2 COUNTRIES
thailand & cambodia

Do You Know What to Pack?

YOUR COMPLETE ITINERARY FROM DAY 1 TO DAY 15
HINTS TIPS INFO AND JUICY DETAILS

THE ALL IN ONE TRAVEL HACK

A COMPLETE GUIDE TO YOUR PROJECTS
Hey there!

Firstly, on behalf of everybody at Bamboo, I would like to offer you our thanks for choosing to experience this incredible part of the world with us. We guarantee you an amazing time and we’re all very much looking forward to meeting you in Chiang Mai soon.

I imagine that right now you’re very excited about your upcoming adventure and this little guide has been put together to help you understand more about what will be happening, what to expect, how to plan and more. We guarantee your time with us will be unforgettable from start to end.

Bamboo is growing as our style of ‘travel’ has proven to be the ‘way’ to travel. You are now a part of this journey and we welcome you with open arms and hearts. This growing experience is down to people like you, so do get stuck in, become part of our way of life, live every moment and take nothing for granted.

Peace, Love & Bamboo
Mark (& the other Panda, Colin)

Follow me on Instagram to join our Bamboo journey @markbamboo
highlights of your tour

THAILAND
Experience some of the most beautiful temples in Chiang Mai

ELEPHANTS
Share a mud bath with Thailand's most iconic gentle giants

CAMBODIA
Submerge yourself in traditional Khmer culture and customs

ANCIENT HISTORY
Travel back over 1,000 years to the UNESCO World Heritage Site of Angkor Wat

GIVE
Give your blood, sweat and tears to support the communities in Siem Reap

FOOD
Experience authentic and traditional, mouth-watering Thai and Khmer cuisine

LEGACY
Leave a lasting legacy and positive footprint at our supported NGO projects
DAY 1 (FRI)

CHIANG MAI

Well, it's finally here! The day you've been nervously and excitedly anticipating for months has arrived!

Come one, come all to the remote city of Chiang Mai. Whether you've flown here, managed to sail halfway across the world or hiked through miles of rainforest, our staff will greet you upon your entry and whisk you away to your hotel near the old city gates. From there, have a shower (you'll probably need it) relax, or venture off into the heart of this temple town. The day is yours to explore.

Meals: You're on your own today

DAY 2 (SAT)

CHIANG MAI

In the morning, and after you've had your breakfast and a coffee, we'll get you all together and your guide will give you an in-depth tour orientation.

Since the reign of the Lanna Kingdom over 500 years ago, a cunning metropolis has developed around ancient Chiang Mai.

You will have the day to yourself to explore the city or get over the jet lag with some fruity cocktails at the hotel pool.

At night we will put on our best get up and hit the night market for some tasty treats! The smells, sights and drinks are the perfect way to end our first day in this magic city.

Meals Included: Breakfast & Dinner
DAYS 3-6 (SUN - WED)
CHIANG MAI TO ELEPHANT PROJECT

Are you excited now? Of course, you are! The elephants live a short drive from the city. Nestled deep in the jungles of Northern Thailand, it is a truly perfect location to house some 65 elephants spread across eleven camps.

For the next days, we’ll befriend, feed, bathe, and cuddle the elephants, all while planting food and building a proper ecosystem for the mammoth mammals. As part of your elephant experience you will also be involved in different aspects of elephant welfare such as agricultural projects, community development, elephant exercise (walking with them through the jungle) and learn the importance of regular health checks with the resident vet.

Today is our first day. The “Mahouts” (the elephants’ human guardians) will reveal their secret elephant handshake you’ll use to greet the animals.

Once the gentle giants are fed their daily diet of 300 kg (660 lbs.) of fruits, bamboo, and hopefully nobody’s arm (they don’t eat arms), you’ll parade the animals for their ceremonial ele-bath. It’s important to mention that no elephants are forced to bathe, some choose not to, others splash around for a couple of minutes whilst it’s been known that a couple spend as long as possible in the dirty stuff.

