



# Jewel of Asia

Thailand / Cambodia / Vietnam

**Travel Guide**  
General Information & Conditions

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## **Southeast Asia Overview**

Southeast Asia has 555 million people, representing a multitude of nationalities. The distribution of the religions and people is diverse and varies by country. About 30 million Overseas Chinese are living here, most prominently in Malaysia, Singapore and Thailand.

**Currency:** One of the most useful things on the Internet today is a universal currency converter. To find information about the Thailand Baht, Vietnam Dong and the Cambodia Riel, you may visit the following website: <http://goasia.about.com/od/countriesaz/a/asianmoney.htm>. This particular website lets you find the exchange rates on more than 180 currencies.

The Southeast Asian electrical system operates on 220 volts. The North American standard is 110 volts. You will need a converter to use appliances designed to operate at 110 volts. Hair dryers and irons are available through the Housekeeping Department in the hotels.

The health system in major cities is sophisticated; therefore, no inoculations are required. However, if you are planning an extended stay or are venturing to street food stands, it is advisable to obtain inoculation.

There is a 11 or 12 hour difference between standard Southeast Asia time and U.S. Eastern Standard Time. For specific time and date information, you may visit [www.timeanddate.com](http://www.timeanddate.com).

If you want to see all of Southeast Asia, the cooler travel times are October through April. However, it is very warm all year long, with Mean temperatures in the 80's. Recommended clothing is lightweight cottons and a light jacket for some cooler evenings.

### **Passport Requirement:**

A valid passport is required to visit Southeast Asia. If you do not have one and are thinking of traveling with Regent to Southeast Asia, you should obtain a passport as soon as possible. You will need:

- (a) Proof of U.S. citizenship (e.g.: birth certificate, baptismal certificate or naturalization papers) and a photo form of identification (e.g.: driver's license or state-issued identification card for non-drivers).
- (b) Two recent color photographs - 2" x 2" size
- (c) A completed official Passport document form

To apply, go to a State Department Passport Agency, a federal or state Courthouse or certain U.S. Post Offices. Passport renewals may be done via mail. If you are an American citizen, you can find more information on how to apply for a passport online at the Passport Services and Information web site provided by the U.S. State Department: <http://iafdb.travel.state.gov>

Keep a record of your passport number, date and place of issuance. If you lose your passport, immediately notify your Regent Guide, the local police and the nearest American embassy or consulate. After reporting the loss, you will be able to obtain a temporary passport to continue your trip. If traveling with a Regent Group, in most cases, you will be able to continue the trip without a problem. If you are traveling on your own, you may experience a delay in your travel without proper legal papers.

### **Visa Requirements:**

American, Australian, British, Canadian, European, New Zealand, and South African citizens can stay for 30 days in Thailand without a visa. However, you will need a Visa to enter Vietnam and Cambodia. Regent will secure your entry visa for you. You will need to send the following to Regent Tours 60 days prior to your departure date:

- (a) Your current, **ORIGINAL** passport
- (b) One passport style photo (2 x 2) of yourself
- (c) A completed and signed visa application form
- (d) Payment for application fee, processing fees and express mail

Be aware that countries in Southeast Asia may change entry requirements without notice. If this should occur, Regent will notify you.

### **Carry Copies of Everything!**

Before your departure, make two photocopies of your passport page that documents your personal identification and passport number. Leave one copy at home so that a family member or friend can access it in the event you lose your passport while out of the country. Take the other copy with you, keeping in a safe but separate place from your passport.

### **Travel Insurance -- for travel protection and assistance:**

*Regent Tours strongly recommends purchasing Travel Insurance.* It is inexpensive and covers reimbursement of certain expenses that may be incurred during the course of your trip (e.g.: treatment for accident / illness, baggage loss, trip cancellation or interruption). You are free to obtain insurance with any company of your choice, although Regent has dealt with **Travelex** for some time and found them to offer excellent rates and service. You may visit their corporate website at: <https://www.TravelexInsurance.com>. *Insert Regent code 09-0279 for best rates.*

### **Luggage Allowance:**

Even though each passenger is allowed two pieces of checked luggage on international flights, flights within Southeast Asia limit each passenger to one piece of luggage not weighing more than 44 pounds. Therefore, you are advised to bring only one piece of luggage to check in, and one to hand-carry. If you have extra luggage when traveling within Southeast Asia, you may be required to pay an excess baggage charge at each airport of approximately \$1.50 for every two pounds of excess weight. Simply put, if you do not want to pay a possible penalty for exceeding luggage restrictions, bring only one piece of luggage weighing no more than 50 pounds. When you reach your last stop in Southeast Asia, you are welcome to buy another piece of luggage for your newly acquired souvenirs. You will then be able to bring both pieces of luggage home with you without any extra charges.

Note: All checked luggage should be lockable, but it is not recommended to lock your luggage on US domestic or international flights. You may bring lock and key in case your travel guide advises you to use them on any portion of your tour through Southeast Asia. In addition to checked luggage, passengers may "carry on" one or two regular pieces of appropriate dimensions as authorized by the airline.

