adventurewomen

THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

THAILAND & LAOS

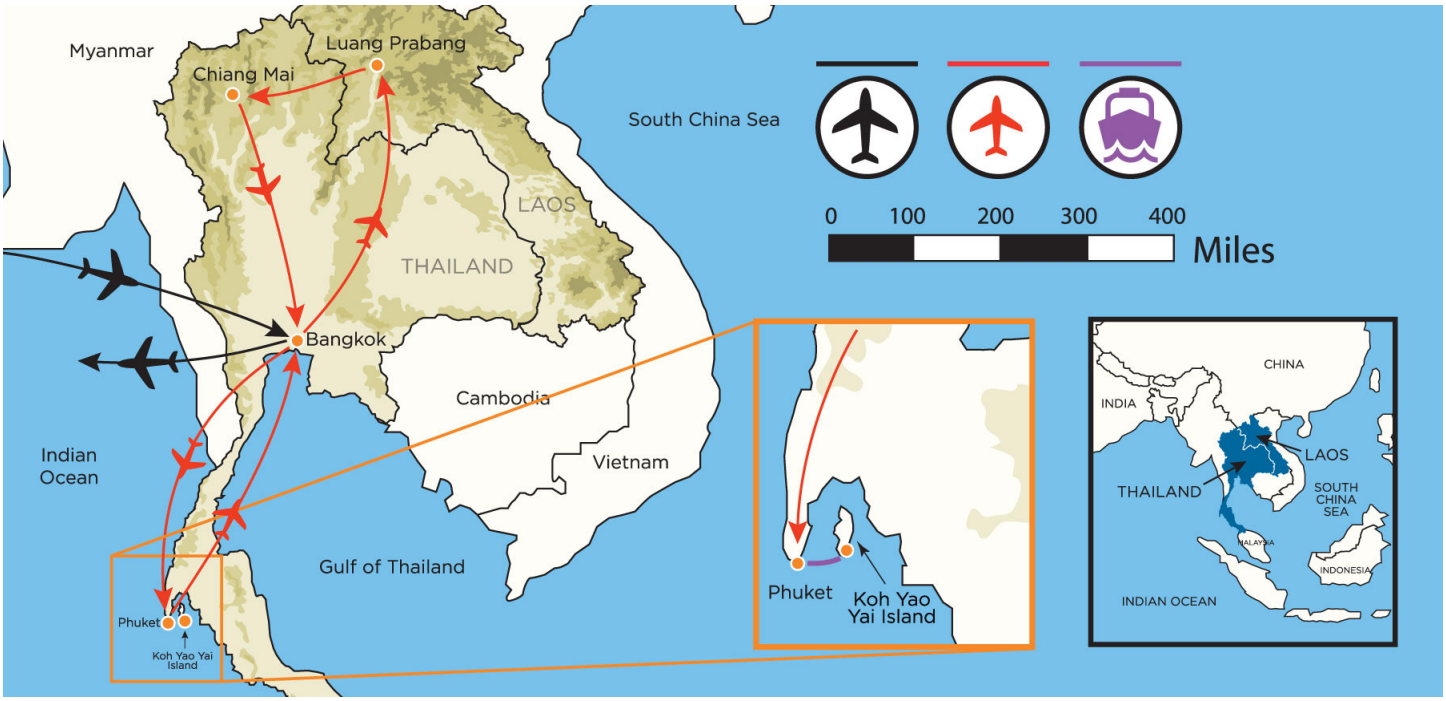
Elephants, Temples, & Beaches

December 5 - 15, 2020

TRIP HIGHLIGHTS

- Kayak, float by long-tail boats, explore floating markets
- Meet local Laotian artisans and entrepreneurs at the Traditional Arts and Ethnology Center
- Spend a full day at the Elephant Nature Park
- Bike through the UNESCO World Heritage Site of Luang Prabang, Laos and participate in spiritual ceremonies
- Enjoy three nights on the beaches of Koh Yao Yai island near Phuket, Thailand

