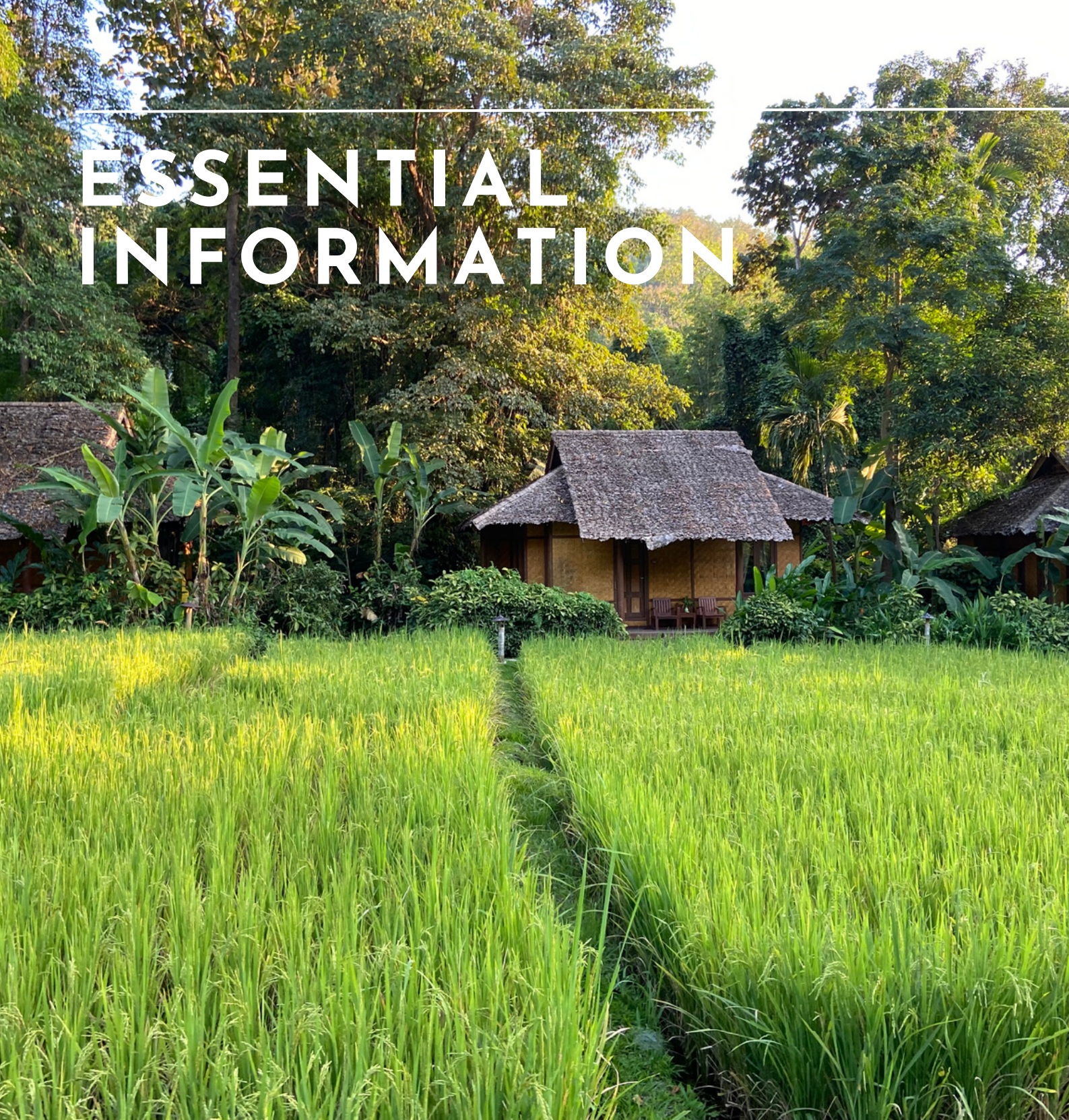


ESSENTIAL INFORMATION



Thailand Trip

PRE-DEPARTURE INFORMATION



INTRODUCTION

Women Want Adventure has crafted this guide to streamline your travel preparations and respond to common questions. We provide insights on key aspects such as itinerary details, meals, accommodations, vaccinations, weather patterns, appropriate clothing, luggage, and specialised gear to enhance your trip. It is your responsibility to effectively use this information. Our commitment is to supply you with essential knowledge, ensuring you fully enjoy your Thailand adventure.

We recommend printing your travel itinerary and flight details prior to departure to stay informed of any recent changes. Remember to complete the WWA waiver, as well as any booking and medical forms.

Printing the packing checklist is a wise step to ensure you're fully prepared for an unforgettable experience in Thailand. If you have any doubts or need assistance, please don't hesitate to contact our team.



TRIP OUTLINE

Welcome to your 13-day Wild Nature group adventure in Thailand with Women Want Adventure. Get ready to immerse yourself in the rich Thai culture, navigate pristine jungles by raft, and connect with magnificent elephants. You'll experience staying in various Hill Tribe villages, offering a unique glimpse into their daily lives—a lifestyle that is both rejuvenating and inspiring.

Explore jungle temples, enhance your culinary skills with a Thai cooking class at an organic farm, and experience the transformative effect of beginning your day with yoga, taking home a tailored exercise regimen for continued practice.

Thailand is a land of wonders, with stunning Buddhist temples, captivating wildlife, rich history, and vibrant culture, not to mention some of the world's most flavoursome cuisine. Its untamed heart, the lush jungles, invites exploration (rest assured, our guides will keep you on track!). In this land where spirituality blends seamlessly with daily life, you'll be enchanted by the spectrum of religious expressions, from shimmering temples and golden Buddhas to ancient banyan trees wrapped in holy cloth and small shrines in local eateries.