Your day ends muddied and in a traditional jungle house. It’s rough-necking, but that’s life out here with the elephants. Totally worth it.

Your time spent will be split between time with the elephants and small development projects, such as cutting grass, maintaining pathways and general elephant maintenance as mentioned above. Each aspect will play its part in keeping this project going, and ensuring the elephants have the best environment to enjoy life.

On the last day we will give you as much time as possible to say goodbye to your new elephant friends before heading back into Chiang Mai.

Meals: Breakfast, Lunch & Dinner (we won’t be providing dinner on Day 6)

DAY 7 (THURS)
CHIANG MAI TO BANGKOK

The day begins with a tour of the city, where we’ll leisurely wander through the backstreets, markets and temples that deem this town “The Rose of the North.” Pit stops at Wat Pa DaRapirom followed by the summit of a mountain named Mon Chaem.

Prepare for a beautiful view across the mountains, where the locals farm vegetables and grow wildflowers. You will get the chance to do a little shopping and get some unique souvenirs from the local hill tribe.

On our way back to the hotel, we will stop at Elephant Poo Poo Paper Park. There you will see the process of how elephant dung can be transformed into paper.

After that it’s back to the hotel to give you a chance to freshen up before we depart on the night train* towards the capital - Bangkok.

Meals included: Breakfast

*Please note that at certain times of the year, the train is unavailable to book. In these situations you will travel by comfortable VIP sleeper bus instead.
DAY 8 (FRI)  

BANGKOK

Your first morning will begin with a hearty breakfast. It’s the time for a group chat and a chance to run through the schedule, rules for the road and so on.

Once that’s over we’ll take you off on a guided tour of the 'City That Never Sleeps' - it's Bangkok baby!

This city has to be experienced to be believed, and no, it’s not a cliche - trust us! Temples, markets and mayhem await those both cool and confident enough to try it on for size. Our experienced guides will show you the real Bangkok, open your senses to new sights, sounds and smells that will linger with you forever....

The evening is yours to explore the famous Khao San Road. It’s not regarded as the centre of the universe for South-East Asia travellers for nothing!

Meals included: Breakfast

DAY 9 (SAT)  

BANGKOK TO SIEM REAP

Enjoy your lovely breakfast before we then whisk you off to The Kingdom Of Wonder and the city of Angkor.

It’s back in the air like you just don’t care.

At this point, you can say goodbye to your Thai tour guide at check-in and count down the minutes until you’re met at the other end in Siem Reap.

The journey takes less than an hour and before you know it, you’ll be rocking up to temple town, sat by the pool, sipping on your pina colada.

The gateway to the temples of Angkor, Siem Reap embodies the wealth and greatness of old Cambodia, back when gold flowed into the largest ancient city the world has known. That evening we’ll head into the city for our welcome dinner and volunteer orientation, where traditional Khmer food and some people-watching along Pub Street await.

Meals Included: Breakfast & Dinner

DAY 10 (SUN)  

ANGKOR WAT SUNRISE

You’ll be up and out early this morning to Angkor Wat for a sunrise tour (the best time to see the temples, by far). We’ll wander to Bayon Temple and Ta Prohm and take endless selfies in the rising light.

It’ll be romantic and breathtaking and a list of two-hundred other adjectives that all mean it’s so-beautiful-I-want-to-live-here-forever.

By mid-afternoon, we’ll be back at the hotel for a dip in the pool and some relaxation before dinner and final preparation for your project work the following week.

Meals included: Breakfast

PLEASE NOTE

Your passport MUST have a minimum of 6 months validity from the date your entry stamp expires. If it doesn’t have 6 months validity you will not be allowed entrance into Cambodia and you will have to leave the tour at your own expense. Your passport must also contain at least 2 empty pages.

To enter Cambodia on a tourist entry stamp, you will need to complete the secure online e-visa form. Confirm and pay, get your approval letter within 3 days, bring your e-visa certificate to show immigration upon arrival. We ask you to do this to save yourself and your other travelers time when arriving at Immigration in Cambodia

We recommend using www.evisa.gov.kh
Given that each of you will have had your pickings, some will be involved in our teaching project and others will be involved in development. Rest assured that regardless of the split in your group over the next few days, the work carried out by each and every one of you is not an individualised effort but far more a collaborative one.

