



Pre-Departure Information

INDOCHINE



Table of Contents

TRAVEL INFORMATION

- Passport
- Visas
- Money
- Tipping
- Special Diets
- Communications
- Electricity

MEDICAL INFORMATION

- Inoculations
- Malaria Prevention
- Staying Healthy

HELPFUL INFORMATION

- Photography
- Cultural Considerations
- Being a Considerate Traveler
- Suggested Reading From The Trip Leader

PACKING LIST

- The Essentials
- WT Gear Store
- Luggage
- Weight Limits
- Clothing
- Equipment
- Personal First Aid Supplies
- Optional Items
- Prohibited Items

READING LIST

- Essential Reading
- Also Recommended

Reminders Before You Go

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 Trip 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.

**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.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- 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** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

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**(http://travel.state.gov/passport/passport_1738.html) (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**(<http://www.passportvisaexpress.com/?affId=2120>). 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

Laos

US citizens need a visa for Laos.

You can obtain your visa upon arrival at the Luang Prabang airport. A visa fee of \$36 and one passport photo are required.

Vietnam

US citizens need a visa for Vietnam.

Electronic Visa (E-Visa): US citizens can apply for an e-visa for Vietnam through the following website:
<https://evisa.xuatnhapcanh.gov.vn/>.

The current e-visa fee is \$25 (non-refundable), and is only valid for single-entry. The length of stay is for 30 days from the date you arrive in Vietnam. Once issued, the e-visa is valid for 6 months, so we recommend that you apply approximately 2-3 months prior to departure so that it is valid for your trip, and not more than 6 months from your entry date.

Please note that in order to obtain this e-visa, you must be able to upload a recent color passport photo from your computer. Once you complete the e-visa process, you should receive the visa in approximately three business days, via email. Once issued, you will also need to print the e-visa and bring it with you on your trip.

Visa Stamped Into Passport: If you would prefer to have a Vietnam visa stamped into your passport prior to arrival, or if you need a multiple-entry visa (because you plan to enter Vietnam more than once, even if just in transit), we suggest that you contact our recommended passport and visa processing service, Passport Visas Express (PVE):
<http://www.passportvisasexpress.com/?affId=2120>.

Once on the PVE website, there will be clear instructions on how to proceed. The necessary consular forms can be

downloaded to your own computer. PVE can also be reached by phone at 888-596-6028 for any specific questions. Let them know you are booked on a Wilderness Travel trip.

Alternatively, you can apply for a visa through a local Vietnam Embassy or Consulate. If you do this, please make sure that you apply through the appropriate jurisdiction.

Cambodia

US citizens need a visa for Cambodia.

You can obtain your visa online, prior to arrival, through the Ministry of Foreign Affairs & International Cooperation of Cambodia: <https://www.mfaic.gov.kh/>.

Once on their website, please look for the "Apply e-visa" button, which will lead you to the e-visa page and further instructions. Please note that the cost for obtaining your visa prior to arrival is slightly higher, \$37, and you must be able to upload a recent color passport photo from your computer. Once issued, you will also need to print the e-visa and bring it with you on your trip.

***Special Note:** US citizens can also obtain a visa on arrival at the Siem Reap airport, instead of prior to arrival, but we request that you **do not** do this, as the visa issuance line can be very long, which will keep the rest of the group waiting.*

Thailand (for any travelers planning to visit Thailand in conjunction with your trip)

US citizens do not need a visa for Thailand for a stay of 30 days or less.

If you are a citizen of any other country, please check with a local Embassy/Consulate for entry requirements to each country.

MONEY

The official currency in Laos is the kip. US dollars (and Thai baht) are commonly used and accepted everywhere.

The currency in Vietnam is the dong. You will need to change some USD into dong or withdraw dong at an ATM (there are many at Vietnam airports). Changing money should be done at hotel reception desks (exchange rates are comparable to banks).