TRIP ROUTE



THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

QUICK VIEW ITINERARY

Day 1: arrive Bangkok, sunset at Wat Irun, street food bazaar welcome dinner
Day 2: kayak and longtail boat in the floating market, traditional theater
Day 3: fly to Luang Prabang, bike to local temples and palaces
Day 4: cruise the Mekong to Pak Ou Caves, Baci ceremony, Garavek storytelling
Day 5: alms giving to monks, fly to Chiang Mai, explore galleries and the night market
Day 6: full day at Chiang Mai Elephant Nature Park, traditional Lanna Kan Tok dinner
Day 7: hike to a jungle wat, visit an artist community, Thai cooking class
Day 8: fly to Phuket, snorkel on the way to Koh Yao Yai Island
Day 9: explore Phang Nga National Park by kayak
Day 10: full day to relax on the beach or explore the island
Day 11: ferry from Koh Yao Yai to Phuket, depart Thailand

TRIP PRICE

Main Trip: $6,690

Optional Single Accommodations: $1,500

Internal Air: $950

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 1

Saturday
12/5/20

Arrive in Bangkok

Centuries ago, the people of Thailand and Laos harnessed the forces of nature to create a verdant, harmonious, and deeply spiritual paradise. Travel well off the beaten path in Southeast Asia to live as the locals do, discovering the region's most spectacular sites, iconic temples, and wonderfully welcoming people of these two countries.

Pick-up and Transfer
There will be one group transfer provided from the airport around 10:00am. The exact transfer time will be determined closer to departure. AdventureWomen can arrange additional airport transfers for an extra fee. Taxis from the airport are metered and also quite simple to navigate if you prefer to make your own way to the hotel.

Lunch on Your Own
Have lunch on your own today either at or nearby your hotel before meeting your group.

Meet Your Guide
Meet your guide and your AdventureWomen Ambassador at 1:00pm in the lobby café to the left of the main Muse Hotel entrance.

Wat Irun
Take the sky train and a local ferry across the Chao Phraya River to Wat Arun (Temple of Dawn). This stupa-shaped temple spire is decorated with colored glass and Chinese porcelain. Enjoy sunset at the temple. Take a ferry and taxi back to the hotel.

Welcome Dinner
Have a welcome drink at the hotel before heading out for your welcome dinner - at a street food bazaar! Head into one of the local night markets for endless options from the many street food stalls. Your guide will help you understand what you are eating and which part of the country it comes from. Get to know your fellow travelers this evening and learn about why each woman on your trip is excited to explore Thailand and Laos!

Accommodations
Hotel Muse Bangkok

Meals Included
dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 2

Sunday
12/6/20

Bangkok

The real name of Bangkok is: Krungthepmahanakhon Amonrattanakosin Mahintharayutthaya Mahadilokphop Noppharatratchathaniburirom Udomratchaniwetmahasathan Amonphimanawatansathit Sakkathattiyawitsanukamprasit, meaning "City of Angels, Great City of Immortals, Magnificent City of the Nine Gems, Seat of the King, City of Royal Palaces, Home of Gods Incarnate, Erected by Visvakarman at Indra's Behest." Call it Bangkok for short!

Kayak to a Local Market

After breakfast, drive to a small coffee shop where you can sip a coffee or tea while you learn about kayaking techniques. Kayak a little less than an hour through a small floating market. You might want to buy a fresh coconut as a refreshing drink before paddling back to the café.

Longtail Boat Ride

Hop in a longtail boat for a short ride to lunch. Enjoy a local noodle soup or a mixed noodle dish.

After lunch, take the same boat to the Baan Silapin, also known as the Art House. This stilt house is over 200 years old and serves as a community arts center to promote traditional dance, art, and theater. See a short traditional marionette puppet performance or a performance by youth actors depicting Thai mythology.

