Pre-Departure Information

THE GREAT GAME

Wilderness Travel
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WELCOME!

We’re delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we’re here to help.

PLEASE SEND US

☐ Trip Application: Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
☐ Medical Form: Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
☐ Air Schedule: Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Itinerary for instructions. Please review your proposed schedule with Wilderness Travel before purchasing your tickets.
☐ Passport Photocopy: Scan* a COLOR copy of your passport photo page and email it to us as a JPG or PDF attachment, or send us a high quality photocopy by mail (immediately upon reserving your trip).
☐ Visa Photocopy: Once you have obtained the required visa in your passport, please scan* a copy of your visa and email it to us as a JPG or PDF attachment, or send us a high quality photocopy by mail.
☐ Vaccination Card: Please send us a photo or scanned copy of your completed Covid-19 Vaccination Card if you have not already done so. Just the front side of the card is sufficient.

*If you are scanning documents to email, we suggest a maximum resolution of 300 dpi.

PLEASE CAREFULLY REVIEW

☐ Travel Documents & Medical Information: Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
☐ Optional Travel Insurance: Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
☐ Final Documents: Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our website or e-mail us at: info@wildernesstravel.com.
PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Asia. In addition, we recommend your passport has at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. You can request a new passport through US Passport Services Office (the service of adding pages for visas was discontinued as of January 1, 2016) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend Passport Visas Express. Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry a photocopy of the photo page of your passport as an additional piece of identification, as well as extra passport photos.

VISAS

On this trip, you will visit China, Pakistan, Kyrgyzstan, Tajikistan, and Uzbekistan.

China: A visa is required for US citizens traveling to China and must be obtained prior to arrival. China visa applications are only accepted for processing (by the Chinese authorities) provided that initial date of entry is within 90 days of the submission date. So, you cannot apply earlier than 3 months from your arrival.

More detailed instructions regarding the visa process (and how to fill out all necessary forms) will be sent at that time (approximately three months prior to departure). Wilderness Travel will obtain any necessary visa invitations and/or supplementary documents.

Pakistan: A visa is required for US citizens traveling to Pakistan. We plan to obtain this visa upon arrival at the China/Pakistan border. However, if this changes in the future, we will be sure to update you.

In order to obtain this visa, supplemental documents and a visa fee will be required (and paid to Wilderness Travel). We will send more details instructions on the visa process, approximately three months prior to departure.

Kyrgyzstan: A visa is not required for US citizens visiting Kyrgyzstan for less than 60 days. However, please remember to have adequate unused/blank visa pages to allow for entry and exit stamps upon arrival and departure from Kyrgyzstan.

Tajikistan: A visa is required for US citizens visiting Tajikistan, but an e-visa can be obtained online through the Tajikistan government at the following link: https://www.evisa.tj/index.evisa.html.

Tourist visas are issued for up to 45 days, with no extensions or replacements allowed. Wilderness Travel will notify you when to begin the e-visa process.

Uzbekistan: A visa is required for US Citizens visiting Uzbekistan, but an e-visa can be obtained online through the Uzbekistan government at the following link: https://e-visa.gov.uz/main.

Please note that e-visas allow for stays of up to 30 days in Uzbekistan. As of March 15, 2019, these visas may have 2 or more entries allowed for additional fees. E-visas are valid for 90 days from the date of issuance (not to be confused with the allowed stay of 30 days), so you must wait closer to departure in order to obtain your visa. Wilderness Travel will notify you when to begin the e-visa process.

Please send Wilderness Travel a color copy of your passport photo page as soon as possible, so that we have this information on file when applying for necessary supplemental visa documents.

Please note that all visa requirements and regulations are subject to change.

If you are a citizen of any country other than the US, please check with a local consulate or tourist office for entry requirements.
MONEY

We suggest you bring US cash only, as it is typically the easiest to exchange and always best for minor expenses. **Your US cash must be new bills in pristine condition, without tears, writing, stamp marks, fold marks, or blemishes.**

In China, currency exchange can be conducted at the Bank of China branches in major cities. Cash is the only form of payment in the most remote areas.

Please check with your Trip Leader for guidelines on where and how to exchange funds in Pakistan and the Central Asian republics. It is difficult to exchange money in the local villages.

