

# TRAVEL TIPS FOR INDIA

## PRE-DEPARTURE FORMALITIES

### Visas and Passport

You will need a passport (with a minimum of six months before expiration) and appropriate visas to enter India & Nepal. You need multiple entry visas if you are returning to India for your flights from Nepal. To obtain your own visa we will furnish you with the necessary forms, which you may process directly at the Consulate closest to you.

If you wish Our Personal Guest to obtain your visa, please indicate so at the time of booking. There is a service charge per visa in addition to the actual cost of the visa. Courier charges and special delivery will be extra.

### Medical Information

No compulsory inoculations are required if you are arriving from the United States, Canada or Europe. If you are entering from Africa or parts of Latin America, certification of Yellow Fever inoculation is required.

General recommendations for travelers to India are:

- Anti-malarial medications
- Tetanus
- Gamma-Globulin, and
- Viral Meningitis inoculations.

*For further information contact your local physician or the travel information service of the Center for Disease Control at (404) 639-3311.*

## PREPARING FOR YOUR TRIP

### Baggage Allowance

- ♦ On your **international flight** between USA and India you are allowed two pieces of checked baggage, neither bag exceeding 62 inches or 70 lbs. In addition to the above, one piece totaling not more than 45 inches may be carried on board, provided it fits beneath the seat.
- ♦ On **domestic flights** within India and Nepal you are allowed 44 lbs (30 kg). for checked luggage, and one carry-on bag. There are baggage restrictions on smaller aircrafts in the domestic sectors hence make note of it

We are not responsible for any excess baggage penalties, which will be charged at the listed rates directly by the airlines.

### Travel Insurance

We strongly recommend that you purchase travel insurance, in the event that you have to cancel your trip. Insurance should be purchased directly from a licensed vendor. Enclosed is a brochure from Access America. All queries related to travel insurance should be directed to the company concerned.

## **Clothing**

- ◆ Dress informally while on tour. Carry lightweight clothes that can be laundered easily. For evening dinners and events, a blazer or suit for men and appropriate evening wear for the ladies.
- ◆ In North India during winter, you will need light woolens, sweaters, a light jacket and wool wrap. Dress in layers, so you can strip down during the warmth of the day when temperatures average 70 degrees. It is cold in cars and indoors, as there is no central heating. From March onwards, summer clothes will do everywhere except in mountainous regions.
- ◆ In South India the weather is hot and humid. Light cotton clothes are most comfortable.
- ◆ Women should remember that the Indian Subcontinent is conservative. Avoid short shorts, mini-skirts, and Lu-c backed sun dresses in public, particularly in the smaller towns. Pants and Bermuda length shorts are perfectly acceptable.

## **Useful items to take on your trip**

- ◆ Personal toiletries
- ◆ Prescription medications with their generic names
- ◆ Flashlight
- ◆ Insect repellent
- ◆ Face towels (smaller places may not be adequately supplied).
- ◆ Packets of moist towelettes
- ◆ A small insulated flask for hot & cold drinks.
- ◆ Plastic cups and straws
- ◆ Facial tissue and extra roll of~ toilet paper
- ◆ Swimsuit, hat, sunglasses, sun block
- ◆ Comfortable walking shoes.
- ◆ Slipper socks — the kind the airlines hand out— you will need them at all the temples.

# **WHILE YOU ARE IN INDIA**

## **Arrival In India**

On your arrival, you will be met at the airport by a representative of Our Personal Guest or by a representative of the hotel listed in your itinerary.

## **Flight Delays**

Should any flight delays or changes occur, our local agents will do everything in their power to minimize the inconvenience caused. However, we must stress that we have no control over the airline schedules.

## **Airport Security**

On domestic flights, your entire carry-on luggage must be tagged with a hand baggage tag available at the check-in counter. The tag will later be stamped by security.

## **Greeting:**

Namaste is the all purpose greeting and welcome. Fold your hands in front of your chest, with a slight bow of the head.

## **Language**

Everyone you will meet will speak English, however there are many languages in India and therefore there may be some difficulty with the accents.

## **Currency Exchange**

It is not necessary to purchase local currency at the airport. You can change money at hotels in all major cities at the Government fixed rate of exchange.

- ♦ Major credit cards are accepted at city hotels and most shops. The Visa / MasterCard are more popular than American Express.
- ♦ Small places and bazaars will accept Rupees cash only.
- ♦ Purchase small denominations for tips etc.
- ♦ A general rule of thumb is to treat Rs 50.00 as \$1.00, Rs 10.00 as 20 cents, and Rs 5.00 as a dime. Keep cash money in these denominations handy.
- ♦ The Indian notes are well thumbed and worn, and when getting cash you will often get a pack of 100 bills stapled together. Ask for help in detaching these as they are a source of great frustration.
- ♦ Do not accept torn bills when changing money; some shopkeepers might refuse it.
- ♦ At the time of this printing, the U.S. dollar is equivalent to approximately 47 Rupees. There is 100 paisa in a Rupee.

## **ATM's**

- ♦ There are ATM's at branches of all major banks, but they will give you cash in Rupees only. To get cash in Dollars you will have to go to American Express in Delhi or Bombay only. The local staff will help.

## **Internet access**

- ♦ This is easily available now all over India, though not always high speed lines.
- ♦ The hotel business centers are the best bet, and all the hotels can set up the connection in your room for laptops.
- ♦ All the Vilas properties offer Internet access from special stations in the lobby.