Dinner

Enjoy dinner as a group at a local restaurant.

Accommodations
Hotel Muse Bangkok

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 3

Monday
12/7/20

Bangkok to Luang Prabang

Luang Prabang is the ancient, royal, and spiritual capital, and UNESCO heritage site – step into the slow, quiet, intentionally present world of Laos.

Fly to Luang Prabang

Drive to the airport and fly to Luang Prabang this morning. You'll say goodbye to your Thai guide at the airport, but you will see your guide again in Chiang Mai in a few days. Be dressed to explore Luang Prabang by bike when you arrive!

Lunch

Savor some of the best Laotian dishes when you arrive in Luang Prabang.

Explore by Bike

Set out by bike to see the highlights of Luang Prabang. You'll spend about three hours exploring, but you will only bike about five miles on flat terrain.

You'll see the Royal Palace, home to the "Prabang" sacred golden statue from which the town takes its name. Stop at Vat Mai before continuing to the Heuan Chan Heritage House where you will gain a better understanding of Laotian architecture and culture, and how families lived in long houses up until about 1960. Visit Vat Xieng Thong, the most emblematic temple in Laos, glittering in gold paint and mosaic glass.

Dinner

Enjoy dinner at the hotel this evening.

Accommodations
Villa Maydou

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 4

Tuesday
12/8/20

Luang Prabang

The Pak Ou Caves contain thousands of gold lacquered Buddha statues which are crowded into two caves carved out of towering limestone cliffs. The statues range in size from a few centimeters to the size of a person.

Cruise the Mekong
Drive to the pier where you'll board your private boat. Cruise about an hour and a half upstream to the Pak Ou Caves. You can buy snacks and drinks on board. Sip a coffee and watch the scenery as you float by.

Explore Pak Ou Caves
Hike uphill a half a mile to the higher cave or a quarter of a mile to the lower cave - both caves are full of candles, incense, and golden Buddhas. Soak in this fascinating place along the river.

Lunch on the Boat
Have lunch on the boat as you travel from Pak Ou Caves to the Luang Prabang pier.

Traditional Arts & Ethnology Center
Meet one of the two women who founded the Traditional Arts and Ethnology Center. Learn to identify what crafts come from which ethnic groups, how to tell between factory-produced and hand-made pieces, and learn about the challenges facing women in Laos today.

Baci Ceremony
This ceremony recalls the spirits of the body back; once this is done, symbolically, you tie cotton bracelets on each other's wrists. You'll participate in this ceremony at a local home with a family and a master of ceremony.

Garavek Storytelling
A Lao storyteller will tell traditional stories accompanied by the khene (a handmade bamboo mouth organ) in an intimate 25-seat theater.

Dinner
Enjoy dinner on your own this evening - there are plenty of choices to pick from! Also, be sure to check out the local night market.

Accommodations
Villa Maydou

Meals Included
breakfast, lunch

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 5

Wednesday
12/9/20

Luang Prabang to Chiang Mai

Known in Thailand as the "The Rose of the North," Chiang Mai is the third largest city in Thailand. Once the kingdom of Lanna, a sister kingdom to Luang Prabang, Chiang Mai is rich in traditional and modern arts. The local people are passionate about nature, and enjoy a calm, balanced, easy paced life.

Give Alms to the Monks

Depart the hotel at 5:20 this morning on foot. Witness the hundreds of orange-clad barefoot monks gathering alms. This is a thousand year old daily ceremony in Luang Prabang. Continue by tuk tuk to the local market to see how locals purchase their fresh food. Have breakfast back at the hotel.

Fly to Chiang Mai

Fly from Luang Prabang to Chiang Mai this morning. You'll be met at the airport by your guide who you last saw in Bangkok. Head to lunch to taste Cao Soi, one of the best-known dishes of Thailand. The rich, nutty curry is a local favorite.