### **Packing Tips:**

Lightweight (canvas or nylon) luggage is the most practical. We highly recommend you bring luggage with wheels as you will take a number of flights and do much walking through airports. Lightweight, wheeled luggage will save time, energy and your back. Experienced travelers often suggest this tactic for packing: lay out everything you think you will need and then pack only half of that. Another suggestion is to walk around with your packed bags for a few minutes to see how heavy they are since porters and bellmen are not always available. Completely filling the bag will prevent the contents from sliding around and becoming excessively wrinkled or damaged. Try stuffing socks into toes of shoes. Roll up sweaters and underwear and pack them on the bottom of your suitcase, followed by layers of clothing that wrinkle more easily. Above all, do not pack anything fragile, valuable or perishable in luggage you intend to check. Valuables of any kind--money, jewelry, important documents, prescription drugs--should be placed in your carry-on luggage. Leave expensive jewelry at home--and enjoy peace of mind during your travels.

## **Packing Checklist:**

We have created the following packing checklist for your convenience:

### **Miscellaneous:**

- Battery-operated or electrical (with converter/adapter) appliances
- Facecloth and soap
- Extra set of luggage keys
- Travel alarm clock
- Sewing kit
- Packaged moist towelettes
- Language dictionary and phrase book
- Photocopies of important documents
- Small notepad to log purchases for Chinese & American customs officials
- Diary or Journal to record your trip
- Copy (not original) of your address book (with room to include addresses of new friends you will make during the course of your trip)
- Lightweight raincoat and fold-up umbrella
- Bathing suit
- Sunscreen lotion
- Hat or visor

### **Medical supplies:**

Aspirin or aspirin substitute	Cold tablets
Vitamins	Antacids
Bowel regulators	Prescription medicine in original containers
Band Aids	Antiseptic spray/wipes
Your usual antibiotic	An elastic bandage
Copy of medical history, prescription duplicates, extra eyeglasses, dentures.	

### **Dental supplies:**

Baking soda	Orabase with benzocaine
Medicated pads	Cotton swabs
Toothbrush, toothpaste, dental floss, sterile cotton balls	

### **Carry-on items:**

- Sweater, slip-on socks
- Gum or candy to alleviate ear pressure
- Snacks
- Neck pillow or inflatable pillow
- Camera and plenty of film
- Passport and Visa

## **Clothing:**

Be sure to include a pair of comfortable walking shoes with nonskid soles! Please note that all hotel laundry costs could be significant. For example, the average cost for laundering a T shirt is \$3. Bring clothes that you can wash out easily and wear again during your travel. Irons are available through Housekeeping upon request.

We suggest that you bring some old pajamas, socks, a worn robe, etc. Then you will not have to launder them too frequently and will be able to discard them by the time you leave for home. This serves a double purpose--by lightening your load, you have just created space for more souvenirs accumulated on your journey.

Another tip: If you are traveling with a companion, pack some of your companion's clothes in your bag and vice versa. Then, if one bag is lost, each of you will have at least one change of clothing. Also, pack toiletries and a change of clothes in your carry-on bag in case your luggage is delayed in arriving at your first destination.

### **Home Security Tips While Away:**

Notify family members and/or neighbors how long you will be away from home. Place valuables in the bank. Suspend all deliveries, including newspaper subscription. Have the post office hold your mail. Leave a house key with a neighbor and set up automatic timers to activate lights and play TVs or radios at set times. Turn the thermostat down (if you generally keep it set at a higher temperature); or turn the thermostat up if you live in a hot and humid climate. Secure all window and door locks. Arrange for the care of your house, lawn, garden, plants and pets. Arrange for the in-home care or boarding of your pets. Ask a family member, friend or neighbor to make periodic checks of your home or consider employing a house-sitting service.

### **Airport / Flight Information:**

Always reconfirm your airline reservations before leaving home; preferably 72 hours in advance of your scheduled departure. When making or reconfirming any arrangements, be sure to obtain the name of the person with whom you have spoken as well as a confirmation number.

Arrive for your flight a little early. Airlines suggest that passengers on international flights arrive a minimum of two hours before take-off. Give yourself extra time to avoid getting frazzled should you be slowed down by heavy traffic or inclement weather on your way to the airport.

Leave an itinerary with hotel telephone and fax numbers as well as the Regent Contact number with someone. Let one or two people know where to reach you.

When you leave your home in North America, you are embarking on a journey that will take you to places very different from your usual way of life. Be flexible and enjoy the unexpected. Embrace new sights, sounds, people and the culture around you. Sample the food, try to speak the language, ask questions, and smile; you will return home a more knowledgeable person with happy memories. Many travelers have told us that Asian people are some of the friendliest people in the world--find out for yourself!

### **Frequent Flyer Miles – Special Meal Request:**

If you wish to receive frequent flyer miles for your flight, bring your care / identification number with you, and provide it when checking in at the airport; or request frequent flyer miles from the airline in advance of the day of departure.

If you request special meals while flying, make the request with the airline prior to the day of departure.