## **Food**

Each Indian state has its own history, culture, & food. To stay healthy keep to a diet of fresh cooked vegetables, rice and Indian breads. Sample the:

- ♦ Regional vegetarian cuisines.
- ♦ Grilled Tandoori food.
- ♦ In coastal areas try the fresh coconut water; it is safe, cooling and delicious.
- ♦ Freshly ground South Indian coffee.

## **Health Precautions**

One should drink bottled water only and as much as possible to avoid dehydration. No ice.

- ♦ Eat cooked meals, avoid green salads.
- ♦ Do not buy food at street stalls.
- ♦ Eat fruit that you can peel yourself.
- ♦ Avoid seafood except in coastal areas.
- ♦ Local beer, wine, and soda are safe.

If an unexpected medical problem should arise, contact your hotel doctor.

## **Electric**

Voltage in India is 220V/50 cycles. You will need to take a transformer and special plugs for American gadgets. In regards to the adapters, only round pin plugs are used in India. You can purchase them at any airport.

## **Gifts**

Your hosts in India will appreciate gifts like cosmetics and perfumes, European chocolates, and small battery-operated gadgets.

### **Business Hours**

Shops and offices are generally open from 10:00 am to 6:00 pm with a break for lunch between 1:00 pm and 2:00 pm Monday through Saturday.

### **Gratuities**

With regards to gratuities we have outlined a suggested guideline based on 2 persons traveling together. For exemplary service please tip at your discretion, keeping in mind that the amounts listed are minimums. Our local representatives can handle this for you if you wish.

- ◆ Porters: Airports & railway stations: Rs 50 per bag.
- ◆ Drivers: Rs 250-500 per day.
- ◆ Bell Boys: Rs 50 per bag.
- ◆ Restaurants: 10-15%
- ◆ Guide: Rs 500 per day for local and approx Rs.800 for accompanying escort.

### **Begging**

The government asks that you do not give handouts to beggars. Make a contribution at a Temple, Mosque or charity instead if you wish.

### **Communications**

We will provide you with a list of hotel telephone and fax numbers related to your itinerary. India is 10 1/2 hours ahead of New York time except during the summer time change, when it is 9 1/2 hours ahead.

- ◆ **US Embassy in Delhi:** 2688-9033, 2611-3033, 2688-9175, 2687-8168
- ◆ **Country Code prefix** for India: **91**
- ◆ **City Code Delhi:** **11**
- ◆ **Dialing interstate** in India: 0 + City Code + Number

### **International Airport Departure Tax**

Please note: This is included in your airline ticket.



**Bon Voyage and Namaste!**



## OUR PERSONAL GUEST, INC

### PACKING TIPS AND SUGGESTIONS



The weather is complicated in India and therefore your packing will be too. !!! Between October and March it is **winter** in India, and that means it could be cold in North India ie. Delhi and Rajasthan, and hot in Bombay and further South.

- ❖ It is important to take several **layers**, to takeoff or add to as you need during the day. As the sun comes up it gets warmer, and it gets suddenly cold with the setting sun.
- ❖ The mornings are misty and in Delhi there is a likelihood of smog.
- ❖ There is no long twilight and it gets **dark around 5.30 – 6.00pm**.
- ❖ The **temperature** is unpredictable just like in Europe and the USA. If it snows in Kashmir we feel it in blasts of cold air in Rajasthan and Delhi. It could plummet to 32°F. Generally it would be mid 70's F in the day & 40's at night.
- ❖ **Rajasthan** and particularly **Jaisalmer** is the desert with the usual sharp temperature contrasts. Bright sunshine in the day and crisp cold desert nights.
- ❖ Indians tend to bundle up in **shawls** and since the usual dress is long skirts or the Indian version of pants it is perfectly all right to wear trousers.
- ❖ If you are staying at some of the superb hotels in India or if you like to eat out, you may want to pack something for the evening. It is not easy to be elegant and bundled up at the same time but do make sure that whatever you pack for the evening is warm. Pack **comfortable, flexible clothing**. Thermal or silk underwear are useful if going on a trek or staying in tents other than the Vilas properties luxury tents.
- ❖ You may wish to carry a **flashlight** for extra light.
- ❖ Take easy to pack and unpack **luggage** and as little as possible.
- ❖ Remember we are walking on cobblestones, through ruins, historical sites, deserts, and notoriously uneven Indian roads. Good walking support **shoes** are essential.
- ❖ Shoes should be comfortable, cushioned, nonskid with good tread. Get them ahead of time and break them in well in advance to avoid getting sore feet and blisters.
- ❖ Remember the sun is strong, and if you need it bring **Sunblock**, sunscreen, a brimmed hat and good **sunglasses**.
- ❖ Bring extra **film**, and **camera batteries** as they die in the cold. Do not carry batteries in your hand-baggage as this is banned by airport security.
- ❖ You may also want to bring along a lightweight insulated water bottle carrier.



## Tips For Travelers

# AIRPORT EXPECTATIONS

To ensure the safety and security of airline passengers, heightened security measures have been implemented at airports. As you plan your trip, please keep the following in mind:

Flights may be limited as operations resume after the Federal Aviation Administration lifts the ground stop of all U.S. air traffic.