Cambodia's official currency is the riel, but US dollars act as a secondary currency.

If you are stopping over in Bangkok, Thailand's currency is the baht. You can exchange funds into Thai baht in the Bangkok airport Arrivals area (open 24 hours).

ATM machines are available in Thailand, Laos, Vietnam, and Cambodia. VISA and MasterCard credit cards are accepted in most larger shops, hotels, and restaurants in these countries. Travelers' checks can be very difficult to cash and are not recommended.

If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

Note: **If you bring US dollars, it is important to bring new, clean banknotes with no rips or marks; old, torn, or marked-up bills may not be accepted.** Small denominations (such as \$1s, \$5s) may be handy. You will need to budget spending money for gratuities, any meals listed as "on your own" in the trip itinerary, and for personal items such as beverages and souvenirs.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$150-200 per trip member for the Trip Leader and \$120-150 per trip member for all the local guides/drivers. The Trip Leader takes care of gratuities for luggage handling and for waiters at restaurants.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Telephone

The international dialing code for Laos is 856, for Vietnam is 84, for Cambodia is 855, and for Thailand is 66. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at all of our hotels but not on our overnight on the boat in Halong Bay on Day 7.

ELECTRICITY

Laos, Vietnam, and Cambodia have 220/230-volt current and a range of plug types. Most newer electronic appliances do not need a converter, but you will need a plug adapter.

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**. (<http://www.cdc.gov/travel/index.htm>) Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

Entry requirements 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. This provides an important personal record for you to refer to when making future travel plans. We recommend you discuss the following with your physician:

Polio

Adults who have received the primary series of at least three doses of polio vaccine as children should ask their doctor about receiving a booster before traveling overseas. 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.

Tetanus Booster

A booster is strongly recommended (effective for 10 years).

Typhoid

The CDC recommends the shot or the oral vaccine, Vivotif Berna, a course of four capsules, one every other day for a week, with full effectiveness reached in a week. You may not be able to take the oral vaccine simultaneously with mefloquine (for malaria prevention).

MALARIA PREVENTION

Malaria is a serious but preventable disease spread by the bite of an infected mosquito. Please discuss antimalarial medication with your doctor, who will explain various antimalarials and their side effects and recommend a regimen for you. In addition to medication, a further precaution against malaria is to wear long sleeves and long pants at dusk. Thin clothing should be sprayed with insect repellent, especially around the elbows and ankles. Use repellent containing DEET, Picaridin, or a natural repellent of your choice.

If, after returning from your trip, you have a persistent fever with chills, muscle aches, and headache, report to your doctor the possibility of exposure to malaria.

For further malaria information, consult your doctor or the **CDC Malaria Hotline**(<http://www.cdc.gov/travel/index.htm>): 888-232-3228.

STAYING HEALTHY

In hotels and lodges, don't brush your teeth with tap water; use bottled water. Don't use ice in your drinks unless you are sure it was made with treated water. When in doubt, ask your Trip Leader for guidelines.

Helpful Information

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** (<https://www.borrowlenses.com/discount/wildernesstravel>), 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 Buddha images and Buddhist monks. Women must not touch a monk under any circumstances. If a woman has to give something to a monk, she must first present it to a man, who then presents it, or alternatively place it on a cloth in front of the monk, or drop offerings into the monk's alms bowl. All Buddha images, large or small, ruined or not, are regarded as sacred objects. 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 sitting in front of a Buddha image, monk, or anyone of higher status, your legs should be tucked under your body away from the person. (Sitting cross-legged suggests equality and is perfectly acceptable among friends, but not in the presence of "superior beings!"). When in doubt, the best guide is to watch the local people and do what they do.

Visiting Monasteries in Laos

It's OK to wear shoes while walking around the compound of a monastery, but shoes should be taken off before entering a monastery in Laos, as they should be in all homes. (Because you'll be removing your shoes several times each day, laceless shoes are handy.) Shoes do not have to be removed when visiting most Vietnamese (Mahayana) monasteries or at Angkor.