In Thailand, the spiritual realm enriches the hustle and bustle of everyday life, providing a serene foundation. Our adventure includes engaging with elephants, capturing the beauty of golden Buddhas, practicing yoga in nature, rafting through jungles, biking through picturesque rice fields, learning traditional Thai cooking on an organic farm, and much more.

Our journey also takes us to hill-tribe communities, where we will dine, rest, and intimately experience the villagers' daily routines. Embrace this opportunity to experience the timeless allure and adventure of Thailand.

THAI FACTS

Full country name: Kingdom of Thailand

Capital City: Bangkok

Language: The official language is Thai, or more precisely Siamese or Central Thai

Area: 513,120 square km

Population: 71 million

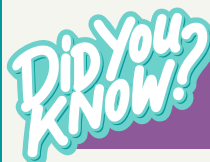
People: About 75% of the population is ethnically Thai, 14% Thai Chinese, and 3% is ethnically Malay; the rest belong to minority groups including Mons, Khmers and various hill tribes.

Religion: The primary religion is Buddhism, which is practiced by around 95% of the population.

Major industries: Thai rice, textiles and footwear, fishery products, rubber, jewellery, cars, computers and electrical appliances.

Currency: Thai Baht

Electricity: 220 V; Plugs A & C. We recommend getting a universal adapter and converter kit.



The country is a constitutional monarchy, headed by King Rama IX.

WHAT'S INCLUDED

- 12 nights of accommodation (twin shared, except during jungle trekking at the shared longhouse + 2 nights rafting) *single supplement available for up to 9 nights (please contact us)
- Transfers to and from the airport to the hotel in Chiang Mai (within 2 days of arrival and departure)
- Local Thai guide and tour leader
- All transportation as mentioned in the itinerary
- Private Hill Tribe trekking
- National Park entry fees
- Elephant sanctuary visit
- Tips are included for restaurants and drivers
- 28 meals outlined in the itinerary (please note, we have excluded some lunches to allow freedom of choice at markets/villages, etc.)
- White water and bamboo rafting
- Morning yoga or Qigong sessions
- Thai cooking class
- Women Want Adventure special gift

WHAT'S NOT INCLUDED

- International flight airfare to the start of the trip
- Travel insurance (compulsory)
- Trip cancellation and personal effects coverage
- Additional tips of good will like luggage carrying
- Extra budget for other meals and drinks, as outlined in the itinerary
- Alcoholic drinks
- Soft drinks and fantas
- Bottle water purchases
- Laundry services
- Single accommodation supplement (where available)



AIRPORT ARRIVALS:

Please note: Airport transfers are available on within the first (two days) before departure- **November 4th -6th, 2024** (all day) and two days post trip (18th-20th November). You must email us your flight arrival time, flight number, and airline at least 4 weeks prior to departure at info@womenwantadventure.com.au.

ARRIVING EARLY:

If you choose to arrive earlier than the trip start date and wish to stay at the same hotel - **Baan Klang Wiang**, we highly suggest you arrange your booking as soon as possible. This is a small boutique-style hotel with a family vibe. When our whole group arrives, we book out all the rooms. Please note, if you arrive earlier in a single room, you may have to change rooms for the trip start date unless you have requested a single supplement room for the trip. These depend on availability as there are only 4 single room options over 9/13 nights of the trip. Please **contact us** for more information or before you make your additional bookings to assist you. Single surcharge for the trip is 18,000 THB approx. (775 AUD) and can be paid on arrival at the hotels. *must be reserved with us prior to your trip. We can assist you with your pre arrival booking at Baan Klang Wiang to make the reservation.



COPING WITH HEAT

Adapting to Thailand's hot, humid climate can sometimes take at least 3-4 days. To combat common issues like swelling and muscle cramps, stay hydrated, limit exertion in heat, and opt for rehydration solutions. Please pack your electrolytes.

Heat exhaustion symptoms include weakness, headache, and nausea. Treat by cooling down, resting in a shaded area, using cool cloths, and drinking salted water. Recovery can take a few days.

Heat stroke is critical, with symptoms like high body temperature and dizziness. Seek immediate medical help and cool yourself or the person urgently with fans, ice, and removing excess clothing. Prickly heat, a rash caused by trapped sweat, is relieved by staying in cool places and taking cool showers. Use locally available prickly-heat powder instead of creams.

CLIMATE



November is an idyllic time to explore Northern Thailand, with Mae Hong Son, Chiang Rai, and Pai offering a refreshing escape from the heat, although it still gets hot!!! During this month, the region basks in more cool and dry conditions, with daytime temperatures hovering between a comfortable 22°C to 30°C (77°F to 86°F). This climate is perfect for outdoor adventures and immersing oneself in the area's stunning natural landscapes.



As evening descends, the temperature in Northern Thailand, particularly in the mountainous areas, can cool down significantly, sometimes dropping to about 10-15°C (59°F). This crisp air adds a cozy element to the experience, especially for those staying in the higher altitudes.



This period is marked by minimal rainfall, ensuring that the days are predominantly sunny and clear, ideal for trekking through the northern hill country and experiencing its mild, dry weather.





ABOUT

In the spirit of cultural immersion, our 13-day adventure will coincide with the enchanting Loy Kratong Festival of Light, offering a unique opportunity to partake in one of Thailand's most picturesque traditions. As we journey through the untouched jungles and engage with the noble elephants, the richness of Thai culture will unfold before us. Our nights will be spent amongst various Hill Tribe villages, where the rhythms of their daily lives will offer simplicity and restoration for the soul.

Venture into the heart of the jungle to uncover secluded temples and partake in a traditional Thai cooking class on an organic farm. The serene mornings will commence with yoga sessions, setting a tranquil tone for the day. This experience is not just a getaway but a journey that enhances well-being, culminating in a personal exercise program you can continue at home for daily rejuvenation. This adventure promises to be as enriching as it is memorable, tailored for the discerning woman looking to enrich her life with travel and tranquility.