- Be sure to bring proper photo identification before you leave home. Acceptable are a valid photo driver's license, an active passport or an employee identification from a county, state or federal agency.
- Due to increased passenger and baggage security screenings at all airports; passengers should plan to arrive at the airport a minimum of two hours prior to departure for all domestic flights and a minimum of two and a half hours for international flights.
- You may check your luggage at the ticket counter and at the electronic kiosks that US Airways operates at New York LaGuardia, Boston and Ronald Reagan Washington National airports. Baggage will no longer be accepted for check in at curbside or at off-airport locations. Luggage may be checked at the airport within four hours of flight time.
- Only customers holding an electronic ticket confirmation letter, a travel agency itinerary, a US Airways itinerary, a boarding pass or a paper ticket will be permitted beyond the security check points. People without tickets will not be permitted in the gate areas to greet arriving passengers or to see off departing passengers.
- Special arrangements will be made to provide gate passes for parents or guardians of unaccompanied minors and passengers with special needs. Unaccompanied minors and passengers with special needs are required to go to the airport ticket counter to check in.
- Unauthorized, unattended vehicles near a terminal building will be towed.
- There will be an increased presence of law enforcement and security personnel at airports and there will also be heightened vigilance for unattended bags.
- No knives of any size, or made from any material, are permitted on flights.



## The List Before You Leave

A little research goes a long way when you're looking for peace of mind. Consult the following organizations for quick answers to travel questions:

### **American Citizens Services and Crisis Management (ACSCM)**

A branch of the U.S. State Department (see below), ACSCM has offices in American embassies and consulates all over the world. If you break your leg in Peru, lose your wallet in Niger, or get arrested in Munich, the local ACSCM office will contact your family or friends and arrange for medical, financial, or legal assistance. The ACSCM also helps concerned citizens who have lost contact with traveling relatives or friends (202-647-5225; [travel.state.gov/acs.html](http://travel.state.gov/acs.html)).

### **FAA**

Its site provides an overview of all the security measures implemented since September 11 at airports nationwide, but you'll have to check the Web site of an individual carrier to find out exactly how early passengers need to arrive at the airport and about other security measures specific to that airline. Links for all national carriers are listed on this site. To check on air-traffic delays at a particular domestic airport, click on Real-Time Airport Status (866-289-9673; [www.faa.gov](http://www.faa.gov)).

### **Ijet**

Calling itself a "travel intelligence agency," Ijet tracks and disseminates vital news and background information on ISO countries. For \$15 per destination, the company's Worldcue Traveler service provides local emergency telephone numbers, entry requirements, and health and security tips. You'll also receive news reports by e-mail pertaining to anything that might impact your trip, from an anti-American rally to a flight attendants' strike (877-606-4538; [ijet.com](http://ijet.com)).

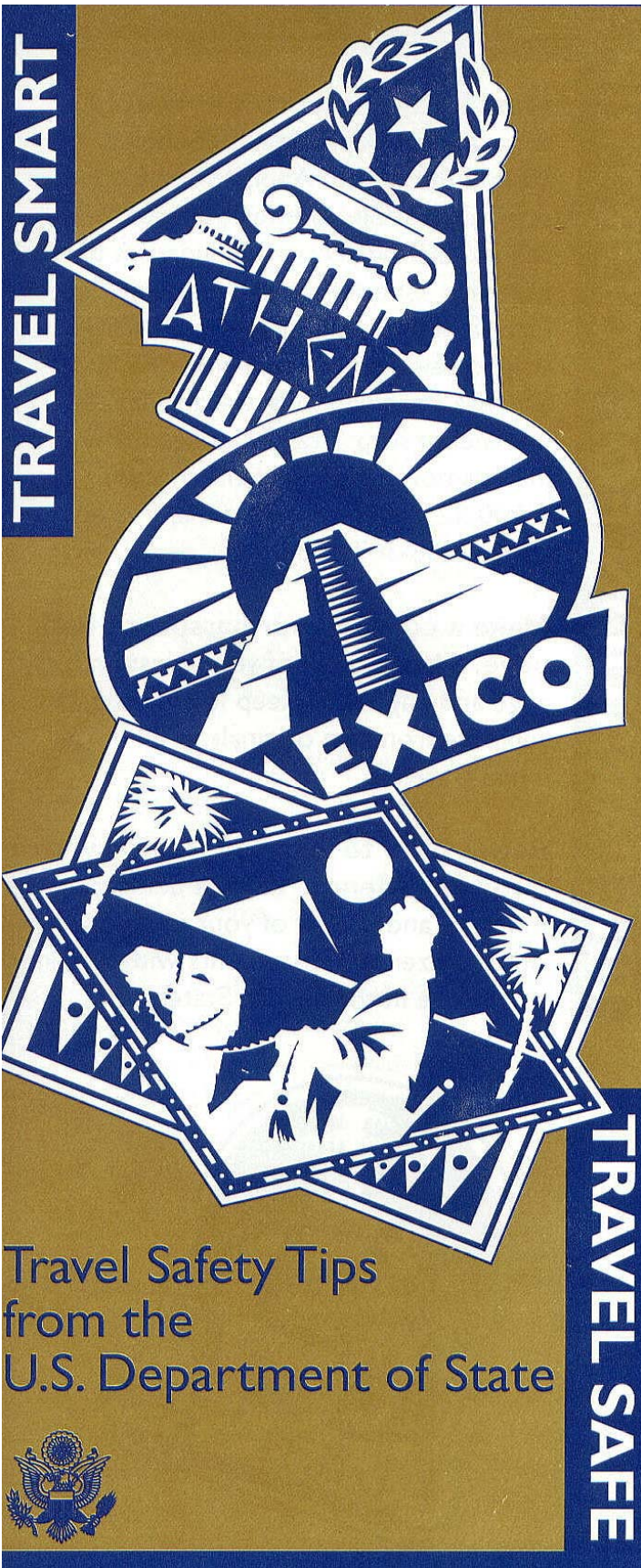
### **Overseas Security Advisory Council**