Losing Face

As elsewhere in Asia, 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.

Gifts

Many of the people we visit are living under hardship and our natural instinct would be to give them gifts. Because the unwary distribution of pens, money, candy, and so on has led to beggar mentality in many places in the world, we suggest you do not give anything to soliciting children. Along our journey we may visit some schools. Gifts of pens and school supplies to the head teacher would be gratefully accepted. Your Trip Leader will organize this for the group if appropriate.

Other Do's and Don'ts

In Buddhist countries, 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 or a Buddha image. Bowing your head and body slightly when walking through someone's "space" is considered a polite and necessary thing to do. Public demonstrations of affection between men and women are frowned on. 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 Leaders have suggested a few of their own favorites in addition to the Longitude booklist (note: some of these items may be out of print).

*Decent Interval: An Insider's Account of Saigon's Indecent End
Told by the CIA's Chief Strategy Analyst in Vietnam*
by Frank Snepp

Stalking the Elephant Kings: In Search of Laos
by Christopher Kremmer (1997, Silkworm Books)

Seeing Vietnam: Encounters of the Road and Heart
by Susan Brownmiller (1994, HarperCollins)

Brother Enemy: The War After the War
by Nayan Chanda (1986, Collier Books)

The Mekong: A River and Its People
by John Hoskin and Allen W. Hopkins (1991, Post Publishing)

The Sorrow of War: A Novel of North Vietnam
by Bao Ninh (1991, Martin Secker & Warburg, London)

A History of Cambodia
by David Chandler (2007, Westview Press)

Three books in a series by Gerald Roscoe (1999, Asia Books):

The Buddha's Life: Man, Myth, Facts, and Fable

The Monastic Life: Pathway of the Buddhist Monk

The Good Life: An Introduction to Buddhism for the Westerner

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- 2 extra passport photos (see Visa section)
- One other picture ID, such as a driver's license
- Expense money

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** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

- Standard hard or soft-sided suitcase, with small padlock (must be unlocked for air travel in the US). Rolling suitcases have been the preferred choice of past travelers.
- Daypack for water bottle, camera, and other items you want with you during the day
- Small roll-up duffel to carry home purchases and to use for an overnight bag for Halong Bay. Our private junk has limited storage space so we request you pack an overnight bag for this one night. The rest of your luggage will remain locked on our bus and you will be reunited with it the following day.

WEIGHT LIMITS

On all internal flights, there is a weight limit of 44 pounds per person for checked baggage. Carry-on baggage can weigh 15 pounds per person and must fit in the overhead bin. Please note that in Laos and Cambodia, we may fly in smaller planes, with limited overhead luggage space (about 12 inches deep). On these flights, carry-on luggage that does not fit in the overhead rack will be automatically checked. If you go over the weight limit, excess baggage fees may apply.

CLOTHING

We suggest that travelers dress modestly to show respect for the local cultures. For women, long pants and modest, knee-length shorts or skirts are appropriate. For men, long pants and knee-length shorts are appropriate (In some temples, no shorts, short skirts, or tank tops are permitted; your Trip Leader will advise you.) Shoes must be removed before entering any monasteries and homes in Thailand, Laos, Cambodia, and some temples in Vietnam.

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

- Lightweight long-sleeved shirts
- T-shirts
- Light cotton or quick-drying synthetic pants
- Lightweight long or mid-calf skirts for women
- Modest, knee-length hiking shorts
- Light or medium-weight fleece jacket
- Fleece sweater (mostly for December and January departures, when it can be cooler)
- Lightweight rain jacket
- Sturdy walking shoes or running shoes with good traction
- Tevas or other sandals
- Underwear/socks. Synthetics dry faster.
- Shade hat with wide brim
- Sleepwear
- Bathing suit (for hotel pools)
- City/hotel attire (there is no need for men to bring a sports coat or tie)