AT A GLANCE

- | Day 1**
Your Thai Adventure Begins! Arrival Day
- | Day 2**
Forest Temple Trek
- | Day 3**
Elephants & Jungle Trekking
- | Day 4**
Jungle Trek & Bamboo Raft
- | Day 5**
Morning Yoga and Bike Adventure!
- | Day 6**
Yoga & Travel to Pai
- | Day 7**
Rafting the Pai River! Day 1 Rafting
- | Day 8**
Rafting the Pai River Day 2 & stay overnight in Mae Hong Son
- | Day 9**
Mae Hong Son Sleeping Town
- | Day 10**
Karen Homestay
- | Day 11**
Back to Chiang Mai
- | Day 12**
Thai Cuisine & Kayak!
- | Day 13**
Departure Day

DAY 01

Your Thai Adventure Begins! Arrival Day

- 6th November

Embrace the warmth of Thai hospitality upon your arrival in Chiang Mai. Your journey begins with a soothing retreat to our serene hotel, an oasis of calm where you can unwind by the pool or in the tranquil gardens following your flight. Our team will greet you at the Chiang Mai airport and escort you to your accommodation.

At 5 pm, we'll gather for an opening circle and briefing in the surroundings of our traditional Thai-style hotel. The evening will be dedicated to relaxation and camaraderie as we enjoy a welcome dinner together, setting the tone for the days to come. Retire at your leisure for a restful night's sleep, readying yourself for the adventure ahead.

- **Accommodation:** Baan Klang Wiang (twin sharing basis), with a single occupancy upgrade available upon request. Please reach out for availability (limited)
- **Meals:** Dinner



DAY 02

Forest Temple Trek

- 7th November

Start your day leisurely with a tranquil breakfast or enjoy the calm of the hotel's garden, allowing you the space to recover from your journey and ease into the rhythm of Thailand. Post-lunch, embark on a rejuvenating one-hour hike in Doi Suthep National Park, culminating in a visit to an enchanting Buddhist Forest Temple. The temple presents breathtaking vistas of the city, nestled amidst flowing rivers and cascading waterfalls. A brief introduction to Buddhism will be provided by your local guide. We visit two temples and hike to a waterfall on this day.

Upon our return at approximately 7 pm, the evening is yours to indulge in a refreshing swim at the hotel or to meander through the nearby market. The group may decide to dine together or explore individually. Our guide is available to recommend a restaurant that suits the group's taste. With Chiang Mai's plethora of dining options, we encourage embracing spontaneity for your evening meal.

We've left dinner plans open for personal preference so you can explore the vibrant offerings at the night market, or find a local gem in the city, Chiang Mai's culinary landscape is rich with possibilities.

- **Accommodation:** Baan Klang Wiang (twin share unless single supplement option)
- **Meals:** Hotel breakfast and lunch

DAY 03

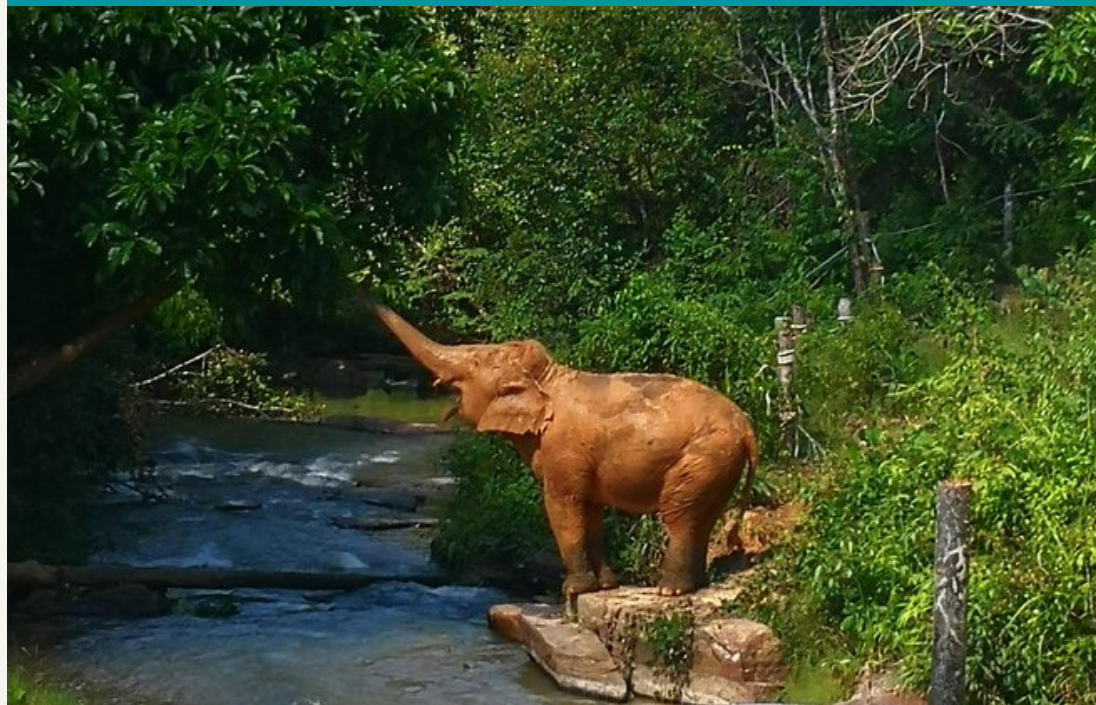
Elephants & Jungle Trekking

- 8th November

After breakfast, we embark on our 2-day jungle trek and elephant experience, approximately 2.5 hours south of Chiang Mai. Our journey begins with a minivan ride to the trek's starting point. In the morning, we'll have the unique opportunity to spend time with elephants at ChangChill, joining them in their daily routine. This will be a chance to learn about their natural behaviour from the Karen Mahouts, skilled elephant herders who have lived alongside these majestic creatures for centuries.