Not only does this site post the latest security-related news from a number of international newspapers, but it also lists key dates—Solidarity Day in Pakistan, election day in Togo—that you'll want to know about when planning your trip ([www.ds-osac.org](http://www.ds-osac.org)).

### **U.S. State Department Bureau of Public Affairs**

When a destination is declared unsafe by the State Department, it's listed here. You'll also find phone numbers and addresses for every foreign embassy—information you should jot down before you leave the United States (202-647-6575; [www.travel.state.gov](http://www.travel.state.gov)).





Travel Safety Tips  
from the  
U.S. Department of State



### **Start Early**

Passports are required to enter and/or depart most countries around the world. Apply for a passport as soon as possible. Some countries also require U.S. citizens to obtain visas before entering. Check with the embassy of the foreign country that you are planning to visit to see if you need a visa. (Passport and visa information is available on the Internet at <http://travel.state.gov>. Passport information is also available by calling 1-900-225-5674 or with a major credit card, 1-888-362-8668.)

### **Make a copy of your passport's data page and any visas.**

Keep it with you, but separate from the originals, at all times while traveling.

### **Remember to leave an itinerary with family or friends.**

Leave a detailed itinerary and a copy of your passport or other citizenship documents with a friend or relative in the United States.

### **Find out the location of the nearest U.S. embassy or consulate.**

If you are traveling to a remote area or one that is experiencing civil unrest, find out the location of the nearest U.S. embassy or consulate and register with the Consular Section when you arrive. (Embassy and consulate locations can be found on the Internet at <http://travel.state.gov>.)

### **Learn about the country you plan to visit.**

Before departing, take the time to do some research about the people and their culture, and any problems that the country is experiencing that may affect your travel plans.



## Read the Consular Information Sheet.

Consular Information Sheets provide up-to-date travel information on any country in the world that you plan to visit. They cover topics such as entry regulations, the crime and security situation, and the location of the U.S. embassy, consulates and consular agencies.

## Check for Travel Warnings and Public Announcements.

A Travel Warning advises travelers not to go to a country because of dangerous conditions. A Public Announcement provides fast-breaking information about relatively short-term conditions that pose risks to the security of travelers.

There are three electronic methods to access Consular Information Sheets, Travel Warnings and Public Announcements 24 hours a day:

- **By Internet:** Information about travel and consular services is available at <http://travel.state.gov>.
- **By Fax:** From your fax machine, dial 202-647-3000 and follow the voice prompts.
- **By Telephone:** A summary of Consular Information Sheets, Travel Warnings and Public Announcements may be heard any time by dialing the Office of Overseas Citizens Services at 202-647-5225 from a touch-tone phone.
- **By Mail:** Consular Information Sheets, Travel Warnings and Public Announcements can be obtained by sending a self-addressed, stamped business-size envelope to:  
Overseas Citizens Services  
Room 4811  
Department of State  
Washington, DC 20520-4818

On the outside envelope, write the name of the country or countries needed in the lower left corner.

## Also available at [travel.state.gov](http://travel.state.gov):

Passport Applications & Procedures Foreign & U.S. visa information Travel Publications and links to several U.S. embassy and consulate websites worldwide.

## Top Ten Tips for Travelers

1. Make sure you have a signed, valid passport and visas, if required. Also, before you go, fill in the emergency information page of your passport!
2. Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit.
3. Leave copies of your itinerary, passport data page and visas with family or friends at home, so that you can be contacted in case of an emergency.
4. Make sure you have insurance that will cover your emergency medical needs while you are overseas.
5. Familiarize yourself with local laws and customs of the countries to which you are traveling. **Remember, while in a foreign country, you are subject to its laws!**
6. Do not leave your luggage unattended in public areas and never accept packages from strangers.
7. While abroad, avoid using illicit drugs or drinking excessive amounts of alcoholic beverages, and associating with people who do.
8. Do not become a target for thieves by wearing conspicuous clothing and expensive jewelry and do not carry excessive amounts of cash or unnecessary credit cards.
9. Deal only with authorized agents when you exchange money or purchase art or antiques in order to avoid violating local laws.
10. When overseas, avoid demonstrations and other situations that may become unruly or where anti-American sentiments may be expressed.



# A Passport To Travelers Health



The travel Industry of America reports that approximately 1.27 billion trips were taken within the United States last year. According to the US Travel and Tourism Administration, 45 million Americans traveled abroad.

Many of these travelers may not have considered their trip could be derailed by a minor illness. As you can imagine, nothing spoils a vacation or business trip faster than an attack of diarrhea, motion sickness, or the flu ---- all of which can confine you to your hotel room or ship's berth.