### **Seat Assignment:**

All Group-based seat assignments are done at the airline check-in counter at the international departure airport. Note that airlines often save bulkhead seats for travelers with infants and those who are physically disabled. If you wish to request bulkhead seating, obtain a letter from your physician and present a copy of the letter at airport check-in. Be aware that the airline cannot guarantee a seat assignment prior to check-in.

### **Luggage Check-in:**

When you arrive at your departure airport, make sure your luggage is checked through to your first city in Southeast Asia. For example, if you live in Cleveland, are flying to Southeast Asia via Chicago and your first stop in Southeast Asia is Bangkok, double-check that your luggage is marked for arrival in Bangkok. If an agent tells you the luggage must be checked into another airport instead of the first city in Southeast Asia, insist on speaking to another agent or a Manager. **Your luggage should always be checked through to your first city in Southeast Asia.**

### **On-Board Comfort:**

It is a long flight from North America to Southeast Asia. After all, you are traveling halfway around the world. During the flight, try to move around as much as possible. Walk the aisles frequently in order to minimize swollen feet and ankles. When seated, put your feet up on the edge of your carry-on case in order to keep the seat edge from limiting the circulation in your legs. Place the airline's pillow or your own roll-shaped cushion behind the small of your back. Neck pillows or inflatable pillows also help to make long flights more comfortable.

There are exercises you can do while seated that will help you relax. Move your head back and forth and from side to side in order to relieve neck tension. Loosen shoulder muscles by shrugging. Stimulate your abdominal and gluteal muscles by contracting and releasing several times. Point your feet and wiggle your toes. Flex your hands, spread your fingers wide, then make a fist.

Pack a sweater and a pair of slipper-socks in your carry-on. Be prepared in case it gets too cold for your comfort on the plane. Ask the flight attendant for a blanket if necessary.

Set your watch to Southeast Asia time as soon as you board the plane. This will help you start thinking in terms of your destination time and diminish some of the psychological effects of jet lag. In order to prevent dehydration, try to drink at least four ounces of water per hour of flight time. Flight attendants will serve water and fruit juice frequently. Avoid alcohol as it accelerates dehydration. Also, to counter the effects of dry air in the cabin, use a moisturizer on your face and hands or spray your face with water from an atomizer bottle. Some people develop earaches during flight. In order to relieve ear pressure, "pop" your ears by holding your nose shut, closing your mouth and attempting to blow air through your nostrils before take-off. During the flight, swallow frequently, chew gum or candy and "pop" your ears as pressure builds. Do this especially if you feel you are coming down with a cold.

### **Lost Luggage:**

Luggage loss is rare--at an average of one piece out of every 1,000. If an airline does lose your luggage, complete the lost baggage report with the appropriate airline. Leave your itinerary with the airline so that when your luggage is found it can be delivered to you wherever you are. Keep receipts for any items you may have to purchase while your bags are missing in order to make it easier to obtain reimbursement compensation from the airline for those items. Also, check your bags carefully for damaged or missing items before leaving the airport. The airline may not honor your claim once you have left the baggage claim facility.

### **Hotels & Amenities:**

Four and five-star hotels in Southeast Asia are excellent and rival the quality and service of the best hotels in major metropolitan areas of the U.S. In fact, many hotels in Southeast Asia are managed by Europeans and Americans or by Asian nationals who were trained in Western hotel management. The cost for hotel accommodations is based on twin-bedded rooms with private bath and shower, while the cost for single occupancy room accommodations is usually based on one king or queen-size bed with private bath and shower. All Regent hotel arrangements typically include amenities such as a business center, fitness center, swimming pool, massage service, restaurants and bars. Generally, following hotel registration, hotel guests proceed to their rooms and your luggage will be delivered to your room by the hotel bellman.

The hotel cost will include all taxes, surcharges and service fees related to the room cost. However, all incidental charges, including room service, mini bar, laundry, restaurant and bar charges, must be settled directly with the hotel cashier upon check-out. Settlement can be made by cash or credit card.

Note also that most hotels booked through Regent offer our travelers a complimentary full-course buffet breakfast of both Western and local breakfast foods.

### **Amenities:**

All four and five-star hotel rooms included in Regent Tours will have common amenities including soap, shampoo and conditioner, lotions, etc.--unless otherwise noted in your travel itinerary. Many hotels also have hair dryers in each room. If a hair dryer is not available in your room, you can obtain one from the Housekeeping department--along with other items such as an iron and voltage converter.

All travelers should receive a hotel card. Usually the folder containing your room key also contains a hotel card indicating the hotel name, address and phone number. *Keep the card with you at all times so that, should you get lost, you will have all the information you need to return safely to your hotel.*

### **Electrical Requirements:**

The Southeast Asian electrical system operates on 220 volts. Appliances designed to operate on 110 volts, which is the North American standard, will need a converter. Most hotel rooms have two electric outlets in the bathroom -- one at 110 volts and the other at 220 volts. Do keep in mind that not all outlets marked at 110 volts may be marked correctly. If you have any doubt, ask the Housekeeping department for a converter.