ChangChill, a remarkable elephant sanctuary, represents a significant shift in elephant tourism. Moving away from conventional activities like riding, bathing, and feeding elephants, the sanctuary has embraced a truly elephant-friendly approach. ChangChill, which translates to “relaxed elephants” in Thai, is dedicated to providing a better life for elephants and an exceptional experience for visitors.

Home to four resident female elephants, ChangChill offers these majestic animals the freedom to roam the valley, graze, and bathe in the river, as well as enjoy mud and dust baths. Here, they can socialise with each other in their natural habitat. For those interested in understanding more about ChangChill's ethical approach and its impact on elephant welfare, please visit their [website](#) to learn more about this inspiring sanctuary.



Following this remarkable experience and a delicious lunch, our trekking guide, Pek, will meet us to begin our trek for the overnight adventure. From this point, there will be no more driving.

Each day, we'll hike for 2 to 3 hours (covering about 13 km) through remote Hill Tribe villages—yes, expect some hills—following jungle trails. Our knowledgeable trekking guides, familiar with every inch of the jungle, will provide delectable jungle-prepared meals. Our accommodation will be in a simple Hill Tribe hut, a longhouse where we'll all sleep together in one room, offering a chance to discover the Hill Tribe's local customs and traditions.

We'll store our large packs and carry only an overnight bag for the trek. Each adventurer will carry her own daypack, while our porters manage the food supplies and overnight gear. In the evening, gathered around a campfire, our local guides will share captivating stories of their life in the jungle, adding depth and richness to our adventure.

- **Accommodation:** Hill Tribe Hut (group share)
- **Meals:** Hotel breakfast, Lunch and Dinner

Prepare for basics! Our accommodations in the tribal villages offer a truly authentic experience. We will be staying together in a communal sleeping room within a traditional longhouse, constructed from bamboo and thatched roofing. Our sleeping arrangements include raised platforms, where we'll use sleeping pads and sleeping bags, each shared between two, all enclosed in mosquito netting for comfort. The bathroom facilities are basic, comprising outhouses and simple showers. Please be aware that these accommodations do not have electricity, adding to the rustic charm of our adventure.



Following breakfast we will begin a morning trek lasting between 1.5 to 3 hours before reaching the river to embark on a fun journey, floating down the river on a bamboo raft.

Post-lunch, we'll travel for 3 hours by Songtaew (great way to ride!) to our nature lodge, an ideal spot for swimming and unwinding after our two-day trek. Revel in the tranquility of nature at this charming lodge, which is situated on a verdant mountainside and surrounded by lush gardens. Our evening will be spent leisurely, soaking in the peaceful of our lodge.

- Accommodation: Nature Lodge
- Meals: Breakfast & Lunch



DAY 04

Jungle Trek & Bamboo Raft

- 9th November



SONGTAEW!

DAY 05

Morning Yoga & Bike Adventure!

- 10th November

Begin your day with a morning Qigong/yoga session before breakfast. Following breakfast, we will take a unique bike ride with a local rice farmer. As we cycle at a relaxed pace, we'll explore the lush rice fields, meet local artisans, and venture out to the lake. It's important to note that the bikes are provided as part of a community project with the farmer, so they vary in style—some with gears and others without. This variety adds a touch of fun and unpredictability to our ride! Lunch is provided on the bike ride.

After our cycling adventure, we'll return to the hotel in the afternoon to swim/relax at the pool prior to dinner.

The evening will conclude with a circle gathering under the stars, accompanied by a peaceful meditation session.

- **Accommodation:** Nature Lodge
- **Meals:** Breakfast, Lunch & Dinner



DAY 06

Yoga & Travel to Pai

- 11th November

Begin your day with a rejuvenating morning yoga practice. After breakfast, we'll set off for the village of Pai in a minivan, embarking on a 3-hour scenic drive through the mountains, filled with spectacular views. We'll enjoy lunch together as a group upon arrival.

The afternoon offers free time to explore the beautiful Pai valley at your leisure. You might choose to take a relaxing walk along the rice fields or unwind by the swimming pool. For the rest of the evening and dinner, take the opportunity to stroll through Pai village and discover the vibrant evening village market, a major highlight of the area! We've left the evening open for you to sample different cuisines and explore the local produce, immersing yourself in the rich flavours of the region.

- **Accommodation:** Hotel in Pai, twin share (unless single supplement)
- **Meals:** Breakfast & Lunch



DAY 07 & 08

Rafting the Pai River!

- 12th & 13th November



Embark on one of Thailand's premier rafting adventures on the Pai River. Beginning in the serene valley village of Pai, surrounded by lush green mountains, we'll navigate approximately 60 kilometers over two days. Each day involves 4-5 hours of rafting, including some enjoyable, moderately challenging rapids. As we paddle, we'll be treated to stunning views of untouched nature, rocky landscapes, and remote jungles.

Our overnight accommodation will be in basic bamboo huts (twin and triple share) at a nature camp, where our professional rafting team will prepare a delicious dinner to cap off an exciting day. The adventure concludes in Mae Hong Son, with an overnight stay at the picturesque Fern Resort.

- **Accommodation:** Bamboo huts (group share) and Fern Resort (twin share), unless single supplement.
- **Meals:** 2 breakfasts, 2 lunches, and dinner (Note: Dinner at Fern Resort is not included, allowing women the freedom to select their preferred dish, with both Thai and Western cuisines available).



DAY 09

Mae Hong Sleeping Town Relaxing

- 14th November

Start your day with a peaceful morning yoga session. The afternoon is yours to enjoy at your leisure. Relax by the pool with its stunning view of the rice fields, or explore Mae Hong Son's unique Burmese-style temples. Our resort, nestled on the edge of a national park, offers optional hikes along well-marked paths for a small fee of 200 Baht per person, should you wish to explore. Alternatively, you might prefer a tranquil day at the hotel, especially appreciated after the previous day's rafting adventure.