Gallery Stroll

Take an hour or so to relax at your hotel before strolling from gallery to gallery on the Ping River. You'll see Thai art, silk weaving, basket weaving, and the community arts center. Enjoy dinner at the end of your walk.

Accommodations
Puripunn Boutique Hotel

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 6

Thursday
12/10/20

Chiang Mai

The Elephant Nature Park is a globally recognized and awarded organization that provides care for injured or distressed elephants throughout Thailand. They focus on education, cultural and environmental preservation, and they are a sanctuary for endangered species.

Elephant Nature Park

Spend a full day at the Elephant Nature Park, about an hour's drive from Chiang Mai. You'll get to prepare food, feed, observe, and learn about Asian Elephants. Enjoy a simple lunch, and then spend the afternoon with these gentle giants.

Traditional Lanna Dinner

You'll have a traditional dinner where you will sit on the floor on pillows. You'll be served many dishes family-style on a round rattan table that is low to the ground. These typical Lanna, or northern Thai dishes could include roasted green chili dip, fresh vegetables, and thicker nutty curries.

Accommodations
Puripunn Boutique Hotel

Meals Included
breakfast, lunch, dinner

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 7
Friday
12/11/20

Chiang Mai

There are about 35,000 temples in Thailand. At one time, all young men in Thailand (including royalty) were required to become Buddhist monks before they turned 20. This practice is no longer observed, but you will still see many monks.

Hike to Wat Phu Lat
Head out on an easy hike through part of Doi Suthep National Park (the "mountain of the open heart") to the jungle wat of Phu Lat. The hike will be about an hour and a half with minimal elevation gain. Walk along the stream among the gardens where statues, flowers, and jungle all mix together. You should wear closed-toed shoes.

Baan Kang Wat Artisans Community
Visit the artist colony of Chiang Mai. You will meet the next generation of local artists making their debut here in a funky collection of shops. The shops are a mix of indoor and outdoor space where you can see metal workers, painters, potters, weavers, and gelato makers!

Lunch and Afternoon
Lunch and the afternoon are on your own. You might want to get a massage at the hotel or head to the Hmong market where many ethnic groups buy the parts to make their clothes.

Cooking Class
Roll up your sleeves tonight and learn about the four key flavors that play into all Thai dishes. Each dish must have sweet, sour, salty, and spicy. As the Thai saying goes, "Mai pet, mai aloi!" or "Not spicy, not delicious!"

Accommodations
Puripunn Boutique Hotel

Meals Included
breakfast, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 8

Saturday
12/12/20

Chiang Mai to Koh Yao Yai Island

Thailand is made up of approximately 1,430 islands. Many of the islands have become famous for being featured in Hollywood films like James Bond, or TV series like Lost and Survivor.

Early Morning Flight
Get up early this morning for your flight to Phuket, stopping in Bangkok on the way. When you arrive, drive to the pier and take in the view of the turquoise ocean. Pack your bathing suit in your daypack so you have it handy!

Snorkeling
Hop on a longtail boat, and stop to have lunch and change into bathing suits. Snorkel in the Hong Archipelago, a chain of tiny islands in the Ao Phang Ngo National Marine Park. It is best known for its karsts (limestone rock formations), small remote beaches, estuaries, and its diverse marine life.

Koh Yao Yai Island
Koh Yoa Yai is the larger of the two islands near Phang Nga National Marine Park. Relax in this tropical paradise, where there are restaurants, beach bars, and shops. Enjoy dinner at your hotel.

Accommodations
Koh Yao Yai Village

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 9

Sunday
12/13/20

Koh Yao Yai Island

Koh Yao Noi and Koh Yao Yai are a pair of large islands in the middle of Phang Nga Bay, equidistant to Phuket and the Krabi mainland. The islands remain a quiet refuge that feels far removed from the crowds of Phuket.