Wherever you find yourself you’ll all be combining efforts for one thing: to make the lives and livelihoods of Siem Reap's children and families more structured, comfortable and sustainable.

Whether that is installing clean-water systems for drinking and cooking with; building houses that can withstand the tropical climate of Cambodia, installing and building toilets for a cleaner, safer and better sanitation for the families of Siem Reap or educating the kids in English at one of our truly heartwarming schools we directly support all year round.

Each of you will solidify your own unique footprint and legacy which in turn will see you returning home knowing that not only was it an adventure, but you can have the soulful fulfilment that you have personally given a beacon of light to a community otherwise left in the dark. It’s a beautiful, wonderful and frankly absolutely astonishing act of kindness and goodwill.

Expect a thousand hugs from those kids as they watch you create better a future for them and their families.

After each day Siem Reap is yours to experience... expect to find yourself on Cambodia's answer to Khaosan - aptly named 'Pub Street'.

Meals Included: Breakfast & Lunch

**PLEASE NOTE THAT VOLUNTEERING CHOICES CANNOT BE CHANGED ONCE YOU HAVE STARTED THE TOUR**
### What's included

**2 COUNTRIES TOUR**

1. Airport Arrival Pickup
2. All Accommodation
3. Guided intro tour of Bangkok & Chiang Mai
4. Welcome meals in Thailand & Cambodia
5. Donations to both projects
6. Our amazing guides to accompany you
7. An epic elephant experience
8. Guided tour of Angkor Wat
9. Transfers to your project in Cambodia
THAILAND ENTRY REQUIREMENTS

Depending on your country of citizenship you may be entitled to a 30-day visa-free entry into the Kingdom of Thailand. This means that you can simply turn up at the airport, present your passport and receive free entry for a maximum of 30 days.

These countries include the U.S.A., the U.K., Australia, Canada and most European nations.

To check if you’re entitled to this, find your country in the following list: http://www.thaiembassy.com/thailand/changes-visa-exempt.php

Please note that entry into Thailand is at the discretion of the Immigration officer at the Passport Counter and Bamboo will not be held responsible for any individual prohibited from entering.

Please be aware that you cannot obtain a visa for Thailand from within Thailand.

FAST FACTS

The Airport Code for Chiang Mai is CNX

Did you know that Thais refer to Chiang Mai affectionately as “The Rose of the North”
VISA FACTS
You can extend your 30-day VISA for Cambodia.
VISA entry is YOUR responsibility
VISA Extensions are available

THE NITTY GRITTY

CAMBODIA ENTRY REQUIREMENTS
To enter Cambodia on a tourist entry stamp, you will need to complete the secure online e-visa form
This is a simple process and can be done here;
www.evisa.gov.kh

STEP 1 Confirm and pay.
STEP 2 Get your approval letter within 3 days
STEP 3 Print and bring your e-visa certificate to show immigration upon arrival.

We ask you to do this to save yourself and your other travellers time when arriving at Immigration in Cambodia.

You can find all the information needed at
www.evisa.gov.kh

Your passport MUST have at least 6 months validity from the date that your Cambodian entry stamp expires and must have at least 2 empty pages.

Once your passport is returned to you it is your responsibility to check that your Cambodia visa has been issued correctly.

Your passport should not be damaged or have any pages missing as this could result in your being denied entry.
In Thailand, you will be issued the local currency called Thai Baht. Typical exchange rates are:

$1 = 35 Thai Baht  
£1 = 44 Thai Baht

In Cambodia, the US Dollar is the primary currency. There is around 4,000 Cambodian Riel for $1. Coins are not used here so in place of a 25¢ coin you would use a 1,000 Riel note. This sounds confusing but after a short time, you’ll get used to it! Cambodians are very picky about the quality of the notes you hand over, make sure you’re given crisp, new bills with no tears or writing on them or it’s likely that they will not be accepted.