### **Communications:**

Every hotel in Southeast Asia has a mail desk for postcards, letters and stamps.

International direct dialing (IDD) is available from your room in the hotels that Regent has selected for its travelers. All charges for telephone calls made from your room must be settled with the hotel cashier upon check-out. You may have to place a deposit, perhaps via credit card, for this service to be activated at the time of check-in.

\*Note: Calls through the hotel operator may be far more expensive than using a long-distance calling card. Before leaving home, ask your phone company about costs and procedure for placing long-distance calls from the U.S. to Southeast Asia, and from Southeast Asia to the United States. Calls from Southeast Asia, dialed direct on your phone card cost less than calls through the hotel operator; but cost much more than calls dialed direct from the U.S. to Southeast Asia. Before departing, Regent will provide you with a list of your hotels and phone numbers. Give that list to friends or relatives who wish to be in touch with you and arrange for them to call you rather than you calling them from Southeast Asia at four or five times the cost.

### **Cell Phone Rental / Prepaid Phone Card:**

You have the option of renting a cell phone package including a prepaid phone card, or just purchasing a prepaid phone card from the Regent Tours Asia office. Please contact us for details if you are interested.

**E-mail:** All four and five-star hotels selected by Regent provide access to the Internet.

**Security:** All hotels offer safe deposit boxes either in your room or at the front desk at no charge.

### **Monetary Exchange & Access:**

#### **Currency**

The currency in each of the countries on the Regent tour are: Thailand Baht, Vietnam Dong, and Cambodia Riel. Foreign currencies and traveler's checks may be converted at your hotels. The rate of currency exchange may vary, and you may visit the following website for information: <http://goasia.about.com/od/countriesaz/a/asianmoney.htm> Your first opportunity to exchange money will be at your first hotel.

It is wise to carry some U.S. cash in \$1, \$5, \$10, and \$20 denominations as this can be a plus when buying from street vendors. Most people take \$200 cash and \$200 in traveler's checks, plus a credit card. Most stores at tourist stops accept U.S. dollars.

**ATM Access:** ATM machines are not readily available in Southeast Asia.

### **Traveler's Checks:**

It is recommended that you carry traveler's checks as a safety measure. Also, traveler's checks usually command a better exchange rate than cash. For convenience, carry some traveler's checks in \$20 denominations. All traveler's checks drawn on American banks are accepted in Southeast Asia. Be sure to make a list of your check numbers and keep it in a safe place separate from your wallet, purse or passport.

### **Credit Cards:**

Major credit cards (except Discover Card) are accepted at all hotels, tourist stores and factory outlets in Southeast Asia. Be sure to record your account numbers and customer service telephone numbers in case you lose your credit cards.

Make major purchases by credit card. You will get a good exchange rate, the protection of the card's charge-back provisions and often an extra guarantee on your purchase.

### **Sightseeing / Touring Guidelines:**

When you travel with a Regent Group, you will discover that extensive sightseeing has been planned for each city you visit. The general format for the tour program is to leave the hotel at 9:00 am, shortly after breakfast, stop for lunch en route and then continue touring until dinner.

In addition to--or as an alternative to--the pre-arranged programs and schedules, you may wish to discover some of Southeast Asia on your own. If you choose not to join the scheduled itinerary for a day, simply let your Guide know so the group will not be expecting, or waiting for you. There are very few restrictions on where foreigners are allowed to be within a city, so you may feel free to walk almost anywhere. Before you set out on your own, however, take a card bearing the hotel's name and address in case you get lost.

### **Tour Pace:**

Set your own pace as far as is practicable. Do not feel that you have to see everything in order to get your money's worth out of your tour. If you feel that the schedule for the day is overwhelming, be selective. Do not push yourself beyond your limits (physical and mental). A tour of Southeast Asia includes much walking and a good degree of stairs. You may always remain in the bus or in one area to rest while the group travels on. Many of the ancient sites can only be seen by walking a good distance to them. Prepare yourself in advance of the trip by walking daily and perhaps by using the treadmill or other equipment at your health club. It would be a shame to miss the incredible beauty of Southeast Asia because you are not prepared for the walking.

### **Tour Guides/Tipping:**

Regent Tour Guides are friendly, proficient in English and eager to get to know you. They will do anything in their capacity to make your trip as enjoyable as possible. They want to introduce you to their wonderful country. If you have any questions, do not hesitate to ask your tour guide. Often, large groups may be accompanied by a National Guide throughout the entire Southeast Asia tour as well as local Guides.

Tipping Guideline: Each person should figure \$2.00 per day per guide & driver (approx. \$6/per day), although tipping is always at the discretion of the individual.

## **Photography:**

There are no restrictions on bringing 8mm movie or 1/2 inch video cameras into Southeast Asia. Kodak, Fuji and Agfa 35mm-100 ISO color print film is available throughout Southeast Asia, particularly at hotels and tourist attractions, with prices comparable to those in the U.S. There is limited availability of fast-speed film and batteries and particularly limited availability of videotape and fuses.