In the evening, after dining near the lake, visit the local evening market for souvenirs. During our stay, we'll be part of the vibrant Loy Kratong festival, a significant Thai celebration honoring the river spirits. Witness the enchanting sight of Thais sending Kratongs, beautifully crafted from banana leaves, down the river, each carrying a wish. As a group, we will partake in this tradition by lighting a 'Khum Loy' lantern together, creating a memorable experience.

- **Accommodation:** Nature Lodge, twin share (unless single supplement)
- **Meals:** Breakfast & Dinner

DAY 10

Karen Hill Tribe Homestay

- 15th November

Our day starts with a yoga session at the hotel, preparing us for a picturesque 3-hour drive. The route winds through several national parks, showcasing spectacular viewpoints. Lunch will be enjoyed in the sleepy, charming town of Khun Yuam. Our accommodation for the night is a genuine Karen Homestay in a Hill Tribe village, providing an authentic glimpse into their way of life.

In the village, we'll have the opportunity to visit a Hill Tribe boarding school. This visit is particularly special, as it allows us to see the range of skills taught to the children, from agriculture to baking. Our connection to this school is personal, having served as volunteer teachers at their affiliated school in Chiang Mai.

The evening at the homestay is a unique experience. We will stay in a large communal room suitable for six people, with additional twin rooms that boast breathtaking views of the surrounding mountains. This stay offers an unparalleled chance to connect with the natural beauty and culture of the Hill Tribe village.

- **Accommodation:** Karen Hill Tribe Homestay (group share)
- **Meals:** Breakfast, Lunch and Dinner



DAY 11

Back to Chiang Mai

- 16th November

Following breakfast, we will make our way back to the city. Our journey includes a visit to a magnificent waterfall and a drive through the scenic Doi Inthanon National Park. After enjoying lunch en route, we'll check back into our charming Thai-style boutique hotel, the same welcoming place we stayed at the beginning of our trip.

- **Accommodation:** Baan Klang Wiang (twin sharing basis) unless single supplement
- **Meals:** Breakfast & Lunch

DAY 12

Thai Cuisine & Kayak!

- 17th November

After breakfast, we embark on a delightful culinary tour of Thailand. We'll travel to a Thai organic farm near the city, diving into the world of Thai cuisine, celebrated globally as one of the finest in the East. Thai food embodies the essence of Thai culture: generous, vibrant, nuanced, and more delectable in its native setting. Each dish is a harmony of fresh, local ingredients, balancing the four fundamental flavors: spicy, sweet, salty, and sour.

Our day begins with a tour of the local marketplace, learning about Thai spices, produce, and delicacies. Then, guided through the chef's organic garden, we'll uncover the secrets of his exquisite cuisine. This hands-on experience allows us to learn the basics and then add our personal touches. We'll savor the fruits of our labor, tasting the exotic dishes we've created.

As the day cools, we'll enjoy a sunset kayaking trip, offering a unique perspective of city life from the river. Post-dinner, we conclude our adventure with a closing circle, followed by a visit to the famous night street market. This bazaar, a labyrinth of covered markets, shops, and stalls, showcases the best of Thai handicrafts. The evening is yours to shop, dine on the patios, wander around the illuminated temples, and maybe indulge in one last massage.

- **Accommodation:** Baan Klang Wiang (twin sharing basis) unless single supplement
- **Meals:** Breakfast, Lunch & Dinner

DAY 13

Departure Day

- 18th November

During the day, we will organise transportation for your return to the airport. Please note that check-out time is at 12 noon.

Meals: Breakfast



ADDITIONAL INFORMATION

DOCUMENTATION / VISA

Australians enjoy a special privilege when traveling to Thailand, as Australia is on Thailand's Visa Exemption list. This means Australians can enter Thailand as tourists for up to 30 days without needing a visa. Upon arrival, Aussies can obtain a 30-day "Visa Exemption stamp" at the airport, streamlining their entry process. If you wish to extend your stay in Thailand, there are several options available. It's important to explore these alternatives if you plan to stay longer than the 30-day visa-free period.

Please remember, all women on this trip are responsible for their own visa requirements, permits, and certificates. A valid passport with a minimum of 6 months validity past your expected departure date is mandatory for all countries.

Given that visa fees and regulations are subject to change, we strongly recommend contacting your local embassy or consulate for the most current information, or consult your travel agent. Ensuring you have the latest passport and visa information and carry the necessary entry and exit documentation is entirely your responsibility.

TRAVEL INSURANCE

Travel Insurance is a mandatory requirement for attendance on this Thailand Trip. The cost of medical (including any related to pre-existing medical conditions), helicopter evacuation, and/or hospital care can be very expensive. Your insurance policy should cover cancellation and curtailment, baggage loss or damage, emergency travel, repatriation, personal accident and evacuation from a remote area. It is your responsibility to ensure that you are fully insured before leaving home. Please send us your travel insurance number prior to departure.

Women Want Adventure is not liable for any cost or loss, directly or indirectly, from any personal disruption due to illness and COVID-19. Such costs or losses include but are not limited to: requirements to follow COVID-19 mandates, flights, accommodation, transfers, and other expenses incurred over and above the trip price. Once your trip has commenced there is no refund available for any portion due under any circumstances.

WWA holds no liability, either directly or indirectly, for any loss, damage, or harm to property or individuals resulting from these arrangements. We advise you to hold off on booking your flights until your trip is officially confirmed with your booking.

You must provide evidence to Women Want Adventure that you have obtained the required personal travel insurance covering all of the activities you expect to participate in 70 days prior to trip departure.

Recommendations for travel insurance:

Fast Cover: [View link](#)

World Nomads: [View link](#)

VACCINE RECOMMENDATIONS

The World Health Organisation (WHO) (available at www.who.int/en/) advises all travellers to be immunised against diphtheria, tetanus, measles, mumps, rubella, polio, and hepatitis B, regardless of their travel destination. These diseases can have serious consequences and are known to break out occasionally.