EQUIPMENT

- Good quality sunglasses
- Travel alarm clock
- Umbrella
- Plastic bags to organize items in luggage
- Flashlight, spare batteries

PERSONAL FIRST AID SUPPLIES

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

- Sunscreen SPF 30 or higher, lip balm with sunscreen. 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.
- 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. Repellents with DEET are recommended. DEET content of about 30-35% is ideal (higher DEET content is not recommended). Wipe DEET off your hands before touching plastic surfaces (such as binoculars) because it can damage plastic. Aerosol repellents are useful for spraying on clothes.
- 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
- Antihistamine such as Benadryl
- Imodium for diarrhea. If you wish to bring an antibiotic for diarrhea prophylaxis, please consult your physician.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses

OPTIONAL ITEMS

- Camera, spare batteries, memory cards, etc.
- Reading/writing material
- Universal converter/plug adapter for appliance use in hotels. Southeast Asia has 220/230-volt current. Plugs often (but not always) have two round prongs, similar to those used in Europe.
- Travel alarm clock, small mirror
- Earplugs
- 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.

PROHIBITED ITEMS

E-Cigarettes: Please do not bring e-cigarettes (vaporizers), including e-cigarette refills. The countries of Thailand, Brunei, Cambodia, Indonesia, Singapore, and Vietnam have all outlawed the import and export of e-cigarettes (vaporizers), including e-cigarette refills. Travelers found with these items could be fined or sent to prison for up to 10 years if convicted. This applies for transit through the countries as well as entry into them.

Satellite phones are no longer allowed to be brought into India. This also applies to travelers who are just transiting through India on the way to/from their actual trip. If you bring a satellite phone to India, it will be confiscated and you could be subject to serious penalties, including arrest. Please double-check entry requirements on your own before traveling.

Reading List

ESSENTIAL READING

Vietnam, Laos, Cambodia Map

Nelles

2016

A great folded map of Vietnam, Laos, and Cambodia at a scale of 1:1,500,000. With inset maps for Central Vientiane, Hanoi, Luang Prabang, Phnom Penh and Ho Chi Minh City (Saigon).

Odyssey Guide Myanmar

Caroline Courtauld

2012, 312 PAGES

Refreshingly direct and engaging, Caroline Courtauld covers Burma's culture, long history and religion with grace in this richly illustrated guide with fine color maps.

A Dragon Apparent, Travels in Cambodia, Laos and Vietnam

Norman Lewis

2003, 358 PAGES

A classic account of travels and adventure during the last years of French Indochina, strong on atmosphere with wonderfully detailed descriptions of local cultures and archaeological treasures. First published in 1951.

Footprint Vietnam, Cambodia & Laos

Footprint Guides

2015, 576 PAGES

With practical information on attractions, transportation, food, activities and lodgings. Includes Bangkok.

ALSO RECOMMENDED

Understanding Vietnam

Neil Jamieson

1995, 428 PAGES

Jamieson's ambitious primer addresses politics, social history, village life, structural renewal, literature and the arts, revealing the Vietnamese worldview with insight and depth. It's a terrific introduction to Vietnam.

Odyssey Guide Angkor

Dawn Rooney

2011, 496 PAGES

The sixth edition of Rooney's indispensable guide to Khmer culture and history. Includes monuments, temple plans, color photographs and practical information about Siem Reap.

Vietnam, A Traveler's Literary Companion

Nguyen Qui Duc

1996, 239 PAGES

From rainforest to city, these 17 stories from Vietnam's finest writers explore its landscapes, myths and changing traditions.

Fire in the Lake

Frances FitzGerald

2002, 496 PAGES

A classic historical, political and cultural portrait of the Vietnam War, seen through the eyes of the Vietnamese. Winner of both the Pulitzer Prize and National Book Award, FitzGerald, a staff writer at the New Yorker and a reporter in Vietnam, presents a vivid image of a revolution and a clear-sighted case for why the U.S. offensive was doomed from the start.