Credit cards (VISA, etc.) are accepted only at major hotels and in larger shops in the major cities. In addition to cash, you can also bring along an ATM card to draw money from ATM machines in major cities. To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

You will need to budget spending money for gratuities, any meals listed as “on your own” in the trip itinerary, for international and domestic airport departure taxes, and for personal items such as beverages. You will need to pay for personal items such as shopping, phone calls, or laundry at hotels.

TIPPING

During the trip, the Trip Leader takes care of tips for waiters at restaurants, for porters for luggage handling, and for local guides and drivers who are with the group for only a short time. For the staff who have accompanied you throughout a significant portion of your adventure—our drivers and guides—excellent service can be rewarded by the organization of a pooled tip, a process to be facilitated by the Trip Leader.

Tipping for the Trip Leader is not formally organized. Should you wish to tip your Trip Leader, we suggest that you do so toward the end of the trip. Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward outstanding service.

A range of reference would be $15-$18 per trip member, per day for the Trip Leader, and $12-14 per trip member, per day for the local guides/drivers.

Many clients have expressed concern over carrying so much cash on a trip, so for you convenience, your Trip Leader will accept personal checks for tips, as he will carry extra cash for tipping the local staff.

SPECIAL DIETS

Please reach out to us directly to discuss any dietary restrictions or concerns you may have. We can easily make arrangements for most diets, but please keep in mind that certain cultural differences or logistical limitations can make it difficult or at times impossible to accommodate all requests. With this in mind, please inform us at least eight weeks before your trip if you have a special diet, and any food allergies in particular, so we can do our best to meet your needs.

COMMUNICATIONS

Most cities have internet cafes where you can access email accounts. However, internet access may be limited at the hotels, lodges, and guesthouses on the trip (and you may have to pay extra for this service). You can ask your Trip Leader to show you where they are.

Please note: you may have trouble accessing popular US websites, such as Google, Yahoo, Facebook, Instagram, etc., due to Chinese internet regulations, including Gmail.

CUSTOMS AND IMMIGRATION

On entering China, you will complete a Baggage Declaration Form and indicate how much money you are carrying and the brand and quantity of cameras, recorders, jewelry, watches, etc., you are bringing in. Any items on this list must be taken out of the country on exit.
Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler’s health information is available from the Centers for Disease Control. Medical travel products are available from Travel Health Medicine and from Magellan’s Travel Supplies.

INOCULATIONS

Entry requirements and international health situations are subject to change; check with the Centers for Disease Control for updates. All shots should be entered on your International Health Card (yellow card), which is provided by the facility giving the shots. Keep it with your passport while traveling. It provides an important personal record for you to refer to when making future travel plans. Please consult with your physician regarding the following:

Tetanus Booster
Strongly recommended (effective for 10 years).

Polio
People who have received the primary series of at least three doses of polio vaccine are considered fully immunized. People who are unsure of their status should receive the vaccine (three doses spaced at intervals).

Hepatitis
The vaccines HAVRIX and VAQTA (two injections, six to 18 months apart) give long-term protection against Hepatitis A and are worthwhile if you travel regularly to developing countries.

Typhoid
The CDC recommends the shot or the oral vaccine Vivotif Berna.

STAYING HEALTHY

Change of diet and a number of other factors can cause stomach upsets while traveling, especially in underdeveloped countries. To guard against illness, follow these guidelines:

Consider all tap water unsafe. Do not drink it or brush your teeth with it. Bottled water is available everywhere. Don’t drink the water served in restaurants (bottled water is widely available). Avoid ice in your drinks (it may not have been made with treated water). Beware of uncooked or raw foods such as salads. Don’t eat fruit unless you have peeled it yourself. Avoid custards, pastry creams, yogurt, and milk where refrigeration and pasteurization are unreliable. Don’t eat food bought from sidewalk vendors. Overall, be conservative about what you eat. Frequent hand washing, especially after using the bathroom and before eating, can cut down on the possibility of traveler’s diarrhea. On any airline, drink only the bottled water, not the tap water.

Dietary Restrictions
Please let us know immediately if you have a restricted diet. We will try to accommodate you. However, cultural differences and other factors can make it difficult and at times impossible to accommodate your restrictions. Bring a flexible attitude and supplemental foods to ensure your dietary needs are met.

MEDICAL SERVICES

Medical services are extremely limited in certain areas we visit on this trip. In the event of illness requiring evacuation, there are risks involved. Depending upon the point where we are in the itinerary, an evacuation may take several days. You should bring an ample supply of any prescription medicines you need and the items listed on the personal first aid list, in consultation with your physician.