As per the Centers for Disease Control and Prevention (CDC) (see www.cdc.gov), the following vaccinations are suggested (though not mandatory) for travel to Thailand, particularly if visiting high-risk areas:

- Hepatitis A
- Hepatitis B
- Influenza
- Japanese Encephalitis
- Measles
- Rabies
- Typhoid

It's also crucial to inform your healthcare provider about the duration of your travel and any plans to visit risk areas in the next 2-3 years. For personalised advice on suitable vaccinations, it's best to consult directly with a travel health expert.



TIPPING

Tipping: In Thailand, tipping isn't a widespread practice. Typically, if your restaurant bill has a small balance (like 12B from a 500B note), it's common to leave it as a token of goodwill, rather than as a tip. This gesture is more about showing generosity than the necessity of tipping. However, if the change is less than 10B, it's usually not left behind.

For hotel restaurants and upscale dining places, a 10% service charge is often included in the bill, eliminating the need for additional tipping. In Bangkok, particularly in tourist-frequented restaurants, tipping standards are more aligned with international practices.

Tipping Your Guide(s): While tipping guides is not mandatory, it's a welcomed way to acknowledge their exceptional service and effort. We have however, included tipping for drivers, transport, porters and guides on your trip to take the ease out of any tipping matters.



MONEY MATTERS

Ensure you have enough cash or credit/debit funds for meals and personal expenses while traveling in Thailand. Budget for additional costs like drinks, shopping, optional activities, and have emergency funds ready.

Currency: Thailand's currency is the Thai baht (THB). Coins come in denominations of 25 and 50 satang, and 1B, 2B, 5B, 10B baht. Banknotes are in 20B, 50B, 100B, 500B, and 1000B.

ATMs: Widely available across Thailand, they offer an easy way to get Thai baht. Be mindful of transaction fees, which can be up to 200 Thai Baht.

Money Exchange: It's possible to exchange AUD dollars at most booths and banks. For better rates, avoid airport exchanges in Bangkok and opt for those in Chiang Mai. Check the Bangkok Post or the Nation for daily rates, or ask any Thai bank for a rate sheet.

Credit Cards: Visa and Mastercard are accepted in major cities and hotels, but less frequently in smaller, family-run venues.

GUIDES

Your Women Want Adventure journey in Thailand will be led by local guides Cat De Schaepmeester and Veronique Van Hoorick. They love watermelon!

Cat, originally a Physical Health Education Teacher from Belgium, has transitioned into an experienced guide in countries like India, Nepal, Thailand, Vietnam, and Cambodia. In addition to her guiding expertise, she is a skilled Qigong and yoga instructor. Cat's extensive knowledge of the region means she's your go-to for insider tips on dining, cultural nuances, and hidden local gems.

Veronique, currently a rising photographer residing in Chiang Mai, left Belgium years ago to explore Asia. Her travels have taken her across various Asian landscapes, enriching her photography with diverse cultural and natural elements.

Both Cat and Veronique share a passion for solo pilgrimages and trekkings, having explored alternative routes like the Camino de Santiago, Camino de Francisco, the Annapurna Circuit, and treks in New Zealand, Tasmania's Overland Track, and the Langtang & Tamang Heritage trails.

During your adventure, we will also collaborate with various third-party outfitters to enhance your experience. Wherever possible, we aim to provide female guides, adding a unique perspective to your journey.

Please note, our local rafting, jungle, and cycle guides are all male.



HEALTH & WELLNESS REQUIREMENTS

For an enjoyable and safe experience on this trip, it's important that participants are actively engaged in their everyday life and possess a basic level of outdoor skills. These include tasks like managing a backpack with overnight essentials and adapting to natural environments for basic needs.

KEY FITNESS EXPECTATIONS

- **Trekking:** Participants should be capable of comfortably trekking uphill and downhill, traversing uneven paths for durations of 4-5 hours.
- **Rafting:** Expect to paddle for 4-5 hours each day over a two-day period. Comfort in water is crucial, as the Pai River, with its class 1-5 rapids, can lead to unplanned swims. Effective teamwork and paddling are essential to navigate the river currents.
- **Cycling:** A basic proficiency in cycling and the ability to maintain a moderate pace for 2-3 hours is recommended. The journey includes periodic rest breaks.

PREPARATION TIPS

To fully enjoy the trip, we suggest enhancing your physical fitness in the preceding months. Activities like walking, running, swimming, stair-climbing can boost leg strength and endurance. Incorporating yoga, Pilates, or light weight training will develop muscle endurance, strength, and flexibility. A more active lifestyle prior to the trip will allow you to comfortably engage in all activities.

HEALTH ADVISORY

If you have any medical or health conditions that could impact your participation or the enjoyment of others, please inform us immediately. Additionally, consult with your doctor regarding health and safety for travel in Thailand.

PERSONAL HYGIENE

In Thailand, personal hygiene is taken seriously due to its tropical climate, which can encourage odour in synthetic fabrics. Regular showering is important, and fortunately, affordable local laundry services (around 40-50 baht per kilo) are widely available, offering quick turnaround for clean, folded clothes.

Thai culture values modesty, so public nudity, including nude beaches, is not accepted. Loud or aggressive behaviour, especially in moments of frustration, is also frowned upon. It's essential to remain calm and patient, as a relaxed attitude and a smile often lead to better outcomes in unexpected situations.

HEALTHCARE AVAILABILITY

Medical facilities and the quality of care can differ throughout Thailand. For more serious medical needs, it's advised to seek treatment in Chiang Mai, where hospitals adhere to international standards. In certain Thai regions, you may need to show proof of insurance to access emergency medical services. Keep in mind, emergency evacuation can be costly, potentially amounting to tens of thousands of dollars, depending on the location and severity of the issue. It's important to be prepared and not to anticipate the same medical service standards as in Australia.