Kayak and Longtail Boat
Take a longtail boat about an hour to Phang Nga National Park, famous for the James Bond island in Goldeneye. When you get to the park, switch boats and hop in tandem soft-sided kayaks. Explore the coastline and see some of the National Park's small islands and beaches.

Afternoon Activities
Have lunch along the way, and then do some more exploring, swimming, and kayaking before returning to your hotel in the longtail boat.

Dinner
Enjoy a delicious dinner as a group this evening.

Accommodations
Koh Yao Yai Village

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 10

Monday
12/14/20

Koh Yao Yai Island

Koh Yao Yai is characterized by sandy shores, mangroves, rubber plantations, and fishing villages. The surrounding waters are rich in coral and dotted with dive sites, like the King Cruiser Wreck near Anemone Reef and the pinnacles of Shark Point.

Free Day at the Beach

Take your last full day in Thailand to relax at the beach. Book a massage, go for a walk, swim in the pool, read a book, or continue to explore the island - today is up to you!

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends complete with a Krathong ceremony with a floating leaf basket of a candle and prayers. Reminisce over all of the memories you have made and celebrate the end of an amazing journey through this truly spectacular country.

Accommodations
Koh Yao Yai Village

Meals Included
breakfast, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

DAY 11

Tuesday
12/15/20

Depart Thailand

Enjoy one last morning in Thailand.

Lunch and Ferry

Have lunch on your own before hopping on the ferry to Phuket.

Transfer to the Airport

Say goodbye to your new AdventureWomen friends as you transfer to the airport for your flights home. There will be one group transfer to the airport and then to Phuket town from the ferry dock. You should not book a flight that leaves before 4:00pm.

If you have flights that depart very late, and you would like to book a day room in Phuket town, let us know and we can help with those arrangements.

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

Meals Included
breakfast

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

Accommodation Details

Hotel Muse Bangkok

An award-winning Bangkok Boutique Hotel, the Hotel Muse Bangkok entices guests with a interior design and décor that exude an interplay of classic European signatures juxtaposed against ornate Asian motifs. The hotel offers three restaurants, each with its own individual twist, completing your stay at the hotel.

Villa Maydou

Villa Maydou is at the heart of the historic center of Luang Prabang, the former royal capital of Laos, which is a UNESCO World Heritage site. It sits nearby of the Pagoda "Wat Meuna" and near the Nam Khan river old bridge. The hotel is composed of five beautifully appointed and comfortable Lao traditional houses within a large tropical garden which includes a salt pool. Two of the houses are registered in the UNESCO World Heritage Program after having been restored under the authority of "La Maison du Patrimoine," the UNESCO program responsible for the preservation of the traditional architecture of Luang Prabang.

Puripunn Boutique Hotel

Located in the heart of Chiang Mai, Puripunn is a charming boutique hotel that combines the rich architectural traditions of the former Lanna kingdom with period elegance. The hotel is situated in Wat Gate, one of Chiang Mai's older districts with a diverse mix of cultures and religions, making it a fascinating place to enjoy a city break in the beautiful northern capital. "Puripunn" translates as "the land of sharing."

Koh Yao Yai Village

Embark on a journey to Koh Yao Yai, a secluded tropical island in the Andaman Sea and discover stunning nature, rich culture, and a traditional way of life. On the west coast of the island is Koh Yao Yai Village, a hideaway resort in Thailand like no other. The collection of cozy southern-style Thai villas are nestled amongst the rainforests of Koh Yao Yai, all offering generous spaces inside and out to relax and unwind.