GETTING IN SHAPE

This is not a hiking trip, but there are opportunities on many days for touring on foot for one to three hours at a time. The walking tours are not difficult. However, we recommend you make a special effort to get in good physical condition for the trip. Six weeks to a month before you go, begin a program of hiking or other form of aerobic exercise that goes beyond your normal routine.
**SHOPPING**

Chinese regulations prohibit taking antiquities and artifacts unless they are affixed with an official red-wax seal or accompanied by a receipt from an official state-run store. Customs officials can be very strict and purchases have been confiscated on departure. Ordinary or inexpensive items may be let through, but the officials may be arbitrary.

**PHOTOGRAPHY**

**Camera Recommendations**
With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from Borrow Lenses, with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

**Camera Accessories**
We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don’t forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

**Sharing Your Images**
We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us @WildernessTravel on social media.

**Photography Etiquette**
When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader’s guidelines for what is appropriate.
CULTURAL CONSIDERATIONS

There are some essential elements common to the cultural experiences of most of the people of these areas. For example, respect for one’s elders and hospitality are widespread cultural attributes. Here are some things to be aware of:

Respect
Great respect is given to religious sites in these countries. These areas, large or small, ruined or not, are regarded as sacred. It is not appropriate to climb up on one to take a photograph, or to do anything that might show a lack of respect. When in doubt, the best guide is to watch the local people and do what they do.

Visiting Religious Sites
It’s OK to wear shoes while walking around the compound, but shoes are often taken off before entering a religious site.

Losing Face
In these cultures, it is considered unseemly to show too much emotion, such as displaying anger. It is best to just relax through any conflicts or irritations. In particular, avoid doing anything to cause public humiliation to anyone. This extends to criticism of service, engaging in public arguments, and “demanding to see the boss.” The people of these countries have an extreme reluctance to hurt others’ feelings and thus lose face.

Other Do’s and Don’ts
In these countries, public demonstrations of affection between men and women are frowned on. The head is the most spiritual and exalted part of the body. Thus, it is not appropriate to touch anyone on the head, except for small children. (Touching the head of a small child demonstrates your protection of that child.) The feet, considered the lowest and dirtiest part of the body (especially in the villages) should never be pointed at someone. Bowing your head and body slightly when walking through someone’s “space” is considered a polite and necessary thing to do. Your efforts to emulate the local behavior while in these countries will be much appreciated.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

SUGGESTED READING FROM THE TRIP LEADER

Our Trip Leader, Roger Williams, has suggested some of his favorite books. The ones marked *** are especially recommended.

Non-Fiction
Abazov, Rafis, Cultures of the World: Tajikistan, Marshall Cavendish Benchmark, 2006

***Al-Khalili, Jim, The House of Wonder: How Arabic Science Saved Ancient Knowledge and Gave us the Renaissance
Alioshin, Demetri, Asian Odyssey, 1940

***Bailey, Col. F.M. Mission to Tashkent. No Passport to Tibet.
Barber, Elizabeth Wayland, The Mummies of Urumchi, 2000
Bernstein, Richard, Younghusband: The Last Great Imperial Adventurer

U timate Journey: Retracing the Path of an Ancient Buddhist Monk Who Crossed Asia in Search of Enlightenment, 2012
Blackmore, Charles, Crossing the Desert of Death: Through the Fearsome Taklamakan, 1995
Burnes, Alexander. Travels into Bukhara, 1834
Byron, Robert, The Road to Oxtiana
Cable, Mildred with Francesca French, Through the Jade Gate and Central: An Account of Journeys in Kansu

Turkestan and the Gobi Desert, Hodder and Stoughton, 1937
Candler, Edmund, The Unveiling of Lhasa
Cutting, Suydam, The Fire Ox and Other Years
Dalrymple, William. Return of a King: The Battle for Afghanistan
Danziger, Nick, Danziger’s Travels: Beyond Forbidden Frontiers, 1988, Xinjiang pp 229-305, Pakistan pp 185-226


The New Silk Roads: The Present and Future of the World, 2018
Gordon, Stewart. When Asia Was the World: Traveling Merchants, Scholars, Warriors, and Monks Who Created the Riches of the East, 2008
Harris, Kate. Lands of Lost Borders: A Journey on the Silk Road, 2018, the Silk Road by bicycle

