

Visas, Health & Insurance...documentation

All visitors require a passport valid for at least 6 months longer than their journey and an entry visa for Bhutan which must be pre-approved prior to your arrival.

Visa costs are built in to your travel package. A visa authority letter is issued after prepayment for your travel arrangements and the actual visa is entered into your passport on arrival at Paro Airport or at the Phuentsholing land border point.

When entering Bhutan through the land border of Phuentsholing two passport sized photos are required. Whilst it is not generally requested by authorities on arrival at Paro Airport. It is still recommended that you carry two passport sized photos with you.

Whilst Bhutan is a relatively safe country to visit, and there are currently no mandatory health requirements, public health facilities are extremely basic in some regions and we strongly recommend you seek professional advice prior to arrival.

Your nearest Travel Doctor in Australia can be contacted by telephoning: **1300 421 142**.

Ideally you should seek such advice at least 8 weeks prior to your departure. We also encourage all travellers to ensure that their hepatitis and tetanus vaccinations are kept up to date at all times. Please note there is a rabies risk in Bhutan.

It is mandatory for all visitors to Bhutan to hold a valid comprehensive travel insurance policy.

Altitude Sickness: It is advisable to avoid any trekking or climbing until at least day 3 unless you are at least moderately fit and do not suffer from any lung related condition such as asthma. As a precaution we suggest that you carry a small amount of Diamox as the Bhutan trekking crews rarely carry such medication. If you suffer from altitude sickness please descend as quickly as possible and drink plenty of fluids. Diamox (Acetazolamide) maybe combined with Ibuprofen or paracetamol after treatment symptoms may last for a few days.

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