To help ensure that your next trip is filled with travel pleasures, McNeil Consumer Products Company, maker of IMODIUM A-D antidiarrheal, has developed this brochure, " A Passport to Travelers Health, " which outlines some of the most common travel maladies and offer suggestions on how to anticipate, avoid and treat them.

Also included is information on how to find a physician in a foreign country, what to know about immunizations, as well as a list of hotlines and reference books for additional information on travel health.

Before leaving for vacation, you should visit your family physician to discuss any troubling symptoms that might become a problem during your journey. Many health concerns can be addressed prior to your trip and worries about illness or discomfort can often be alleviated by working with your doctor and your travel agent.

So regardless of the destination, we hope you'll follow the recommendation of travel health experts and spend a few moments preparing for the unexpected.

# DIARRHEA

Diarrhea is most common malady experience by travelers ---- whether they're visiting a foreign country or another state. The centers for Disease Control reports that, depending upon the destination and length of the stay, between 20 and 50 percent of Americans who traveled abroad last year developed diarrhea.

There are two types of diarrhea: noninfectious diarrhea, which is caused by stress, excitement, or a change in diet, and infectious diarrhea, which is caused by bacteria found in tap water and food.

Travelers Diarrhea is most prevalent in Latin America, Africa, the Middle East, Asia, some Caribbean Islands, and most southern European countries.

If you do experience a bout of diarrhea, health experts recommend that you do the following:

- Prevent dehydration and replenish lost fluids by drinking plenty of fruit juice and bottled water.
- Limited food intake to hot soups and tea, followed by blank crackers, Jello, and try toast. As your appetite grows, add simple baked foods.
- Take an over the-counter antidiarrheal medication, such as IMODIUM A-D caplets or liquid. IMODIUM A-D is the nonprescription brand recommended most by doctors and pharmacists to provide fast relief, often in one dose. Only IMODIUM A-D contains the most effective antidiarrheal medicine and is indicated for the treatment of Traveler's Diarrhea.

**Note:** National Institutions of Health recommend you pack an effective antidiarrheal product, because it may not be available at your destination.

- Consult your physician regarding any additional medications that may be appropriate.
- Contact your physician if your diarrhea last more than two days, if you have a fever over 101 F, or if blood or mucus is present in the stool.

## FOOD AND DRINK PRECAUTIONS

Sampling regional cuisines is one of the great pleasures of travel, provided you take a few simple precautions. To avoid illness, especially when visiting developing countries, travel health experts recommend:

DO	DON'T
Drink only bottled water or hot beverages	Drink tap water or use ice cubes
Eat only those fruits that you have peeled yourself.	Eat fruit that doesn't need peeling.
Be sure that foods are well-cooked and arrive hot.	Eat uncooked vegetables or raw meats, fish, or shellfish.
	Drink unpasteurized milk or other dairy products.
	Eat foods sold by street vendors.

# MOTION SICKNESS

Approximately 90 percent of adults experience motion sickness at some time. To alleviate such symptoms as nausea, dizziness, light-headedness, disorientation, and vomiting, travel health experts suggest that you:

- Minimize motion --- sit over the wing of the plane; ride in the front seat of the car and watch the road; stay on deck in the middle of the ship.
- Don't stare at waves or moving objects; instead look out at a spot 45 degrees above the horizon.
- Breathe fresh air, if possible.
- Recline and try to sleep.
- Don't read or watch a movie.
- Consult your physician regarding anti - motion - sickness medications.

# COLDS/FLU

Your chances of becoming ill increase when traveling overseas. The more remote the area you visit, the more likely it is that you will encounter a virus or bacteria to which you haven't been previously exposed. When a cold or flu strikes, health experts recommend that you:

- Decrease activity, get rest, and drink plenty of fluids.
- Consider using a multi-symptom cold-relief medication, such as **TYLENOL Cold**.
- If your flu symptoms are accompanied by diarrhea and cramping, you may be suffering from symptoms of the intestinal flu. Keep an antidiarrheal, such as **IMODIUM A-D Caplets**, on hand, just in case.
- Check with your physician on return.



# OVERACTIVE BLADDER

People with overactive bladders may experience symptoms of frequency (urinating more than eight times per day), urgency ( an overwhelming urge or urinate ) or incontinence ( a sudden, uncontrolled release of urine ). Overactive bladder can be difficult problem to cope with during trips, requiring many restroom visits. However there is help available. If you are among the 17 million Americans who have overactive bladder, ask your doctor about prescription medications that can help decrease the urge to urinate as often and make travel easier. For more information visit [www.overactivebladder.com](http://www.overactivebladder.com).

# ALLERGIES

People who suffer from allergies to molds, mites, dust, pollen, animal fur, insects, foods, and other substances should take the same precaution on vacation as they do at home. Bring any prescription or over-the-counter anti-allergy medication used on a regular basis. It's also a good idea to bring an antihistamine in case of accidental exposure to a substance that triggers an allergic reaction. It also may be helpful to pack your own pillowcase for use in hotels, especially if you have sensitive skin. Some hotels even offer non-allergic pillows and non-smoking rooms. Ask your travel agent for availability.