***Hopkirk, Peter, Foreign Devils on the Silk Road

***Hopkirk, Peter, The Great Game: The Struggle for Empire in Central Asia
***Hopkirk, Peter, Setting the East Ablaze: On Secret Service in Bolshevik Asia
   On Secret Service East of Constantinople
   Quest for Kim: In Search of Kipling’s Great Game
   Like Hidden Fire: The plot to Bring Down the British Empire, 1994

Johnson, Robert, Spying for Empire: The Great Game in Central and South Asia , 1757-1947. London: Greenhill

***Keay, John, The Gilgit Game: the Explorers of the Western Himalayas 1865-95
   When Men and Mountains Meet
   The Great Arc: The Dramatic Story of How India was Mapped and Everest Was Named, Harper Collins

Knight, E.F. Where Three Empires Meet , 1993, first published 1895

Kremmer, Christopher. The Carpet Wars: From Kabul to Bagdad, A ten-year journey along ancient trade routes

***Maillart, Ella K., Turkestan Solo: One Woman’s Expedition from the Tien Shan to the Kizil Kum , William Heinman Ltd., 1938
   Turkistan Solo: A Journey through Central Asia

Mallory, J.P., The Tarim Mummies: Ancient China and the Mystery of the Earliest Peoples from the West

Man, John. Marco Polo: The Journey that Changed the World , originally published as, Xanadu: Marco Polo and Europe’s discovery of the East

Maraini, Fosco, Where Four Worlds Meet

Margolis, Eric S., War at the top of the World: The Struggle for Afghanistan, Kashmir, and Tibet , 2001

***Meyer, Karl, Tournament of Shadows: The Great Game and the Race for Empire in Asia , Shareen Brysac, 2001
   The Dust of Empire: The Race for Mastery in the Asian Heartland

Michaud, Sabrina & Roland, Caravans to Tartary, 1978 – coffee table photography book
   Mirror of the Orient , 1984 – coffee table photography book

Middleton, Robert & Thomas, Huw, Tajikistan and the High Pamirs , 2008, Odyssey Guides

Minassian, Taline Ter. Most Secret Agent of Empire: Reginald Teague-Jones, Master Spy of the Great Game

Moorhouse, Geoffrey, To the Frontier, Holt, Rinehart & Winston, 1984

Murray, Craig. Sikunder Burnes: Master of the Great Game

***Nazaroff, Paul, Hunted Through Central Asia

Roerich, George N., Trails to Inmost Asia: Five Years of Exploration with the Roerich Central Asian Expedition , Yale University Press, 1931
Roerich, Nicholas, Altai Himalaya: A Travel Diary , 1929
   Heart of Asia: Memoirs of the Himalayas , 1929

Sale, Florentia, Lady Sales Afghanistan: An Indomitable Victorian Lady’s Account of the Retreat From Kabul During the First Afghan War , 1843

Shipton, Diana, The Antique Land , 1950

Shipton, Eric, Mountains of Tartary , 1951


***Sun, Shuyun, Ten Thousand Miles without a Cloud , 2004


***Whitlock, Monica, Land Beyond the River: The Untold Story of Central Asia . Thomas Dunne Books, St. Martin’s

Wiggins, Sally Hovey, The Silk Road Journey With Xuanzang , 2003

***Wu, Atitchen K., Turkistan Tumult, Oxford University Press, Hong Kong, 1984

***Wynn, Anthony, Persia in the Great Game: Sir Percy Sykes, Explorer, Consul, Soldier, Spy . John Murray

Fiction

***Buchan, John, Greenmantle
   The Half-Hearted


***Masters, John, The Lotus and the Wind , a Great Game novel


***Kipling, Rudyard, Kim
   The Man Who Would be King and other Stories

Fraser, George MacDonald, Flashman and the Great Game

   Flashman and the Mountain of Light

Darnton, John, Neanderthal, action takes place in the Gorno-Badakhshan, eastern Tajikistan
Sundaresam, Mountain of Light, a novel of love, adventure, conquest, and betrayal involving the Kohinoor diamond and the first UK/Afghan war

Recommended Films

***The Man Who Would be King . Based on a short story by Rudyard Kipling.
   The Silence, Mohsen Makhmalbaf, takes place in Tajikistan but by an Iranian director.
   Charlie’s War, directed by Mike Nichols, 2007
The Chinese Box, directed by Wayne Wang, 1997

