor.
- Take out additional medical travel insurance if your insurance advisor recommends it after reviewing your own policy and the travel insurance provided.

### **Safety**

## **General Risks of Travel**

We make every effort to assure you a safe, healthy, and rewarding journey. Any travel, however, involves some risk. Whether you make your own arrangements or go with a group, the new and wonderful things that travel offers can be a potential source of danger. Although we believe such risks can be greatly minimized and will not pose a serious threat to you, no one is able to guarantee you the same level of safety or health that you might enjoy at home. Standards of health and safety vary widely around the world, and we have little control over local conditions or practices.

## **Travel Advisory**

From time to time, the U.S. State Department issues travel advisories regarding travel to and within various countries, as they deem appropriate. You may review their website at <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>. If you have any questions or concerns, please contact us to discuss them.

## **Section Two: On Safari**

You don't have to digest this all at once, but we ask that you read it through carefully at least once before you leave on your safari. Please use this as a reference during your journey. Included are descriptions of situations that you will probably never experience and procedures that you will never need to use, but that are important to know about just the same.

### **Valuables**

One of the recurrent problems of travel is losing items or having belongings stolen. Most people simply are not used to a nomadic way of life and don't keep track of their personal possessions very well while on the move. Remember also that travelers are usually quite conspicuous, and thieves thrive on carelessness. Here are some important points to keep in mind wherever you travel:

- Avoid wearing flashy items like jewelry and fancy clothes in public. It's best to leave your jewelry at home. Most thefts are of the "grab and run" variety.
- You may be particularly vulnerable while standing in lines, in baggage-claim areas, and in crowded public places where pickpockets lurk.
- Men should not carry a wallet in pant pockets. Women should carry bags with any flaps held toward them. Hold onto bags tightly in crowded places or leave your purse at home.
- Do not talk to strangers on the street. Don't listen to any plea for help or any other line that you may be given. Con artists of all sorts abound, so just ignore them and continue on your way. They have very convincing stories and are unbelievably good. If someone persists, go into a shop or other public place, and ask the manager for assistance.
- Always keep all of your important items in a safe place. It's best to spread valuables in different places rather than in one bag or pocket. It's best to keep your passport on your person at all times. Keep your carry-on bag with you at all times while you are traveling. Don't leave money or credit cards in your hotel room unless there is a safe in the room. Don't leave your purse, day pack or camera bag unattended.

### **Lost Luggage**

It is a sad but true aspect of air travel that bags get delayed or lost. It doesn't happen often, but it does happen, and there is not much that we can do to prevent it. The hopeful note is that the odds of it happening to you are thousands to one. But if it does happen, please don't let it spoil your safari.

Fortunately, delayed bags are more common than lost bags. Our local team will help you purchase whatever you may need. To take advantage of your baggage delay and loss insurance keep your receipts for reimbursement. And your travel insurance company may help locate your luggage if the airlines cannot identify its location. To help your luggage find you, we recommend placing your home address and a copy of your complete itinerary in your luggage to help the airlines get it to you.

## **Health pt. 2**

### **Water, Milk, and Food in Thailand**

Use only bottled or boiled water for drinking, brushing teeth, or making ice. Unpasteurized milk should also be boiled, although pasteurized or homogenized milk is available. Tinned or powdered milk is safe as long as it is reconstituted with sterile water. Beware of dairy products that may have been made with unboiled milk. Stick to meat and fish that have been well cooked, preferably served hot, but not reheated. Avoid raw vegetables and unpeeled fruit.

Thai food is traditionally hot and spicy, but most tourist restaurants tend to tone down the heat for the more fragile Western palate. Most Thai food is prepared with fresh ingredients such as lemon grass and coriander and rice is commonly eaten with most meals. Popular fruits are papaya, jackfruit, mangosteens, rambutans, pomelos (similar to grapefruits) and, above all, durians, which farangs (foreigners) either love or hate. The thorny fruits have a rather malodorous scent which has even resulted in many hotels banning them from their premises.