You will usually have access to places that will be able to transfer your digital photos to CDs, and most hotels will have video hook-ups that will enable you to view your digital photos. You may ask your tour guide for specific information on availability in each of the cities on your tour.

You may want to take a lead-lined case to protect your film from x-ray sensors in airports if you are taking high-end photography. Other film is unlikely to be damaged by passing through the sensors.

Here is a tip to help you organize the your photos when you assemble your vacation album: Write brief notes about the pictures you take every day. Keep track of your film by numbering the rolls and noting dates, places and key subjects.

Consider taking along a Polaroid camera. You can create a little excitement by handing over an instant photo to local people, especially in the smaller villages you will be visiting. Disposable cameras are also convenient and inexpensive.

*Caution:* Photography is not allowed at certain museums, archaeological sites, some exhibits and many temples--either because exhibits may be susceptible to damage from countless flash photos or because authorities find it profitable to merchandise photographic rights. When in doubt, ask your Guides. These rules are generally enforced. Should you neglect to heed the rules, authorities will confiscate your exposed film and impose heavy fines on the spot.

## **Public Bathrooms:**

You may encounter some public bathrooms in Southeast Asia that are not up to international standards. A few could be the old-fashioned "hole-in-the ground" variety where you crouch and aim. Newer pay toilets are better. Public toilets in hotels and restaurants have Western-style fixtures. Always carry extra tissue with you. Wet towelette packets are also recommended, as there may not be running water to wash hands in all public facilities.

## **Shopping:**

Most shopping will be done in hotel stores, department or factory stores or from vendors at sites. Keep a log of your purchases. This will make it easier to complete customs forms. Include what you paid in local currency & US dollar equivalent.

## **Handicrafts:**

As far as handicrafts are concerned, you should always bear in mind that these items are usually regional products and may not be available in another part of the country.

## **Bargaining:**

You can bargain in tourist stores. If you are not sure about the appropriateness of bargaining in a particular situation, ask your Local Guide. Beware of duty-free shops, as most do not offer any real bargains. You may find a bargain if you are an experienced shopper or at least have a target price in mind.

**Sales Tax:** There is no sales tax in Southeast Asia.

### **Disputes:**

When you travel with a Regent Group, our Guides will take you only to reputable, government-approved tourist stores. Still, disputes may arise. (For example, a piece you purchase may be appraised for less in the U.S. than you paid for it in Southeast Asia.) It could be that the store overcharged you. It could also be that your local appraiser does not recognize the value of the piece. *Our suggestion:* When in doubt, do not buy the product. Neither your credit card company nor Regent may be able to assist you to resolve any dispute.

### **Shipping Large Purchases:**

Should you purchase large items, the outlet where you make such purchases will provide reliable packing and shipping to your hometown at an additional charge. We suggest you request door-to-door shipment. In many cases, due to freight consolidation, air shipment is cheaper than surface shipment. Remember to inquire about these rates at the time of purchase.

Also, keep in mind that you will be liable for U.S. customs duties, prevailing state user taxes, bonding, customs broker fees, trucking charges, etc. that may be expensive. It may take six to twelve weeks for your shipment to reach you. You will be notified by a U.S.-based shipping / delivery company when your shipment arrives in the U.S. If in doubt about shipping procedures--or concerned about a late delivery--contact the store where you placed your order, remembering to include the invoice number.

### **Medical & Health:**

All visitors entering Southeast Asia are required to complete a Health Declaration card distributed by the cabin crew during the flight. Officially, Southeast Asia does not issue entry visas to HIV carriers.

### **Vaccinations:**

Vaccinations / inoculations are not required for travel to Southeast Asia except for travelers arriving from or via an infected area. Travelers arriving from or via an infected area must hold a valid certificate of vaccination / inoculation. As health requirements can change without notice, please check with your local health department or the Center for Disease Control in Atlanta for current required or recommended vaccinations / inoculations.

The restaurants selected by Regent for its tour members maintain high standards of food preparation and the quality of the food served should be no cause for concern. However, if you plan to try the food sold by street vendors, we suggest that you consult your doctor about recommended inoculations.

### **Personal Medical History:**

If you have any health problems, ask your doctor for a copy of your medical history should you need to consult a doctor during your tour. This information should include your name, address, insurance data, emergency contact, blood type, medical problems, prior hospitalizations, current medications (generic names) and dosages, drug allergies and immunizations (with dates).

### **Prescription Drugs:**

You may bring your prescription drugs to Southeast Asia. Pack them in your carry-on luggage. Be sure that the medication is clearly marked with a pharmacy label and doctor's instructions. Try to anticipate what you will need and bring an adequate supply for your entire tour. Since brand names in Southeast Asia are different from those used in North America, ask your doctor or pharmacist for the generic name for your prescription drug in case you need a refill while in Southeast Asia.

### **Medical Care:**

All hotels on Regent tour itineraries maintain a medical clinic staffed by a doctor during the day. There is a nominal charge for doctor's services. The most common maladies afflicting travelers in Southeast Asia are respiratory problems such as head colds, bronchial conditions and sore throats. Diarrhea and constipation are also common. If you are prone to any of these problems, you should bring appropriate medications with you.