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

Included/Not Included

Included:

- All accommodations indicated in the itinerary based on double occupancy
- All meals as listed in the itinerary
- All ground transportation
- One group transfer for arrival and departure flights
- Flights within Thailand and Laos as indicated in the itinerary (priced separately from the main trip)
- Fully-guided activities as indicated in the itinerary
- Services of an English-speaking guide in Thailand
- Services of an English-speaking guide in Laos
- Water and snacks while touring
- Gratuities for restaurant staff, boat crews, and drivers
- One AdventureWomen Ambassador

Not Included:

- International airfare to and from Thailand
- Optional activities as indicated in the itinerary
- Meals not specified in the itinerary
- Alcoholic beverages and soft drinks
- Fees for passports, visas, or immunizations
- Cost of hospitalization or evacuation
- Items of a personal nature
- Gratuities for guides

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

is this trip right for me?

the important stuff

how do I get there?

pack your bags!

the fine print

Activity Level:

Moderate **Active** High Energy Challenging

We rate this trip as Active. Our Active adventures get you on your feet! You should be in good physical condition for these trips and comfortable walking on uneven surfaces, such as cobblestone streets, biking well-maintained paths and natural trails, or kayaking in calm waters. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: https://fitfortrips.com/partners/adventure-women/

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

is this trip right for me?

the important stuff

how do I get there?

pack your bags!

the fine print

The deposit for this trip is $800, and is nonrefundable and nontransferable. Once you book, you will need to fill out and return to AdventureWomen:

- ☐ Information Form
- ☐ Booking Conditions Form
- ☐ Copy of Flight Information
- ☐ Copy of Issuing Page of Passport (Photo Page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before September 6, 2020. A maximum of $1,500 per person can be put on a credit card, which includes your deposit.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

Thailand: Citizens of the United States may enter Thailand three times in one calendar year free of charge. On this trip, you will enter Thailand twice. If you have been or are planning to go to Thailand more than once in the 12 months prior to this trip, please let us know as soon as possible.

Laos: A tourist visa is required to enter Laos. You will get your visa upon arrival, and AdventureWomen has included the cost of the visa in your trip. **Please bring one passport photo with you for your visa.** Upon arrival in Luang Prabang International Airport, your guide will meet you before the immigration counters, take each traveler's passport, passport photo, signed Visa on Arrival form, and entry/exit cards provided during the flight. You will be escorted through immigration to collect your luggage. You will get your passport back with the Laos visa inside later that day at the hotel.

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

is this trip right for me?

the important stuff

how do I get there?

pack your bags!

the fine print

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Thailand or Laos, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the pages about Thailand and Laos.

Money:

US Dollars are not generally accepted in Thailand or Laos. The currency of Thailand is the Thai Baht, and the currency of Laos is the Laotian Kip. We recommend bringing about $200-300 in US Dollars on this trip, but you should plan to use ATMs to withdraw local currency in Thailand. Visa is the most commonly accepted ATM cards, and you will need a 4-digit PIN. You can also bring US Dollars and exchange them for local currency. In Laos, you should plan on exchanging US Dollars for local currency.

Suggested Gratuities:

- Guide in Thailand: $10-15 per day
- Guide in Laos: $10-15 per day

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

is this trip right for me?

the important stuff

how do I get there?

pack your bags!

the fine print

Arrive: Arrive in Bangkok, Thailand (BKK) on December 5, 2020 before 9:00am.

Depart: Depart Phuket, Thailand (HKT) on December 15, 2020 after 4:00pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393
email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

is this trip right for me?

the important stuff

how do I get there?

pack your bags!

the fine print

Luggage Restrictions: On this trip you can have one checked bag which can weigh no more than 44 pounds, and one carry on of no more than 15 pounds.

At this time of year, you can expect highs in the low 90s and lows in the 70s in Bangkok and on Koh Yao Yai Island, and highs in the 80s and lows in the 50s in Luang Prabang and Chiang Mai. You'll need clothing for hot and humid weather as well as cooler evenings.

It is common to take off your shoes when entering homes, and required when entering temples, so plan on bringing shoes that are easy to slip on and off. Luang Prabang and Chiang Mai are more conservative, so please plan on covering your shoulders. You will need to wear pants or a skirt that covers your knees for any visits to temples.