What the Buddha Taught

Walpola Sri Rahula

1994, 151 PAGES

A classic account of Theravada Buddhism by a respected monk and scholar from Sri Lanka. Provides translations from original texts with explanations for Western readers. A good foundation for any visitor to Southeast Asia.

Angkor Map

River Books

2007

A site plan and pocket guide to the city of Angkor at a scale of 1:40,000.

Ancient Pagan

Michael Freeman

2013, 286 PAGES

An authoritative guide to the art and culture of the ancient Buddhist city on the Irrawaddy, organized by temple group and featuring 250 color photographs, site plans and maps.

A History of Cambodia

David Chandler

2007, 312 PAGES

An excellent, scholarly history from early civilization through the rise of Angkor, French colonial period, Vietnamization of Cambodia, Khmer Rouge and Coup de Force of 1997.

Cambodia's Curse, The Modern History of a Troubled Land

Joel Brinkley

2012, 416 PAGES

Pulitzer Prize-winning journalist Joel Brinkley returns to Cambodia a generation after the fall of the Khmer Rouge regime to report on the country's continuing struggle to recover from its past.

The River's Tale, A Year on the Mekong

Edward Gargan

2003, 352 PAGES

A personal, probing chronicle of a 3,000-mile journey on the river from its source in China through Tibet, Burma, Laos, Thailand, Cambodia to the Mekong Delta in Vietnam.

Myanmar (Burma) Map

Nelles

2011

A convenient double-sided map of Burma at a scale of 1:1,500,000, with an inset of Rangoon. Two Sides. 20x31 inches.

Lonely Planet Myanmar (Burma)

Michael Clark

2014, 424 PAGES

Featuring maps, travel information and a good overview of society, culture, history and politics.

A History of Laos

Martin Stuart-Fox

1997, 256 PAGES

A comprehensive, scholarly history of the country, focusing on the modern period and emergence of Laos as a contemporary nation state. With chapters on the early kingdoms and French Laos.

Letters from Burma

Heinn Htet

2010, 244 PAGES

A collection of candid and affectionate letters on Burmese culture, daily life and politics written by the country's iconic Nobel Prize-winning human rights leader who was held under house arrest by the military junta for many years.

Southeast Asia, An Introductory History

Milton Osborne

2013, 352 PAGES

In the 11th edition of this classic, Osborne (*The Mekong*) traces social, political and economic change in the region since the 18th century.

The River of Lost Footsteps, Histories of Burma

Thant Myint-U

2007

In this stimulating and important book, Myint-U (grandson of the late UN Secretary General U Thant and author of *The Making of Modern Burma*) uses Burmese history as a lens for understanding Myanmar today.

The Coroner's Lunch

Colin Cotterill

2005, 272 PAGES

The first in Colin Cotterill's wonderful Dr. Siri Paiboun mystery series follows the septuagenarian national coroner of Laos as he navigates both the criminal underworld of communist Laos and the spiritual world of his ancestors.

Birds of Southeast Asia

Craig Robson

2005, 304 PAGES

This authoritative, masterfully illustrated guide, featuring 140 color plates covering 1,270 species throughout the region, includes Malaysia, Burma, Borneo and Indonesia.

Revised: February 27, 2019

The Mekong, Turbulent Past, Uncertain Future

Milton Osborne

2001, 320 PAGES

A cultural history of the great river from prehistory to European exploration, colonial tensions and modern challenges. It's an engaging introduction to the history of Southeast Asia.

Arts of Southeast Asia

Fiona Kerlogue

2004, 224 PAGES

A handsome guide to the art, architecture, textiles and crafts of Southeast Asia.

The Headmaster's Wager

Vincent Lam

2013, 441 PAGES

A forgotten segment of modern Vietnam's history is intriguingly brought to life in this novel about the fall of a powerful headmaster of an English academy in 1960s Saigon.