If you have health care insurance coverage and require medicines or medical attention while abroad, keep all receipts since most insurance carriers honor claims for such expenses. Note however, Medicare does not cover health care costs outside the U.S.

### **Emergencies:**

Should you become ill and require hospitalization, medical attention is available for emergencies throughout Southeast Asia. Major hospitals have special wards reserved exclusively for foreigners. Both Western and Oriental medicines are available. Asian physicians are well trained; many attended U.S. medical schools and earned their internships at U.S. medical facilities. Their diagnostic techniques are sophisticated, time-honored and judicious.

### **Dental Care:**

We recommend that you get a dental check-up prior to your trip. No one wants to endure a toothache while on vacation (especially on an airplane where cabin pressure can cause severe pain). Take precautions by bringing dental necessities with you.

### **Wheelchair Availability:**

Regent Tours can arrange for wheelchairs at most hotels on tour itineraries without charge. If you require the use of a wheelchair, please advise your Regent tour specialist of this need in advance of booking your tour.

### **Meals, Drinking Water, Smoking Regulations:**

In Asian restaurants, if you are with a group, meals tend to be served family style. There will be a variety of dishes and there will always be vegetable-only dishes. If you have any questions about the meals, ask your Local Guide for help.

All meals in Southeast Asia are included on Regent Group Tours unless otherwise specified. A typical breakfast is an American-style buffet of cereal (hot and cold), eggs, milk, orange and other fruit juices, bacon, sausage, toast, fruit and yogurt. Breakfast is available at the hotel and is served generally between 6:00 am and 9:00 am. Asian lunches are served at local restaurants en route during your daily activities. Asian and some Western meals may be served for dinner.

### **Some suggestions:**

- a. Do not skip meals. Sightseeing takes energy.
- b. Do not overindulge at meal times. You can sample new foods and the seemingly endless array of courses without eating large portions. You will feel better if you eat small portions throughout the day.
- c. Eat fruits and vegetables whenever possible. This can help you avoid constipation. Breakfast everyday will provide you with an ample choice of fruits and juices.
- d. Drink plenty of fluids. Mild dehydration resulting from excessive perspiration can make you more susceptible to fatigue, even illness. Keep a bottle of drinking water with you and try to drink even when you are not thirsty. On sightseeing trips, bottled water can be purchased everywhere very inexpensively. Alternatives to water include fruit juices and soft drinks. Remember that alcoholic beverages will cause further dehydration.

### **Drinking Water:**

Do not drink tap water in Southeast Asia. If your hotel room is not furnished with suitable drinking water, simply dial the Housekeeping department and they will be glad to bring you a thermos of hot water or a carafe of cold drinking water. Western mineral / spring water can be purchased in most hotels. Imported beer, wine, spirits and soft drinks are available everywhere.

### **Smoking:**

For nonsmokers and even moderate smokers, an otherwise perfect tour can be spoiled if they are forced to inhale the smoke of other people's cigarettes on a motor coach. Therefore, smoking is not allowed on Regent motor coaches. There are opportunities to smoke during the frequent sightseeing and rest stops. Note that Southeast Asian regulations strictly prohibit smoking on all domestic air flights.

### **U.S. and Southeast Asia Customs Information:**

#### **Upon Entering Southeast Asia:**

Each visitor to Southeast Asia is required to complete a Customs Entry form and Health Declaration form. These forms are distributed by the cabin crew during the flight to Southeast Asia. You will need to present these completed forms to the Customs official upon entering the country.

When you leave Southeast Asia, you will need to fill out an Exit Form (name, date, etc.) before you approach the Customs Officer. You are required to keep the duplicate copy of the customs declaration form until you exit Southeast Asia. At that time, you must again present the form with your declaration of all valuable items.

All personal possessions declared upon entry into Southeast Asia must be taken out of the country at the end of your trip. Therefore, if an item declared upon entry is lost while in Southeast Asia, check with your tour guide immediately. Depending upon the value of the item, it may be necessary to file a report with the local police in order to clear Southeast Asia customs at the end of your trip.

#### **U.S. Customs:**

When you leave the U.S. with any foreign-made items--e.g., cameras, watches, jewelry, etc. that appear to be new: You must should bring the sales slip with you, or register these items with your nearest U.S. Customs Service office. This will avoid any confusion, and the possibility of having to pay duty upon re-entering the U.S. Note: To simplify matters, we recommend that you leave expensive items at home, and bring the receipt for your camera with you if possible.

If you carry more than US\$10,000 (including all currency, traveler's checks, money orders, or other bearer monetary instruments) into or out of the U.S., you are required by U.S. law to file a report with the U.S. Customs Service.

When re-entering the U.S., the duty-free exemption for each person over 18 years of age is 200 cigarettes, 100 cigars, or 1.36 kilograms (3 pounds) of tobacco. In addition, the duty-free exemption for each person over 21 years of age is one liter (33.8 fluid ounces) of wine, beer or distilled spirits.