# HEATSTROKE AND SUNBURN

The best protection against both heatstroke and sunburn is to know your capacity for exercise and sun exposure. It's important to note that cold climates also pose the risk of sunburns. For smart fun in the sun, follow these precautions:

- Always use sunscreen. Be ware of the Sun Protection Factor (SPF ) rating --- the higher the SPF number, the greater the sun protection. Choose a sunscreen, such as Sundown, with the correct SPF for your coloring and propensity for burning.
- Moderate your exposure to the sun.
- Drink plenty of water to replenish your fluids.
- Take breaks from the sun during the day to cool your body. Rinse your body to remove sun-care products, surface dirt, and sweat that can interfere with your body's cooling system.

# INSECT BITES

While most insect bites are just annoying, some may also pose health risks, such as Lyme Disease, malaria, Dengue Fever, African Sleeping Sickness, and Yellow Fever. To guard against insect bites, health experts recommend that you:

- Use an insect repellent with a 30 to 50 percent concentration of the active ingredient DEET.
- Apply the repellent to clothes and exposed skin.

Consult A PHYSICIAN OR CALL THE CENTERS FOR Disease Control to determine whether your destination exposes you to insect-transmitted diseases.

# ACHES AND PAIN

Oversized suitcases, long walking tours, cramped seating, and trying to fit two weeks of vacation planning into seven-day week can cause headaches or body aches and pain. To relieve these minor aches and pain, physicians and pharmacists recommend you take a non-aspirin pain-relievers, such as

TYLENOL acetaminophen. Travelers who experience sever pain or pain accompanied by fever should consult a physician promptly.



## TRAVEL HEALTH KIT

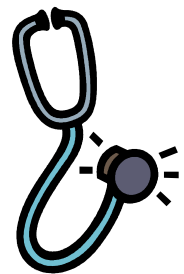
Travel experts and physicians recommend packing a " Travel Health Kit " to guard against common travel ailments, whether you are crossing state lines or international borders. Your kit should include essential over-the-counter medications and everyday items such as:

<ul style="list-style-type: none"> <li>• Adhesive tape</li> </ul>	<ul style="list-style-type: none"> <li>• Cold medication, such as TYLENOL Cold.</li> </ul>
<ul style="list-style-type: none"> <li>• Antibacterial ointment</li> </ul>	<ul style="list-style-type: none"> <li>• Cotton swabs, such as Johnson's swabs.</li> </ul>
<ul style="list-style-type: none"> <li>• Antiseptic soap</li> </ul>	<ul style="list-style-type: none"> <li>• Eye protection/sungalsses</li> </ul>
<ul style="list-style-type: none"> <li>• Antidiarrheal, such as IMODIUM A-D Caplets or liquid.</li> </ul>	<ul style="list-style-type: none"> <li>• Insect repellent with DEET.</li> </ul>
<ul style="list-style-type: none"> <li>• Adhesive bandages, such as Band-Aid Brand</li> </ul>	<ul style="list-style-type: none"> <li>• Sunscreen, such as Sundown.</li> </ul>
<ul style="list-style-type: none"> <li>• Aspirin-free pain reliever, such as TYLENOL.</li> </ul>	<ul style="list-style-type: none"> <li>• Thermometer.</li> </ul>
<ul style="list-style-type: none"> <li>• Water Purification tablets.</li> </ul>	<ul style="list-style-type: none"> <li>• Scissors, Tweezers.</li> </ul>
<ul style="list-style-type: none"> <li>• Your prescription medications.</li> </ul>	<ul style="list-style-type: none"> <li>• Throat Lozenges</li> </ul>

## LOCATING A PHYSICIAN WHILE TRAVELLING

Americans traveling within the U.S. are never far from excellent medical care; however, finding quality medical assistance while abroad can be frustrating and frightening. Each year more than 500,000 Americans require some kind of medical attention while traveling in a foreign country. For advice on obtaining names of hospitals or English-speaking doctors, health experts recommend that you:

- Consult the U.S.Embassy or U.S. Consulate in the country you're visiting.
- Call the International Association for Medical Assistance to travelers, a worldwide organization of hospital and medical facilities, where English is spoken and doctors/medical staff agree to provide medical care to travelers in distress.
- Seek a university-affiliated teaching hospital in a major society.
- Secure names of physicians before leaving the U.S.



# SPECIAL TRAVELERS

Travel shouldn't pose any problem for those individuals who are pregnant or have a chronic illness, such as hypertension or diabetes. However, travel health experts suggest that you review your itinerary with a physician before leaving. Health care professionals also recommend that you:

- Be conservative when choosing what to eat and drink, to guard against diarrhea.
- Clearly label prescriptions and pack a second set in case of lost luggage or an unexpected delay.
- Carry a doctor's letter or medical information card that explains your medical condition and lists medications by their generic name.
- Don't overexert yourself.

# IMMUNIZATIONS

Each country has policies regarding immunization. Required vaccinations depend upon your destination, duration of stay, and past immunization history. Check with a local travel health clinic or physician to learn what vaccinations are required and recommended. Be sure to plan for the shots long enough in advance of departure to allow adequate time to obtain maximum protection.

# FOR MORE INFORMATION

For additional information, consider reading:

**Health Guide for International Travelers: How to Travel and Stay Well.**

- T.P. Sakmar, M.D.
- P.Gardner, M.D.
- G.N.Peterson, M.D.