Excellent food can be found at the stalls of the many street vendors around the country as well as top-notch eateries. There are also many Asian and European restaurants throughout the major cities and smaller towns.

### **Travel Fatigue**

According to an old expression, getting there is half the fun. A lengthy flight, however, can be downright exhausting. The sheer fatigue of air travel, coupled with jet lag, can precondition you for problems when you arrive, unless you take steps to ease its potential effects.

Travel fatigue is primarily caused by lack of sleep. Airplane seats become uncomfortable after a few hours and your feet swell during prolonged sitting. The in-flight routine of safety briefings, passing out of headsets and drinks, meal service, tray collections, miscellaneous announcements, duty-free shopping and movies often seems like a three-ring circus designed to keep you awake. Other factors can also cause fatigue. Many cabins are pressurized at 5,000 ft. or more, which means that those who live at sea level will experience some oxygen deprivation. And the bone-dry air can cause a raw throat and dehydration.

Air travel experts and experienced travelers have techniques for combating travel fatigue. Here are some things you should do to reduce travel fatigue:

- Get plenty of rest the day before you leave.
- HYDRATE! Avoid alcohol during the flight and drink plenty of other liquids. According to some experts, dehydration is the most debilitating part of air travel. Drinking at least eight ounces of fluid every hour is recommended.
- Eat lightly during the flight.
- Exercise. Although the cabin crew may disapprove if you jog around the plane, you can get up and stretch and walk about. There are also simple exercises that will relax your muscles and circulate your blood. Roll your feet, rotate your head, and contract and relax your leg muscles. Do some deep breathing. And if you're not the shy type, raise your knees to your chest and swing your arms over your head. This may result in some quizzical looks from passengers around you, but you'll be better off for it.

- Stretch out if there are some unoccupied seats. Take off or loosen your shoes.
- Use earplugs and an eye mask if you wish to sleep during your flight. You may ask your flight attendant to let you rest when they offer meals or other services.

## **Jet Lag**

When you travel across time zones, your circadian rhythms (or body clock) are thrown off schedule. Your watch will tell you it's time to wake up, while your body convincingly argues that it's time to sleep. Coupled with general travel fatigue, jet lag can cause impaired body and mental functions.

Chief among the symptoms are restlessness and fatigue, digestive problems, altered kidney and bowel functioning, pronounced reaction to alcohol, cloudy vision and short-term memory loss.

Several factors can influence the seriousness of jet lag: the number of time zones crossed, the length of the flight, whether there is a stopover during the journey, and the departure and arrival times. In addition, traveling from west to east seems to be more difficult than from east to west. Ideas about how long it takes to adjust vary from "one day for each time zone crossed" to a complicated formula that computes a half dozen interrelated factors.

There are several things you can do to alleviate jet lag. First, follow the suggestions given above to combat general travel fatigue: rest before the flight, exercise, drink plenty of liquids and so on. Second, in preparation for your journey, you can consciously adjust your diet and sleeping patterns prior to your departure to put you more in sync with your destination's time frame.

We suggest you visit The National Sleep Foundation's informative website to learn more about jet lag: <http://www.sleepfoundation.org/article/sleep-topics/jet-lag-and-sleep>.

## **Digestive Disorders**

Stomach and intestinal upsets are common complaints wherever people travel. They range from mild discomfort to diarrhea and vomiting. The vast majority are harmless and quickly pass.

Some digestive upset is probably inevitable for many people. Readjustment of the body clock and exposure to new flora and minerals in the water cause part of it. Overindulgence, a richer than usual diet, and changed eating and drinking habits are responsible for much of it, as well. According to one study, the biggest cause of traveler's stomach upset is overindulgence in rich foods and alcohol, not bacteria in the water supply. Depending on the destination, of course, there may be health hazards from drinking the local water or eating certain foods.

## **Traveler's Diarrhea**

Traveler's diarrhea is a common malady throughout the world. When it occurs, there are basically two things you can do: stop it with medications or let it run its course. There are several medications that can usually stop it. Some physicians argue, however, that diarrhea is nature's way of ridding the system of harmful toxins and shouldn't be stopped prematurely. You should consult your physician on whether, and under what conditions, you should take diarrhea medicine.