Remember as you choose sunscreen, insect repellent, and toiletries that the ocean ecosystems around Koh Yao Yai Island are fragile. You'll be in and out of the water, and everything you put on your body will likely end up in the ocean. Please be respectful of this unique ecosystem and consider buying reef-safe sunscreen and biodegradable toiletries.

You can plan on doing laundry in your room in the evenings (the air conditioning will help things dry), or you can pay to have laundry done at the hotels, which usually takes about 36-48 hours.

Clothing and Gear:

- ☐ Duffel bag or small suitcase
- ☐ Daypack
- ☐ 2-3 short sleeve shirts (quick dry recommended)
- ☐ 1-2 long sleeve shirts (quick dry recommended)
- ☐ 1 light weight fleece sweater/ jacket for cool evenings/air conditioning
- ☐ 1-2 pairs of pants
- ☐ 2-3 pairs of shorts/skirts
- ☐ 1-2 sets of nicer clothes for dinner
- ☐ 1-2 bathing suits
- ☐ Rash guard for sun (optional)
- ☐ Waterproof jacket
- ☐ Hat for sun protection
- ☐ Underwear
- ☐ Socks
- ☐ Comfortable walking shoes/ sneakers
- ☐ Sandals
- ☐ Sleepwear
- ☐ Snorkeling mask (optional) - if you have your own, bring it. If you wear glasses, consider bringing contact lenses or a prescription mask.

adventure women
THE DESTINATION IS JUST THE BEGINNING

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

your adventure in depth

is this trip right for me?

the important stuff

how do I get there?

pack your bags!

the fine print

AdventureWomen Essentials:

- ☐ Travel documents (passport, airline tickets, money)
- ☐ 2-3 spare passport photos (in case of lost passport)
- ☐ Write down/print out travel insurance number
- ☐ Locks for your luggage
- ☐ Travel alarm clock with spare batteries or phone
- ☐ Headlamp or small flashlight with spare batteries
- ☐ Binoculars (optional)
- ☐ Digital camera, memory cards, battery charger
- ☐ Waterproof camera/phone case for snorkeling
- ☐ Dry bag for days on boats
- ☐ Power adapters/power bank
- ☐ Sunglasses, case, and strap
- ☐ Spare glasses, contact lenses, cleaner, saline, etc.
- ☐ Money belt or neck pouch
- ☐ Water bottle (you will refill your bottle throughout the trip)
- ☐ Sunscreen and lip balm with SPF (Reef friendly)
- ☐ Mosquito repellent
- ☐ Hand wipes/hand sanitizer
- ☐ Toothbrush/toothpaste
- ☐ Soap, shampoo, and conditioner (biodegradable) - note that all hotels on this trip provide soap, shampoo, and conditioner; only bring it if you prefer having your own
- ☐ Small packet of tissues
- ☐ Tampons and panty liners (avoid plastic applicators)
- ☐ Earplugs: we recommend silicone earplugs
- ☐ Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- ☐ 1-2 bandanas/Buff
- ☐ Reading material, journal, pens

Personal First Aid Kit:

- ☐ Prescription medicine you usually take (in original containers)
- ☐ Personal epi pen (if you need one, don't forget to pack it!)
- ☐ Bandages, Gauze, Ace bandage, blister prevention
- ☐ Antiseptic wipes/spray
- ☐ Antibiotic ointment
- ☐ Cotton-tipped applicators
- ☐ Oral rehydration tablets/packets
- ☐ Antidiarrheal medication
- ☐ Mild laxative
- ☐ Antacid
- ☐ Cold remedies
- ☐ Ibuprofen/acetaminophen
- ☐ Eye drops
- ☐ Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

THAILAND & LAOS

Elephants, Temples, & Beaches

December 5 - 15, 2020

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one actively participates, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to experience an active, out of the ordinary vacation, and meet new friends. Most of all, we want our trips to be fun!

In this spirit, the successful adventure traveler should be a good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. Being on time is important, and contributes to the congeniality, success and well-being of both individuals and the group!