**Health Information for International Travel:**

- Centers for Disease Control

**International Travel Health guide**

- S.R. Rose

**Travel with Health - II**

- H.L. DuPont, M.D.
- M.W. DuPont

**The following organizations serve as ready resources for immediate travel assistance and medical information:**

American Express' Global Assist hotline	800-554-2639
AT&T	800-874-4000
Centers for Disease Control's International Association	404-332-4559
Hotel & Travel Index	800-334-2811
International Association of Medical Assistance to Travelers	716-754-4883
Office of Passport Services	202-647-0518
U.S.State Department's Citizens emergency center	202-647-5225
Western Union	800-325-6000



## MEDICAL INFORMATION CARD

Prepare for your trip by filling out a medical information card. Carry it with you at all times.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Insurance Company Name: \_\_\_\_\_

Address: \_\_\_\_\_

Policy Holder: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Medicare/medical Number: \_\_\_\_\_

Incase of emergency, contact: \_\_\_\_\_

Blood type: \_\_\_\_\_

Drug allergies: \_\_\_\_\_

List of current medications, both brand name and generic: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_



Useful websites: Travel Medicine ...

[www.ASTMH.org](http://www.ASTMH.org)

[www.ISTM.org](http://www.ISTM.org)

Please check with your personal physician.

**Shots usually recommended for INDIA:**

- Tetanus & Diphtheria
- Typhoid Vi (only good for 2 years)
- Polio Booster (if one has not had it in 30 years)
- Hepatitis A (2 Inoculations, i.e. the gamma globulin)

Also:

- Anti-Malaria Medicine

To get shots and advice you can contact

**International Health Care Service**

**New York Hospital**

**Cornell Medical Center**

440 East 69th street

New York, NY 10021

Tel: 212 746 1601

Fax: 212 746 8978



OUR PERSONAL GUEST, INC.

## TRIP CANCELLATION & INTERRUPTION INSURANCE

WHAT HAPPENS IF YOU ARE UNABLE TO TRAVEL DUE TO AN EMERGENCY?

When travelling anywhere in the Subcontinent, It is important that you have fully comprehensive insurance coverage including trip cancellation and interruption.

Our deposits are non-refundable and cancellation fees reflect the costs involved in putting together a custom tour. Once your booking process begins most of the work on designing and booking the trip is done up-front.

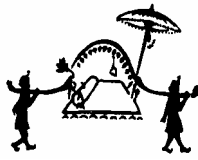
A brochure from **Access America**, an independent provider is enclosed, please refer to the insurance provider directly for terms and the exact nature of the coverage. You can contact them directly on the 800 number listed on the brochure to clarify terms of coverage. "Pre-Existing Medical Conditions" restriction is waived for clients who buy their policies within fourteen days of making their initial trip payment.

Our estimate is that trip cancellation insurance will be approximately \$ 31.00 per day determined by duration and age. If the claim is valid this would cover your deposits, cancellation fees and complete tour cost. The bottom line is that if you purchase trip cancellation insurance within the stated time frame, and it is a "covered" reason, your out of pocket cost will be the expense of the travel insurance.

Should you not wish to take our suggested insurance (Access America), please ensure that you are covered under a similar or superior policy.

If you decide not to take our recommended insurance, you must provide us with details of equivalent or better cover which must be taken out for yourself and all members of your party.

It is your responsibility to arrange comprehensive insurance cover for your holiday. OPG provides an insurance application form, details of which are supplied with these terms and conditions. *Bookings cannot be accepted unless you and your party comply with these insurance requirements.* OPG can bear no responsibility in the event that you fail to procure any insurance cover at all.



OUR PERSONAL GUEST, INC.

## Tips for Travel Insurance

- ❖ You can always reach an Access America Representative at (800) 284-8300 to help you purchase the right amount of coverage, and explain the process more than the brochure.
- ❖ Use the OPG ID # F018032
- ❖ Please Note that only the comprehensive plan in the Navigator program offers Trip cancellation and Interruption protection. The charts explain the coverage in each package.
- ❖ At all times the most important factor is that the total cost of your tour is protected for the length of time that you are traveling.

### Follow these steps:

1. In the Comprehensive section, select the appropriate amount of coverage. This can always be adjusted if you wish later on.
2. To calculate the costs fill out the panel for Step 3. You can always get help from the representatives at the toll free number above.



## **THE TECH SURVIVAL STRATEGY.**

*So you think that all you have to do is show up with your **cellphones** and **laptops** and **wifi's** and you are connected? Wrong!*

*Here are a few tips from a fellow road warrior.*

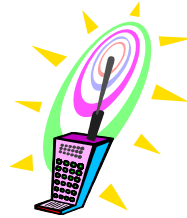
### Technical Instructions

**For India:** Hi Tech maybe the buzzword but the systems are different. So in the interests of your sanity a bit of preparations will go a long way towards avoiding time wasting, frustration inducing delays while trying to connect.