ALCOHOL

Alcohol Policy on Our Trips

At Women Want Adventure (WWA), we prioritize your safety and well-being, striving to foster a secure and empowering environment for all. We believe in creating a fun and social atmosphere without relying on alcohol, especially considering the sensitivity of those affected by alcohol abuse.

Our policy on alcohol varies depending on factors like location, accommodation type, and local regulations. Alcohol consumption is allowed only in fixed roof accommodations, local restaurants, or licensed establishments. However, we request that no alcohol be brought into the backcountry segments (trekking and rafting) of the trip.

We strictly prohibit being under the influence of alcohol during outdoor activities. Guides have the authority to modify or prevent participation if they deem a participant unfit for the activity.

We aim for a healthy, inclusive group dynamic that focuses on self-care and mutual respect, ensuring the best possible adventure experience for everyone.



CULTURAL GUIDELINES WHEN TRAVELLING IN ASIA

While exploring Thailand, embracing flexibility and an open mind is key. Remember, standards in transport, accommodation, hygiene, and safety might differ from what you're used to. Here's how to make the most of your journey:

- Approach your travels with curiosity and a desire to learn about the people and their way of life.
- Respect local cultures and be mindful to avoid causing offense.
- Be considerate about photography. Think about how you would feel in the same situation.
- - Practice active listening and observation to truly understand your surroundings.
- Recognise and appreciate differences in time concepts and thought patterns.
- Show respect for the natural environment and appreciate the cultural and historical richness.
- Avoid making promises that you cannot keep.
- Be mindful of displaying wealth; modesty in dress and behaviour helps in connecting with locals.
- Be open to sharing ideas without imposing them.

Respecting Thai Culture and Etiquette

The Monarchy: In Thailand, the King and the royal family are held in the highest esteem, a fact evident from the numerous portraits you'll see. Utmost respect is expected; even inadvertent disrespect like stepping on a coin or banknote (which bears the King's image) is considered highly offensive. Thailand enforces strict *lèse-majesté* laws, and any disrespectful acts toward the monarchy can lead to legal consequences.



TAXI ETIQUETTE

When flagging down taxis, it's customary to wave with your hand horizontal and fingers pointing downwards. Gesturing with fingers up is seen as impolite.

TEMPLES & MONKS

Temple visits require conservative dress. Women should wear long skirts or pants, cover their shoulders and knees, and avoid sandals. While many temples indicate if photography is not allowed, always consider the appropriateness of flash photography in these sacred places, especially in the presence of monks.

When entering temples or Thai homes, always remove your shoes. While in the temple, avoid sitting with feet pointing towards Buddha. The preferred positions are cross-legged or with feet tucked behind you.



WAIVER FORM

A waiver form will be required to be completed online prior to your departure. A member of our team will contact you to complete your form.

PROBLEMS ON YOUR TRIP?

In the unlikely event that you have a problem or complaint during your trip, please speak to your guide without delay – we cannot address things on the trip if we are unaware of there being an issue!

If after advising your guide of the problem it is still apparent and/or has not been resolved to your satisfaction, please explain further to us at info@womenwantadventure.com.au and contact our office as soon as possible on **0403918346** (via WhatsApp, which can be used overseas) or email.

Please do not wait until the trip is completed before bringing any matter to our attention as 99% of problems are easily and quickly resolved locally without affecting your enjoyment. Women Want Adventure are committed to ensuring you have the best adventure possible, and we'll do our best to resolve any problem in a timely manner.

CANCELLATION POLICY

Please carefully read the terms and conditions for International Trips via our [Terms and Conditions page here](#). Do not hesitate to contact us if you have any questions.

ITINERARY DISCLAIMER

We reserve the right to change or alter any itinerary at any time for reasons beyond our control. These could include but are not limited to adverse weather conditions, cancellation of flights or government restrictions in certain areas. Whenever we are forced to make such late changes, we will always endeavour to give guests as much advance notice as possible and to ensure that the alternate itinerary achieves, insofar as possible, the objectives of the original tour.

FEEDBACK

We welcome your feedback – it helps us update, maintain and improve trips so we can continue to provide experiences of the highest possible standards and quality. If you have a comment to share, please let us know via the feedback form, which is sent within 30 days post trip. While it is rare, we acknowledge clients may have experienced a problem during their trip that was not resolved to their satisfaction. It is important to let us know in your feedback form or by speaking with us directly so we can try to resolve the matter. If you have a complaint about your trip, please contact us at info@womenwantadventure.com.au.

CONTACT & EMERGENCY INFORMATION

Should you need to contact us during a situation of dire need, it is best to first call on **0403918346** and send a text message (via WhatsApp). Please also send an email to **info@womenwantadventure.com.au**. For family trying to contact you, advise them that it is best to send an email to the above address, as this will be monitored and a reply sent within 48hrs. Please leave a detailed message and contact information, so we may return your call and assist you as soon as possible.

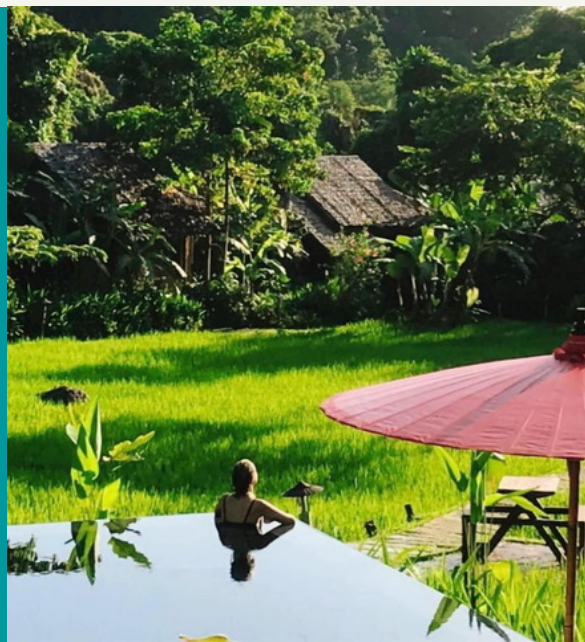
In case of a genuine crisis or emergency, you can reach our local office on the number below:

0403918346 - Women Want Adventure Office
info@womenwantadventure.com.au - Email

+66 815 30 30 83 - Cat De Schaepmeeser
(WWA Tour leader)

THAILAND

ESSENTIALS INFORMATION



WHAT TO BRING | YOUR THAILAND ESSENTIALS

Given the potential for checked luggage to get lost or delayed en route to your destination, it's wise to carry essential items on you or in your carry-on.