When it comes to advising on how much money to bring, it’s entirely up to you. All our BamFam members are very different. Where some go all out, others are on a budget. You can find both high end and budget restaurants, bars and shops in both countries.

We don’t recommend bringing traveller’s cheques with you. The reason for this is that banks across Thailand and Cambodia have odd hours of operating, and it may cause unnecessary hassle finding a bank open when you wish to make a transaction.

ATMs, or cash machines, are prevalent throughout both Thailand and Cambodia. Cash machines in Thailand will only issue Thai Baht, while cash machines in Cambodia offer US Dollars.

We recommend you take out US Dollars only since they’ll be easier to use. If you do plan to bring your ATM card with you, we recommend that you inform your bank and also check about any fees they may charge for overseas withdrawals.

**FAST FACTS: MONEY**

**Thailand**
- Local Meal (dish + rice) $5 - $25 Baht
- Bottle of beer $5 - $15 Baht
- Bottle of water $0.50 - $5 Baht

**Cambodia**
- Local meal (dish + rice) $2 - $8 Baht
- Bottle of beer $0.50 - $2 Baht
- Bottle of water $0.25 - $1 Baht
Packing for a trip to the unknown is always tricky. It’s definitely worth doing a little bit of homework on this one and to consider local culture when deciding what clothes to bring. For example, Thailand and Cambodia are both predominantly Buddhist countries so dress modestly and respectfully. We live by the rule ‘one in, one out’ - in other words, you need to have either your shoulders or your knees covered at all times. In addition, in Asia, it’s often customary to remove your shoes before entering a building so a pair of flip flops is very much advised.

Being such religious countries, temples and Buddhist monasteries are everywhere. During your Bangkok tour you will be visiting different temples where you will need to cover both shoulders and knees. This is also the same when visiting Angkor Wat. If you want to go to the top of Angkor Wat your ankles also need to be covered.

During the work with the Elephants you need to be wearing long-sleeved tops and long trousers, make sure you are aware of this when packing. It is highly likely that your clothes will get dirty, sweaty or ripped, so please consider this. You can of course buy cheap clothes in Bangkok and Siem Reap that you are more than welcome to donate once you’ve finished with them. Closed-toe shoes are also a must for your volunteering work in Thailand.

You should also consider the weather. Thailand and Cambodia both have two prominent weather seasons: hot and dry and hot and wet.

Hot and dry usually runs from November to April, hot and wet from May to October. The daytime temperature in both countries is quite consistent throughout the year with highs around 33-38 degrees. The nighttime does vary with lows ranging from 15 degrees to 28-30 degrees. A sweater/jumper is recommended for the chilly evenings.

FAUX PAS

Take off your shoes when you step indoors. Whether you’re entering a temple or someone’s home, always take off your shoes. This also applies to some old-fashioned places of business, but not in most modern shops.
VACCINATIONS

For up to date information about the best travel vaccinations to have before arriving in Thailand we urge you to contact your own GP, a travel health clinic or to check the World Health Organisation's website. Bamboo are not medical professionals and therefore can’t offer you medical advice.

FLIGHTS

Thanks to the world wide web we all now have access to great flight deals through websites such as Skyscanner, Google Flights and more. If you’d rather use the services of a booking agent, the likes of STA Travel, Trailfinders and Flight Centre are all available online.

To be eligible for the airport pick-up, please arrange your flight to arrive into Chiang Mai’s International airport (CNX). On the Friday that your tour starts between 6am and 8pm.

The tour ends two Fridays later in Siem Reap, Cambodia. From there you’ll need to make your own arrangements for onward travel. Siem Reap has a rather wonderful international airport known as Angkor International Airport (REP). Major carriers pass through this airport as well as many local Asian low-cost airlines such as Bangkok Airways, AirAsia and many more.

IMPORTANT NOTICE

Once you have booked and confirmed your flight to Thailand, please make sure that you have shared your flight arrival time and flight number with our team. Without those details, we will be unable to guarantee your collection on arrival.

