

# Thailand

## destination **FACTSHEET**



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# TOP 5 THINGS TO KNOW

1

## Money Matters

Thai currency is the Baht and ATMs are widely available. Foreign currency is rarely used but some hotels and large stores may accept USD with a self-designated exchange rate.

## Etiquette

When visiting Thailand, bring a sense of humor and fun—Thai people value enjoyment in daily life, and joining in helps you fit in. Don't be offended by questions about age, salary, or marital status; these are common in Thai culture. If you'd rather not answer, simply smile and say, "**mai bok**" ("not telling").

2

Thai people deeply respect their monarchy, so always stand when the national anthem is played, whether on the sky train platform, in public parks, on the streets, or before movies in theaters.

In this predominantly Buddhist country, remember that the head is sacred, and feet are considered unclean. Dress modestly when visiting religious sites—cover your shoulders and legs. It is customary to remove your shoes before entering a temple. Women should not touch or sit next to Buddhist monks. Maintaining composure is crucial in Thai culture; raising your voice or losing your temper is frowned upon, and confrontation is best avoided. When faced with minor issues, it's better to smile and remain calm.

3

## Language

The main spoken language in Thailand is Thai. This is a complicated tonal language with a unique alphabet. Other than the numerous hill tribe dialects, other languages spoken include Lao, Khmer, and Chinese. Most Thai people in the major cities and towns speak English and tourists should never have problems with basic communication.

4

## Climate

Thailand's tropical climate features three main seasons: hot, rainy, and cool. During the hot season (March to May), temperatures can soar between 86°F to 100°F (30°C to 38°C). The rainy season (June to October) brings frequent showers, with temperatures ranging from 77°F to 91°F (25°C to 33°C). The cool season (November to February) offers milder weather, with temperatures ranging from 68°F to 86°F (20°C to 30°C).

5

## Water

It is not advisable to drink tap water but bottled water is safe and available everywhere. All hotels provide a complimentary bottle of water in the room. Ice is generally okay in hotels. Some minor stomach problems are always possible when travelling so you are encouraged to bring any typical anti-diarrhea medicine you may use at home. Thailand has a hot, humid tropical climate so ensure you stay well hydrated. Electrolyte hydration tablets are recommended.





## ACIS TRIP SERVICES

### Rooming

Rooming is based on triples where available. If triple rooms are not available, twins will be used. Please note that the hotel rooms in Asia are generally quite small.

### Meals

ACIS tours to Thailand usually include breakfast, lunch, and dinner unless stated otherwise.




### Description of typical meals:

Renowned as one of the world's finest cuisines, Thai food blends elements from various Southeast Asian traditions, focusing on lightly prepared dishes with strong aromatic flavors. While known for its spiciness, Thai cuisine prioritizes balance and harmony. Meals typically involve sharing several dishes, with each diner receiving a plate of rice.





### Tour Manager

Your Tour Manager and bus driver will accompany the group throughout your time in Thailand. If doing a multi-country trip, you will have one Tour Manager for the whole trip but different bus drivers in each country.

## GENERAL INFORMATION AND TRAVEL TIPS

<b>Flights</b> 	Be prepared for a long flight (minimum of 12 hours) - Remember, you will cross the International Dateline, so you will lose a day flying over, but you will gain it back on the return.
<b>Passport Requirements</b> 	<p>Non-US citizens should carefully research entry requirements to avoid being denied entry into the country.</p> <p>US passport must be valid for 6 months after return date of trip. One page is required per entry stamp; please note endorsement pages are not considered blank passport pages</p>
<b>Visa Requirements</b> 	<p>Visas are not required for US citizens if staying for less than 60 days.</p> <p>All non-Thai citizens must register for a <b>Thailand Digital Arrival Card</b> at least 3 days prior to arrival in the country, regardless of port of entry.</p> <p>Application is free and can be done here: <a href="https://tdac.immigration.go.th/arrival-card/#/home">https://tdac.immigration.go.th/arrival-card/#/home</a> A step-by-step guide to filling it out can be found here: <a href="https://www.thaiembassy.com/thailand-visa/tdac-thailand-digital-arrival-card">https://www.thaiembassy.com/thailand-visa/tdac-thailand-digital-arrival-card</a></p>



<b>Parental Consent (if necessary)</b> 	<p>Parental consent is not required for entry into Thailand.</p>
<b>Time Difference</b> 	<p>Thailand is GMT + 7 and does not operate a daylight-saving system.</p>
<b>Electrical outlets</b> 	<p>Thailand uses 220V with the majority of sockets having two pins. It is therefore advisable to bring a universal plug adaptor.</p>
<b>Luggage Restrictions</b> 	<p>Pack lightly; remember you'll have to carry what you bring! The weight limit on internal flights is one checked bag maximum of 44 pounds and one carry-on bag maximum of 15 lbs.</p> <p>Identification tags should be on all luggage, even carry-ons, and all other tags should be removed at each destination hotel, so that bags won't get misdirected as you travel.</p> <p>Carry medications, contact lenses, vanity kit and emergency clothing in your carry-on, in case your luggage is lost or delayed during the flight.</p>
<b>Tipping</b> 	<p>Pre-paid tips will be listed on your account to cover Tour Manager, local bus and guides.</p> <p>All meals included in the itinerary also include gratuity, so it is NOT necessary to leave an additional tip at meals.</p>



## WHAT TO PACK

### What to Wear

Visitors should not wear the following when entering temples or other sacred places: sleeveless shirts; sportswear; tights/leggings; shorts; short skirts; three-quarter length trousers;

Light weight long sleeve shirts and pants to protect against mosquito bites in the evenings.