## **Avoid Dehydration**

During your flight be sure to drink plenty of liquids and avoid alcohol. After you arrive, continue to drink lots of liquids. If you aren't careful, you can quickly become dehydrated. You may find you need to drink more non-alcoholic beverages than you do at home.

If you feel you have become dehydrated, sports drink hydration tablets mixed with bottled water may quickly help you feel refreshed. As an example, we never travel without these tablets:

<https://guenergy.com/products/hydration-drink-tabs>.

## **Respiratory Ailments**

Traveling increases the risk of contracting sniffles, throat infections, and other such maladies. There's not much to be done except to take something along for the symptoms.

For the comfort of others, smoking is not permitted in the safari vehicles or during meals.

## **Motion Sickness**

For travelers prone to motion sickness, various methods of travel may cause significant discomfort. Traveling in the back of a bouncing Land Rover or flying in a small aircraft may trigger motion sickness symptoms.

If you are subject to motion sickness, please review CDC's information about the prevention and treatment of motion sickness at this website: <http://wwwnc.cdc.gov/travel/page/motion-sickness>.

Some of our travelers have found relief using pressure bands or devices that mildly stimulates the inside of their wrists. However, their effectiveness has not been proven in clinical studies. Others swear by the use of ginger and some studies have shown that ginger can be effective. We suggest you test any prevention or treatment options before departing on your safari.

## **Emergency Medical Care**

Should you become seriously ill or injured, it may be necessary for you to leave the safari. This may mean hospitalization or taking an early flight home. You may wish to consider purchasing travel insurance to cover any such medical emergencies. Safari Professionals can provide you with a reference to our preferred Travel insurance provider to provide you with a quote for travel insurance, at your request.

Medical emergencies are extremely rare, but rest assured that, in such emergency cases, Safari Professionals and our teams in Thailand will provide all the assistance we can to help you obtain the best treatment and appropriate transport back home. Be advised, however, that medical treatment and evacuation may mean that you'll have extra expenses. Please consult with your insurance professional to determine if your health coverage is adequate for your situation.

If you would like a quote for travel insurance, just let us know.

## **Post-Travel Health**

Some diseases may not manifest themselves immediately. If you become ill after returning home, tell your doctor where you have traveled. Most people who acquire viral, bacterial, or parasitic



infections abroad become ill within six weeks after returning home. However, some diseases may not manifest immediately (malaria may not cause symptoms for as long as six months to a year after returning home). Tell your physician where you have traveled within the past 12 months.

### **Communications**

There are plenty of internet cafés all over Thailand, some even found in remote areas visited by tourists.

## **Safari Ethics & Etiquette**

Adhering to the following guidelines will help everyone enjoy their safari to the fullest.

- Do not encourage your guide to stray from the roads in locations where it is not permitted.
- Do not ask your guide to approach any wildlife so close that it may be frightened or harassed. Guides must follow certain rules and regulations that are designed to protect the environment, wildlife, and travelers. Stiff penalties are imposed on guides who break the rules. If you wish to get closer to an animal, ask your guide, but accept their decision if that you are close enough.
- Do not crowd animals. If you see that several vehicles are near an animal already, your guide may suggest waiting or moving to another location.
- Do not disturb animals in any way. Please do not make loud sounds or throw anything to attract an animal's attention.
- Do not hang out of vehicle windows or sit on top of the roof of the vehicle. Do not get out of a vehicle within 200 yards of any game animal.
- Do not discard litter of any kind. Besides being unsightly, litter can choke or poison animals, including birds.
- Do not pick, cut, or destroy any vegetation or remove any object from the parks and reserves, particularly bones, feathers, or other animal trophies.
- Avoid abrupt movements or loud talking that can startle or scare away wildlife.
- Never feed animals, including birds.
- Watch to see that everyone has finished taking their photos before making any movements in your vehicle. Even the slightest movement can cause a photo to be out of focus.
- Smoking is not permitted in vehicles or at meals on this safari.