WWA Clothing Recommendations for Flight:

Wear a full hiking outfit on the plane, including a long sleeve shirt, hiking pants, underwear, socks, and hiking boots.

Carry-On Must-Haves:

Pack your daypack, waterproof jacket, warm sweater, snacks, toiletries, medications, camera, and all necessary paperwork. Note: Airlines prohibit trekking poles in carry-on luggage.



CLOTHING CHECKLIST

- **Waterproof Jacket:** Lightweight, breathable, with a hood and zippers to combat rain, bugs, and cool breezes.
- **Sweater:** Fleece or polyester for chilly mountain nights.
- **Long Sleeve Shirts (2):** Moisture-wicking for cooler days/nights and temple visits, also useful against bugs.
- **Short Sleeved Shirts (3):** Moisture-wicking for warmer activities; ensure shoulder coverage.
- **Hiking Pants (2):** Lightweight, quick-dry, convertible to shorts/capris; suitable for various activities.
- **Long Dresses or Skirts (2):** Conservative attire for restaurants and temples.
- **Underwear (5):** Light, quick-drying fabric expected to be washed.
- **Comfortable Bras (2):** Washable, well-fitting for your wardrobe.
- **Bathing Suit:** Full piece or bikini, as preferred.

HEADWEAR:

- **Brimmed Hat:** For sun protection, preferably packable.
- **Bandana/Buff:** Versatile for headband, scarf, or sweat wiper.

FOOTWEAR:

- **Hiking Shoes & Socks:** Ankle support, breathable, well broken-in; spare laces advised.
- **Closed-toed Shoes:** Light, comfortable for casual wear (optional).
- **Sandals:** Protective for rafting and casual use.

Why Wear Hiking Boots:

Wearing your hiking boots is crucial to avoid discomfort and blisters from an unfamiliar pair.

Thai Cultural Considerations:

In Thailand, conservative dressing is important for women, respecting local etiquette.

Your Personal Gear & Equipment:

You are responsible for personal gear, while communal items like sleeping bags, mosquito nets, food, and cooking equipment are provided.

ACCESSORIES:

- **Sunglasses** with case.
- **Water Bottle** or Bladder (1 litre minimum).
- **Towel:** Compact, lightweight, quick-dry for various uses.
- **Sarong:** Versatile for covering up at temples

EQUIPMENT:

- **Headlamp with extra batteries:** Essential for areas with limited electricity.
- **Daypack:** 20-30L, with good straps, ideal for carrying personal items.
- **Larger Backpack or Travel Bag:** Preferably soft, no larger than 60L.
- **Money Belt (Bum Bag):** For secure carrying of valuables.

OTHER NECESSITIES:

- Travel Health Kit
- Toiletries (biodegradable soap, toothpaste, toothbrush, razors)
- Hand Sanitiser & Wet Wipes
- Toilet Paper
- Snacks, Pencil and Notebook
- Camera with extra batteries and bag
- Electricity plug adapter and converter
- Biodegradable Laundry Soap.



PACKING FOR THE TREK & RAFT TRIPS

ESSENTIALS FOR SIDE TRIPS:

For rafting, packs must be compact to fit into waterproof boat boxes. You are welcome to bring your own dry bag to keep personal items dry such as your phone.

SAMPLE PACKING LIST FOR TREK & RAFT:

- Sunscreen, spare clothes, toiletries.
- Compact sleeping bag/sheet (provided by us).
- Drinking water.
- We will supply and carry natural mosquito spray for the group
- We will also supply mosquito nets for sleeping

LUGGAGE MANAGEMENT:

- Extra luggage not needed for the trek will be transported to the following accommodation
- Luggage not required for rafting will be taken to the following nights accommodation.



TRAVEL HEALTH KIT CHECKLIST

BASIC FIRST AID ITEMS:

- Adhesive bandages, tape.
- Alcohol-based hand sanitiser.
- Antiseptic wound cleanser.
- Blister pads/moleskin.
- Disposable gloves.
- Gauze, oral rehydration salts.
- Safety pins, scissors.
- Tensor bandages.
- Thermometer, tweezers.

ADDITIONAL ITEMS:

- Sunscreen, lip balm (30+ SPF).
- Insect repellent (available in Thailand).
- Aloe gel/after sun cream.
- Ear plugs (for light sleepers).
- Extra glasses/contacts or prescription copy.
- Mosquito net.
- Saline eye drops.

MEDICATIONS:

- Regular prescription/over-the-counter drugs (bring duplicates, packed separately).
- Clearly labelled original containers for medications.
- Physician's letter describing medical conditions and medications.
- Allergy medication/Antihistamine (non-drowsy recommended).
- Antacids (for spicy food reactions).
- Anti-diarrheal meds.
- Anti-motion sickness meds.
- Laxatives.
- Pain/fever meds (Ibuprofen, Aspirin, Tylenol, Advil).
- Syringes/needles (if needed) with a physician's letter.

IMPORTANT NOTES:

- Tour guides are not licensed to distribute medication (except in specific cases).
- In Thailand, medication is available over-the-counter without a prescription.
- Responsibility for taking appropriate medication lies with the individual.

EMERGENCY CONTACT CARD:

- Include contact info for a family member/friend, healthcare provider in Australia
- Emergency contact number from your travel health insurance provider.