FAST FACTS: TRAVEL

Did you know that?

Thailand is the world’s 20th most populous country, with close to 67 million people.

Did you know that?

On a flight, the bathroom door isn’t really locked when you’re inside. Lavatory doors can be locked and unlocked from the outside for a multitude of reason. It allows flight attendants quick access to locked lavatories in case of emergencies. In other instances, it allows the cabin crew to restrict access to bathrooms during takeoff and landing.
If you arrive into Chiang Mai International Airport on a domestic flight, once you’ve collected your luggage you’ll immediately walk into the arrivals meet and greet area. At this point please head to exit Door 2 (Please wait inside).

If your flight is arriving into the international terminal, once you have passed through Immigration (Passport Control) and collected your luggage, please make your way through the green ‘Nothing to Declare’ channel and then head to exit Door 2 (Please wait inside).

Waiting for you will be one of our team holding a sign and wearing a t-shirt proudly displaying the Bamboo logo. Walk on over, introduce yourself, be prepared to hi-5 and we’ll whisk you off to the first hotel as soon as we can. Please be aware that we may be waiting for several adventurers to arrive so you may be asked to wait a short while for the others to meet us.

In the unlikely event that you can’t find any of our team, don’t panic, as long as we have your correct flight arrival information then one of our team will be there. Please call the number that you will receive approximately 2 weeks prior to your tour start date and they will be able to let you know exactly what’s happening.

If your flight is delayed, don’t worry. As long as we have your correct flight arrival information we will be checking for delays and one of our team will be at the airport to meet you once you land.

Please ensure that once your flight to Chiang Mai is booked and confirmed that you send to us the correct flight number and arrival time. Without this information, it’s impossible for us to organise your airport pickup and transfer.
CHIANG MAI - ELEPHANT CAMP

The first leg of the trip will take you from the city of Chiang Mai to the Elephant Camp located about 2 hours away by truck (also known as a songthaew).

CHIANG MAI - BANGKOK

The famous Chiang Mai Express Train to the south is an adventure in itself taking you comfortably overnight straight through the country. A fully stocked diner car on board offers all the comforts for you to relax and enjoy each other’s company before getting a good night’s sleep and waking up in bustling Bangkok. The train is fully equipped with WiFi so a great opportunity to upload all those ele’ photos from the week before!

Please note that at certain times of the year, the train is unavailable to book. In these situations you will travel by comfortable VIP sleeper bus instead.

BANGKOK TO SIEM REAP

You’ll take a short flight from Thailand to Cambodia, usually completed in less than 50 minutes.

FACTS: TRANSPORT

In lieu of a local bus service, locals get around the city on songthaew. These covered pick-up trucks have two long bench seats in the back (songthaew means “two rows” in Thai), and travel fixed routes picking up passengers en route who are going the same way.

Be sure to experience it for yourself in Chiang Mai.
Any tour is only as good as the guide – fact. The input of a tour guide cannot be understated. Their input into your tour, their little insights, the off-the-beaten-track adventures, the knowledge and experiences that they share with you will make or break your time wherever you are in the world.

At Bamboo, we take the selection and training of our guides and coordinators very seriously. Each guide undertakes a structured training program of three months and only once we’re convinced that they are genuine representatives of Bamboo are they signed up to the family.

Each of our tours has English-speaking guides to support you, answer your questions, educate you and to ensure that your time is unforgettable. From time to time we may have new guides-in-training on our tours. If you’re lucky to have a trainee on your tour, please be patient. They are undergoing training and therefore their knowledge won’t be that of the trained and experienced guide who will be accompanying them.

**TIPPING**

Although not in any way expected or encouraged, anybody who goes over and above the call of duty to ensure that you have the very best time, may deserve a special little thank you.

Did you have extra special service in a restaurant? Did the bus driver make an additional pit-stop just for you? Did your guide go out of the way so that you could experience something unique? At Bamboo we’re firm believers in Karma – what goes around most definitely comes around!