When re-entering the U.S., you must declare, at the price paid, everything acquired abroad, including gifts given to you and articles purchased even if they have been worn or used. You should be able to produce receipts for all goods acquired abroad and calculate their total U.S. dollar value.

*Warning:* If you fail to declare (or if you understate) the value of your purchases, penalties can be severe and articles subject to seizure. Again, if in doubt, declare it!

While abroad, gift packages may be sent to friends and relatives at addresses different from your own and these may be received free of duty if the value does not exceed US \$50. Note that many travelers are confused by the term "duty-free" as it relates to shops. Articles bought in "duty-free" shops in foreign countries are subject to U.S. customs duty and restrictions but may be included in your personal exemption. Also, articles purchased in U.S. "duty-free" shops are subject to U.S. customs duty if they are brought back into the U.S.

*Caution:* Be prepared for challenges to the originality of artwork and the authenticity of antiques. An original artwork is duty-free but mass-produced artwork carries a 25% duty. In order to qualify as original, the piece should be the only one of its kind and should be signed.

Certified antiques are duty-free, but duty on non-antique porcelain, bronzes and jewelry can range from 25% to 110% depending on the item. The U.S. Customs Service requires a signed receipt from the dealer certifying that the item is more than 100 years old. Note also that you may get a good price for a supposedly brand-name product because it is counterfeit and thus subject to seizure.

*Caution:* Do not bring meats, fruits or vegetables into the U.S. Also, many items made from the bone and / or skin of endangered wildlife may not be imported into the country. Among these items are all products made from sea turtles, all ivory, furs from spotted cats, furs from marine mammals, feathers and feather products from wild birds and most coral.

The pamphlet, *Know Before You Go*, gives pertinent information about U.S. Customs Service requirements and how they apply to articles acquired abroad. Obtain a copy from your nearest U.S. Customs Service office or U.S. Customs Service, P.O. Box 7407, Washington, DC 20044.

## GENERAL INFORMATION AND CONDITIONS

### Reservation and Cancellation:

1. Reservation: A deposit of \$450 per person is required to confirm and secure your reservation.
2. Final Payment: Final payment of the total tour fare is due 60 days prior to the departure date. If your payment is not received by the due date, the reservation will be subject to cancellation without notice and the deposit will be forfeited. If your booking is made within 60 days of the departure date, full payments are due immediately.
3. Price Guarantee: Your tour price is guaranteed once Regent Marketing Group, Inc. has received your full payment.
4. Payment: We accept payments by cash or check.
5. Changes in Plans: For any changes you make to your reservation within 60 days of departure that affect destination, departure date, program extension and/or traveler names, a \$50 per person administrative charge applies, in addition to any other fees imposed by airlines, hotels, etc.
6. Cancellation: All cancellation requests must be done through fax or mail. Telephone / verbal cancellation will not be accepted. See the following regarding forfeitures and / or refunds.
  - 60+ days prior to departure: Your deposit will be forfeited.
  - 59 to 15 days prior to departure: Any amounts that can be recovered from the air and land portions of your tour will be refunded.
  - 14 days from departure date or no show: 100% forfeiture of the tour price.
  - Any service or feature of the tour that is not used will not be refundable or exchangeable.
  - Trip cancellation insurance is highly recommended.

## General Conditions:

1. Tour Price: All tour prices are in US dollars and based on tariff and rates of currency exchange in effect at the time of printing. These rates are based on tour group discount fares, and are subject to change due to unusual or extraordinary circumstances by air or land suppliers.
2. If the total number of tour members falls below ten persons, the discounted group rate no longer applies and tour members have the option of continuing the tour at a higher price or canceling their reservation and any deposits made up to this point will be returned.
3. Passports / Visa: All passports must be valid for at least seven months after departure date for all tour participants. All documents / tickets will be issued under passport name. Regent Marketing Group, Inc. is not responsible if you are denied entrance to a foreign country even if you have a valid passport and visa. In the unlikely event that any problems arise, we will make every effort to resolve them. All visa fees are non-refundable for any reason.
4. Air Transportation: Air transportation for all tours is based on round trip economy class. Regent Marketing Group, Inc. endeavors to follow the itineraries precisely; however, if flights are not available at the scheduled time, we reserve the right to modify the air and land arrangements for smooth operation of the tour. All airfares are subject to change without notice. Because prices are quoted on a group tour basis, frequent flier miles cannot be honored or used to purchase tickets; however, they may be used to upgrade your seating.
5. Hotels: If the hotel listed in the brochure is not available, the same category hotel or better will be substituted.
6. Room Shares: We offer assistance in arranging room shares but cannot guarantee that one will be available. Singles who wish to share with another should request this at time of booking and will be booked as a single but willing to share if possible. If at departure there is another person willing to share, the single supplement will be refunded.
7. Baggage: Baggage is at owner's risk throughout. For traveler's convenience, the suggested baggage allowance is 2 per person, one for check-in and one for carry-on. Excess baggage charges and insurance are the traveler's responsibility.
8. Charge for Children: For children 11 years and under, if they are sharing a bed with either parent and do not ask for a third bed in the same room; they will be charged the child fare. If they need the third bed in parents' room, they will be charged 90% of the adult fare. Children 12 and over will be charged the regular adult price.
9. Tour Fare does not include: Air fare from your hometown to the gateway city, air transportation other than stipulated in the actual itinerary, international airport embarkation taxes, foreign airport taxes, transportation of heavy baggage in excess of applicable allowance, insurance premiums, visa fees, airfare handling fees and tips to tour guides, drivers and hotel staff. Shopping: Regent Marketing Group, Inc. does not take any responsibility for any items purchased at shops on the tour. Any after sales correspondence must be between the traveler and the store themselves.
10. Fuel Surcharges: Due to the rising costs of fuel, additional surcharges may be assessed by the airlines, and will be added to your final invoice. These fees are beyond the control of Regent Tours, and in the event that they do occur, they should not exceed \$75-100. No additional fees will be added after your final payment is received.