As summer temperatures are quite hot and humidity is high, light cottons are recommended. Many buildings in Thailand may not be heated in winter or air conditioned sufficiently in summer. During the winter months (November to February), warm clothing is needed when visiting northern Thailand.

- ✓ Durable Sandals/Flip Flops (Birkenstocks, Tevas, Reefs, etc.)
- ✓ Comfortable walking shoes
- ✓ Lightweight cotton clothing (linen or wicking/quick-dry)
- ✓ Bathing suit
- ✓ Umbrella
- ✓ Personal Neck Fan
- ✓ Light sweater/Jacket for evenings
- ✓ Lightweight Raincoat
- ✓ Bug Repellent
- ✓ Sunscreen
- ✓ Sunhat and sunglasses
- ✓ Electrolyte hydration tablets
- ✓ Tissue/toilet paper packets
- ✓ Handi-wipe packets
- ✓ Anti-diarrheal medications



## HEALTHCARE

Visit a local travel doctor or your primary care physician with your itinerary to get the best personalized medical advice on any vaccinations or special medication needed for the program or for information on vaccinations needed in each country, we recommend you consult <http://www.cdc.gov/>. If you require a particular medication, ensure that you take an adequate supply as it may not be available locally.

### Medical Expenses

In the event of a medical emergency where expenses are involved, the passenger must pay the expenses directly and mail receipts to our Boston office for reimbursement. Deductible amounts per the type of insurance purchased.

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## Food

Street food is popular in Thailand. It is best to choose vendors who maintain good hygienic practices. Look for busy stalls or vendors that are popular with locals and produce fresh batches of food frequently, to reduce time spent sitting out.

## Water

It is not advisable to drink tap water, but bottled water is safe and available everywhere. All hotels provide a complimentary bottle of water, per person, in the room. Ice is generally okay in good standard hotels and restaurants, but it is best to avoid them at street stalls. Some minor stomach problems are always possible when travelling so you are encouraged to bring any typical anti-diarrhea medicine you may use at home. Thailand has a hot, humid tropical climate so ensure you stay well hydrated.

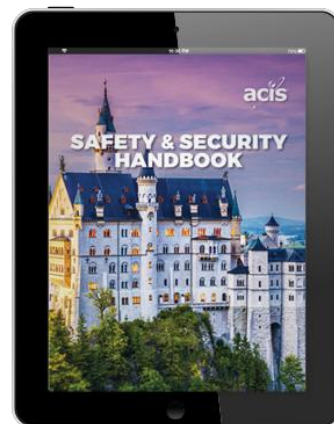


## SAFETY AND SECURITY

Thailand is a safe country to visit. However, do not leave your belongings unattended and always maintain a firm grip on cameras and shoulder bags as pickpockets can be a problem. Be wary of taxi drivers waiting outside of hotels who may refuse to use the meter as required by law. Avoid offers to buy gems at widely discounted prices and other touts who approach you in the street. Always agree fares with tuk-tuk drivers beforehand to avoid confrontation when you arrive at the destination.

**Should you have any issues at all during your trip that cannot be handled by your Tour Manager, please call ACIS and we will rectify the problem immediately.** It is vital that you notify us as soon as you experience a problem as we can resolve issues very quickly on the spot before it adversely affects your trip.

**ACIS Emergency number 617-450-5678**



## OTHER IMPORTANT INFORMATION

### Buses

In Thailand, the maximum number of passengers is 35 passengers per bus.

## **Bartering**

Bangkok's street stalls, especially at Patpong Night Market and Chatuchak Weekend Market, offer everything from food to antiques. Bartering is expected—start at a third of the asking price for the best deals. Asiatique Riverside combines street stalls with upscale shops, and shipping agents can help send purchases home.

## **Restrooms**

Street-level public toilets are common in most Asian countries but there's often an entrance fee so keep some small change handy. There are two kinds of toilets in Thailand, "western style" and "Asian style." Westerners sit and Asians squat. Do be prepared to do some squatting, as sometimes there is no choice. It's a good idea to pack Purell and some packaged tissues as paper can be scarce.

Most hotels and restaurants will have a toilet. Another good idea is to go into five-star hotels or restaurants to use the facilities - they are generally up to or above western standards.

It is also a smart idea to carry travel packets of handi-wipes, as napkins are not commonly used in Asia. They are also helpful and refreshing when it's very hot.