The Silk Road aka Dun-Huang, 1988 Japanese film directed by Junya Satō, adapted from the 1959 novel Tun-Huang by Yasushi Inoue, with the backdrop of the plotline being the Mogao Caves manuscript trove.
Packing List

THE ESSENTIALS

- Passport (valid for at least six months after your date of exit from China, Kyrgyzstan, Tajikistan, and Uzbekistan)
- One other picture ID, such as driver’s license
- Visa for China, Pakistan, Tajikistan, and Uzbekistan
- Photocopy of passport page to carry with you
- Four extra passport photos
- Air tickets and expense money
- Personal checks for optional gratuities and emergency use
- Proof of travelers insurance, if purchased (insurance is recommended)
- Prescription medication, if required (packed in your carry-on bag, not your checked baggage)

WT GEAR STORE

To help you prepare for your next WT adventure, we’ve put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our WT Gear Store.

LUGGAGE

- Soft-sided roller bag with small padlock (must be unlocked for travel). Be mindful of baggage weight limits.
- Daypack, large enough for a rain/wind jacket, water bottle, camera gear, and other items you want during the day.
- Small roll-up duffel if you are an avid shopper.

WEIGHT LIMITS

Please note that there is a weight limit of 44 lbs (20 kgs) per person for checked luggage in China, and 11 lbs (5 kgs) per person for carry-on baggage. Your carry-on bag must fit under the seat or in the overhead compartment.

*Internal flights are only required for our "alternate itinerary" (should we not go to Pakistan)

NOTES ON CLOTHING

Dress on the trip is very informal, with the exception of city dinners for which you may want to dress up a little (jackets are not required for men). You should carry or wear your walking shoes on your flights to make sure they arrive with you.

People in Central Asia dress conservatively and visitors should take care to dress modestly. A flexible system of layered clothing is recommended, such as lightweight shirts and trousers and lightweight rain gear. Comfortable walking shoes will carry you a long way on this trip. A fleece jacket is recommended, as the temperature in desert could drop down to freezing at higher elevations. The places we visit are very dry, with a lot of sunshine, and it can also be very windy. A sunhat and sunglasses are highly recommended. A scarf or facemask will come in handy to ward off dust during the long, dusty drives.
CLOTHING

The clothing list below is provided as a guideline only; we encourage you to pack as lightly as possible.

- Wind/waterproof lightweight rain jacket with hood
- Fleece jacket
- Hiking pants, loose-fitting and comfortable. Quick-drying synthetic fabrics are a practical choice.
- Long-sleeved shirts. Quick-drying “travel” fabrics are ideal.
- T-shirts
- Shade hat with wide brim
- Lightweight hiking boots or sturdy running shoes with good traction and ankle support
- Tevas or other sturdy hiking sandals
- Socks, underwear. Synthetics dry faster
- Sleepwear
- Casual city/hotel attire

EQUIPMENT

- Bath towel (travel fabrics dry faster)
- Water bottle, 1 qt. capacity. Bottled water is available throughout the trip
- Good quality sunglasses with cases
- Flashlight with extra batteries
- Kleenex pocket packs for “nature breaks” on drives
- Assorted plastic bags to organize items in your luggage; garbage bags to use as a bag liner for rain protection
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.

PERSONAL FIRST AID SUPPLIES

Every trip member should bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen SPF #30 or higher. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Lip balm with sunscreen
- Aspirin, ibuprofen, or Tylenol for muscle pain or headache, Tylenol PM for sleep
- Topical antibiotic (such as Neosporin) for cuts, bites, or sores
- Insect repellent
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. “Liquid band-aids,” such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Anti-bacterial gel for hand washing (at least 60% alcohol to be effective) Antihistamine such as Benadryl and cold remedy such as Sudafed
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, consult your physician.
- Prescription medications properly labeled—bring a plentiful supply as they will be impossible to replace in China and Central Asia
- Spare contact lenses or spare prescription glasses

OPTIONAL ITEMS

- Converter and plug adaptor kit for appliance use in hotels. Plugs have a variety of blade types. It is best to bring a plug adaptor kit.
- Camera, spare batteries.
- Reading/writing material
- Lightweight binoculars
- Travel clock

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