## Responsibility:

Regent Marketing Group, Inc. as tour operator, acts only as agent. All travel arrangements included in this trip are made on the participant's behalf upon the express condition that neither Regent Marketing Group, Inc. nor its agents shall be liable or responsible in the absence of its (or their) negligence for any direct, indirect, consequential, or irregularity of any kind which may be accessioned by reason of any act or omission of any person or entity, including without limitation, any act of negligence or breach of contract of any third party such as an airline, train, motor coach, private car, cruise vessel, boat, or any other conveyance, hotel, sightseeing provider, local ground handler, etc., which is to or does supply any goods or services for this trip. Participant understands that Regent Marketing Group, Inc. neither owns nor operates such third party suppliers and accordingly agrees to seek remedies directly and only with those suppliers

and not hold Regent Marketing Group, Inc. responsible for their acts, omission or commission. Without their limiting the foregoing, Regent Marketing Group, Inc. and its agents are not responsible for any losses or expenses due to delay or changes of schedule, overbooking of accommodations, default of any third parties, sickness, weather, strike, acts of God, acts of terrorism, force majeure, acts of government's civil disturbances, war, quarantine, customs regulations, epidemics, criminal activity or for any other cause beyond its control. All such losses or expenses have to be borne and paid for by the participant.

Regent Marketing Group, Inc. accepts no responsibility for value, reliability, quality or authenticity of any goods purchased while on tour or for any mailing, freight or shipping arrangements. Regent Marketing Group, Inc. reserves the right to decline, to accept, or retain any person as tour participant, should such person's health, mental condition, physical infirmity or general deportment impede the operation of the tour or the rights, welfare or enjoyment of any other tour participant.

Regent Marketing Group, Inc. reserves the right to substitute hotels, and alter the itinerary, withdraw any tour and make any desirable alteration for the convenience of the operation of tours. Regent Marketing Group, Inc. reserves the right to cancel the tour prior to departure for any reason. Liability for such cancellation is limited to full refund of money received by Regent Marketing Group, Inc., and this will constitute full settlement with the tour member.

All tour fares shown are based on the present value of foreign currencies in relation to the U.S. dollars in effect on January 1, 2005, and in current tariffs on the same date and are subject to change. The local handling travel agency reserves the rights to alter or adjust its costs. In the event that the local handling travel agency increases the cost of any service, tour fares are subject to adjustment. The right is reserved to cancel the tour prior to departure for any reason. In such case, a full refund of all payment will constitute a full settlement with the participants. The local handling traveling agency has sole and exclusive control over the operation of all tours. The local handling travel agency reserves the right to make alterations or adjustments in the itinerary as to destinations, transportation, accommodations and all other services. Neither Regent Marketing Group, Inc. nor any subsidiary or affiliate of Regent Marketing Group, Inc. shall be responsible for any such alterations made by the local handling travel agency.

Baggage is carried at owner risk and baggage insurance is recommended. Regent Marketing Group, Inc. is not responsible for typographical or printing errors or omissions in this tour's itinerary. Regent Marketing Group, Inc. accepts no responsibility for cost, which may occur as result of a participant failing to secure adequate insurance coverage, which coverage is highly recommended. Generally, your health insurance does not cover expenses outside the USA. Regent Marketing Group, Inc. is not responsible for participant's visa or passport requirements, nor will a refund of unused services be made, nor reimbursement of any additional expenditure if a participant is denied entry to a country for this or any other reason.

The general conditions under which you agree to utilize the services of Regent Marketing Group, Inc. may not be amended in any way, except in writing, by an authorized officer of Regent Marketing Group, Inc. By utilizing the services of Regent Marketing Group, Inc., you agree that the exclusive venue for all claims shall be the County of Pinellas, State of Florida and such claims shall be determined according to the laws and jurisdiction of the State of Florida.

Your payment of deposit shall be deemed to be consent to the above conditions and to these terms and conditions.

**Regent Tours - Journey into Southeast Asia**

**Awaiting the opportunity to serve you !**