#### 1. Cellular / Mobile Services

- a. Make sure you tri-band world phone is unlocked, the roaming switched on, and it is compatible with the Indian system.
- b. Enter your mobile phone service's International Customer Assist number into your phonebook.
- c. The cellular / mobile phone services in India works on 900/1800 MHz hence your phone should support these frequencies (most European & Asian countries' phone do). You may need to switch this manually if your phone does not do so automatically.
- d. Switch off your phone once and then switch it on once you are in India
- e. India has international cellular companies like Hutch / Orange and other local service providers who provide interconnect service with all major international cellular service providers.
- f. In the network settings of your handset, please set the 'Network Selection' option to automatic
- g. If you have opted for International roaming with your service provider then your phone will automatically log in to one of the local service providers.
- h. If the settings of your phone is not automatic then you will have to choose the service provider manually
- i. You will get the options of cellular service providers once you switch on your phone – choose any one of them
- j. In case you wish to hire a local cellular / mobile phone then let us know in advance with your credit card guarantee



## 2. Wireless Internet @ Hotels

- a. Some hotels do not have a DSL / LAN option and all internet access is via **wireless connection**.
- b. If your notebook / laptop already has wireless internet (802.11B) – either a card or inbuilt – then you will see the log-in screen once you switch on your machine
- c. Please enter the relevant details – Usage plan, name and room number – to get connected to the net. These will be provided to you by the hotel.
- d. Please carry the drivers CD media in case it is required by hotel technicians to enable the inbuilt wireless access or the wireless card
- e. In case you do not have the wireless card or if your machine doesn't have wireless inbuilt then please let us know in advance or immediately on arrival so that a wireless access card for your machine can be arranged at the hotel



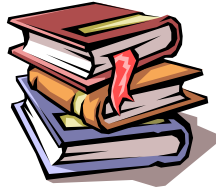
## 3. Broadband / DSL Cable Internet @ Hotels

- a. Some hotels have internet access **only through hi-speed DSL lines** for which they have provided DATA PORTS in the rooms
- b. You will need to have LAN port in your machine and it is advisable that you carry the DATA CABLE with you.
- c. Once the laptop is connected to the port with the cable, you will automatically get the log-in screen in which you need to fill in relevant details and you will be connected.



## 4. Voltage and Plugs.

- a. India has three or two round pin plugs and 220 volts.
- b. If you are carrying the works ... PDA, Cellphone and Laptop then think about getting a multiple charger ...
- c. Both APC and IGO Juice are wonderful and exchange three sets of transformers and wires for one with multiple tips.
- d. A set of adapters that slide onto on thick base further reduces bulk.



*Here's some titles you might like to read to prepare for your trip to India*

## **Travel Guides**

- Knopf Guides **India: Rajasthan**,
- Lonely Planet, **India: A Travel Survival Kit**,
- Louise Nicholson, **India in Luxury**,
- **Insight Guides**
- John Keay, **Into India and India Discovered**

## **General Reading**

- Shobita Punja, **Great Monuments of the Indian Subcontinent**: Published in New Delhi and distributed by Seven Hills Book Distributors - in the U.S. Hard to get, but the very best.
- Huston Smith, **The World's Religions**: Harper. A winner
- Karen Armstrong, **Buddha**: Fun!
- Shakuntala Jagannathan, **Hinduism – An Introduction**

## **Art History/ History**

- Roy Craven, **Indian Art, A Concise History**, Thames & Hudson.
- V. Dehejia, **Indian Art**, Phaidon.
- Francis Watson, **A Concise History of India**
- Larry Collins & Dominique Lapierre, **Freedom at Midnight**
- John Keay, **India A History**: This may be a good book to bring and read in place. It's available in paperback now.

## **Films**

- "**Gandhi**", Richard Attenborough film
- "**Jewel in the Crown**", TV series
- "**The Mahabharata**" directed by Peter Brook is on video. It is hard to follow, but very beautiful.

## **Epics/ Fiction/Travel Essays**

- William Dalrymple, **Age of Kali & City of Djinn**s: fun travel writer.
- Elizabeth Bumiller, **May You Be the Mother of 100 Sons**: Excellent!



- Robyn Davidson, **Desert Places**: A fantastic book to take with you to Rajasthan.
- Diana Eck, **Benares, City of Light**: Anything written by this sensitive scholar is a treat.
- **The Bhagavad-Gita**, Barbara Stoller Miller translation: terrific introduction.
- **Ramayana**, As Retold by William Buck & read by Ram Dass: Audio Literature, P.O. Box 7123, Berkeley, Ca. 94707-1502. A must!
- **The Mahabharata**: A daunting epic HUGE! There is a new abbreviated translation by Krishna Dharma. It sounds interesting.
- Hermann Hesse, **Siddhartha**.
- Manil Suri, **The Death of Vishnu**
- Gita Mehta, **A River Sutra**
- Gita Mehta, **Raj**
- Gita Mehta, **Snakes and Ladders**
- Pankaj Mishra, **The Romantics**
- Anand Raj Mulk, **Untouchable**
- Khushwant Singh, **Train to Pakistan**
- Anita Desai, **Anything!**
- Amit Chadhuri, **Freedom Song**
- Arundhati Roy, **God of Small Things**
- Vikram Seth, **A Suitable Boy**
- Paul Scott, **Jewel in the Crown**

## Audio

- "**Great World Religions: Beliefs, Practices, & Histories**", Part 5, Professor Diana Eck, Harvard University, from The Great Courses on Tape. The Teaching Company, 1-800-832-2412.

*Here is a link for Longitude, the specialty bookseller providing recommended reading (and maps) for travelers.*

## *India*

<http://reading.longitudebooks.com/LO2926>

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Recommended Reading for Travelers

115 West 30th Street, Suite 1206

New York, NY 10001

Online orders: <http://www.longitudebooks.com>

Toll Free Orders: 800-342-2164

E-mail [info@longitudebooks.com](mailto:info@longitudebooks.com)

Phone: 212-904-1144

Fax: 212-695-8352