

Thailand:

- Visa:
 - A visa is not required for US Citizens to enter Thailand.
 - Travel with at least one 2x2 passport photo.
- Thai Contact:
 - You will need a local name and address to pass through immigration at the airport. Your team leader will provide you this information.
- Medical Information:
 - No shots or immunizations are required to travel to Thailand.
 - Please review this website for more health information and travel suggestions:
<http://wwwnc.cdc.gov/travel/destinations/traveler/none/thailand>
- Email a copy of your flight itinerary (with you name on it) to your team leader and carry a copy with you. You should also have a copy of your travel insurance paperwork easily accessible.
- Clothes:
 - For Men:
 - Polo or button up shirts.
 - Khaki's, cargo pants, or jeans are all acceptable; shorts are NOT.
 - Wear shoes. Sandals, loafers and tennis shoes are all common.
 - For Women:
 - Tops should be long enough to cover your hips.
 - Low cut, form-fitting or sleeveless tops are not culturally acceptable. Please only bring tops that have at least a cap sleeve or short sleeve.
 - Bring scarves, you will wear them on a daily basis.
 - Bring comfortable shoes or sandals.
- Check the local weather and pack appropriately.
- Things you may want to bring:
 - Refillable sanitizing water bottle or you can buy bottled water.
 - One option we suggest is: <http://shop.camelbak.com/all-clear-bottle/d/1208>
 - Bug spray
 - Snacks (protein bars, trail mix, candy bars, soft candies, etc.)
 - Tylenol
 - Food will be spicy - bring antacids if needed.
 - Imodium or another anti-diarrheal
 - Towel and washcloth
 - Umbrella, especially in monsoon season (July-September)
 - A small Ziploc bag of laundry detergent in case you need to wash clothes.
 - A rubber sink stopper/plug for bathroom sinks in order to shave or wash clothes
 - Flashlight
 - A small power strip (250v) and a European or Indian style power adapter
 - Do not bring 110 volt appliances, such as hairdryers - they will not work
- Helpful Information:
 - If you are traveling to more than one area of Thailand know that the weight limit on luggage for domestic flights is only 33 pounds (15kg).

- Physical affection between men and women, even married couples, is not shown in public. However, men don't mind holding each other's hands so do not be surprised when you see this (or if a man grabs your hand!).
- Be sure to check the weather for the area you are visiting. Know that there is seldom air conditioning and it is even rarer to have indoor heating. If you will be here in cooler months it can be very cold indoors (50-60 degrees) so make sure to bring jackets and wear layers.
- Avoid drinking the tap water!
 - Even for brushing your teeth use bottled water.
 - Avoid uncooked vegetables and greens.
- There will probably be poor internet connection and occasional power outages are a fact of life in Thailand. You should be able to communicate with people back home but it will probably not be instantaneous.
- If you have any questions please contact Robert Harmon at 407-289-7255 or robert_harmon@wycliffeassociates.org