



Dear Bhutan Adventurers,

We had a lovely gathering at our home in California last weekend with the California group of travellers, and shared plans, packing lists and loads of food. I wish you could have all joined us, as Dennis brought some of his photos to share and we found that we had a very common view of the Kingdom!

Most of you have sent in your diet and travel forms, but I do still need your Waiver Form sent back to me. I've attached the Waiver Form for your easy reference, so please fill it out and return by mail or email. And please remember to get international travel insurance to cover medical emergencies during the trip.

Although we have planned activities, the Kingdom of Bhutan can run on its own timeline, so I encourage you to be open to being open while we travel together. We are mostly riding in private cars, so if you want to create your own agenda, please take time to rest, read and reflect with other travellers and locals. It is typically the most memorable experiences of travel which are those slow, languid days of drinking tea and chatting with local people that I bring home in my heart.

Packing for any trip always takes special consideration. The less you have to carry, the better. Although there is laundry service in the hotels, you may want to bring a little laundry soap to hand wash. Bring comfortable clothes that you can layer to accommodate the warm days and cool nights, and one semi-formal outfit. The weather in Bhutan this time of year will be a little chilly, mostly due to the altitude (7800'), and the days are sunny, so bring sun protection.

For Yoga Practice, please bring:

- Yoga Mat – travel mat good from HuggerMugger.com
- Yoga Strap – useful prop
- Cora's Balls – I will send to you if you do not have
- Eyewrap & eyebag (optional)

I've written a few blogs about [Prayer Flags](#) and their meanings as well as [mudras](#), so take a look as you will see lots of these in Bhutan. Dennis also brought us a handout of the Eight Auspicious Symbols, and I've attached a document for your easy reference when we see them all over the Kingdom!

Since we may have an array of conditions and weather, please make sure to have what you need to be comfortable. For updates on the weather in Bhutan, click [here](#).

Here are a few things to consider:



- I. Shoes: (2 pairs--if one gets wet, you will want a dry pair to rotate). The paths will not be even, so make sure you are protected in your shoes with:
 - ankle support
 - tread for slip
 - waterproof
 - spare shoe laces

- I. Suggested Medicine Kit:
 - Amoxicillin for infections (urinary tract, skin, sinus and throat)
 - Imodium for immediate relief of diarrhea
 - Ciproflaxin for treating diarrhea, or other antibiotics recommended by your doctor
 - General painkiller for treating mild pain, fever
 - Multi-vitamins, Aloe Vera, Echinacea
 - Oral rehydration powder and Throat lozenges
 - personal medications (keep prescriptions in their original bottles)

- I. Hiking/Walking Supplies:
 - ankle/knee braces
 - walking sticks
 - Wrist/Knee wraps for injury (these will really be helpful when you are hiking!)

- I. altitude remedies - [helpful links here](#)
 - There are over the counter medicines that can be used and/or prescription meds. Diamoxcall is the most common rx medicine used. If you think you need that, please contact your doctor.
 - herbal oxy supp work for some people, not everyone
 - Cellfood is also good to bring - its \$\$ but good - make a note about it too
2. Extra Passport Photos:
3. Electrical Adapters
 - Bhutan's electrical current is 220/50 (volts/hz), so you will need an adaptor.
 - Most North American current is 100-125 volt range.
 - Appliances will suffer damage if plugged into 220-250 volts without proper transformer or converter.
4. Ear Plugs
5. Umbrella
6. Flashlight
7. Swiss Army or utility knife
8. Alarm Clock
9. Water Bottle (collapsible may be handy)
10. Binoculars
11. Backpack or day-pack



12. Good rain jacket (i.e.: gortex)
13. Hats (one for sun, one for warmth)
14. Gloves and Scarf (you will be in the Himalaya foothills!)
15. Snacks (i.e.: dried fruits, protein bars)
16. Ziplock bags are always great to have when traveling!
17. MONEY! The unit of currency in Bhutan is the ngultrum (BTN); Indian rupee (INR). I will revert with information about ATM and getting cash.
 - Please remember Bhutanese Nu cannot be converted back to other currency.
 - OTOH, the money is beautiful, so you may want to keep a few Nu to bring home!
 - current exchange available at [XE.com's Universal Currency Converter](#).
18. Travel Insurance
19. Copy of your Passport!
 - You MUST have a copy of your passport. Keep it in a separate place, not with your passport in the event of losing your passport. Here's a [link](#) to some info
 - Please do obtain travel insurance for this trip. This type of coverage can be invaluable during cancellations, delays, lost baggage, medical emergencies, etc.
20. Here is a [link](#) for more about packing
21. Helpful Bhutanese translations [link](#)
22. Here are links to the two hotels we will be staying at in Bhutan:
 - [Uma Paro](#)
 - [Taj Tashi](#)

Finally, please let us know if you have any questions or concerns about our journey.

Looking forward to seeing you on the other side of the world!

Kadinchey (Thank you),

Cora