**FAST FACTS: GUIDES**

Our guides are the face of Bamboo, and they come in all shapes and smiles.

We love each and every one of them more than Elephants love bananas.

Whilst most of them are elite travel mavericks in their own right, you may come across newbies who are on the path the greatness.

If you’re lucky enough to meet a fresh-faced newbie, be sure to show them your support and patience. Most guides remember their first tours forever, so let’s play nice.
The 'must brings'  
Have you packed the following?

0. An open mind
1. Backpack or suitcase w/wheels
2. Travel Towel
3. Light, loose-fitting clothes
4. Long trousers & t-shirts
5. Flip flops or sandals
6. Trainers or Sneakers
7. Day pack/bag
8. Insect spray
9. Hat & Sunscreen
10. Reusable Water Bottle
11. Multi-use plug adapter
The 'can brings'

Everyone is different, so the following list is just a few suggestions of things you may like to consider bringing.

1. Medical Kit
2. Toiletries
3. Padded gardening gloves
4. Small umbrella or water jacket
5. Pillow (for added comfort)
6. Headlamp
7. Earplugs
8. Bandana
9. Water shoes
10. Home luxuries (can't live without)
CHIANG MAI

HOTEL

Rooms here will be twin share. All rooms include air conditioning, a satellite TV, a mini fridge and a private bathroom.

Our chosen accommodation has a private restaurant that opens daily and offers a variety of local and International meals. Drinks are also available for purchase.

BANGKOK

HOTEL

Located in the heart of Bangkok’s nightlife, your guesthouse includes free WiFi and air conditioning in every room. It is also equipped with a private western-style bathroom (no squatting!).

Rooms here will be twin (2 separate beds) share. Double beds are also available on request.
ELEPHANT PROJECT

HOMESTAY

Your accommodation at the sanctuary is basic but clean and comfortable. Thai style mattresses are provided for all guests in addition to mosquito nets - This is all part of the full-on authentic, mahout experience.

All cabins have an outside sitting area where you may be able to watch the elephants during the day. There are shared bathrooms with western toilets and showers. There is no hot water, but after a long hot day with the elephants, a simple shower is the only way to cool down!

SIEM REAP

HOTEL

Your accommodation here will be on a twin-share basis. All rooms come equipped with air conditioning, western bathrooms, TV, fridge, towels and are extremely comfortable.

The hotel also features a wonderful restaurant and bar where snacks and cold drinks are available throughout the day. There’s also a large swimming pool that’s ideal for cooling down after a hot day at your project.
Welcome to a face-to-face encounter with Bamboo's favourite gentle giant! At the camp, our volunteers will be helping out with different projects from farming to development around the camp as well as having the opportunity to interact directly with the elephants.

This includes feeding, bathing and experiencing mud baths with these incredible animals! Just for the record and so there’s no confusion...

**THERE IS NO ELEPHANT RIDING**

Your stay at the camp will be made even more enjoyable as you immerse yourself in the local lifestyle - you will really be able to experience nature, living in bamboo huts in the jungle, with shared bathrooms and refreshing cold showers.

You will also get to spend time swimming in waterfalls and exchanging stories around a bonfire - best day ever!

**WHAT’S INVOLVED**

You will have the opportunity to get to know each of the remarkable elephants and gain a special understanding of their daily lives and behaviours.

Experience life with the elephants in their natural habitat - a freely roamed environment which is both safe and sustainable. You will walk alongside the elephants to a nearby river and join them for a bath in the refreshing water.

You will also be able to join the elephants while they enjoy wading through the mud bath. Feel free to get down and dirty as you cover the elephants in a protective layer of mud!
Volunteers will be working as a teacher’s assistant to a local English teacher, in one of our free English Schools we support.

Sometimes volunteers will be working in pairs with another teaching volunteer from within their group. Volunteers can be expected to assist in lesson planning within guidelines provided by a local teacher. They will spend time with the local teachers offering suggestions and improvement to local lesson planning and classroom methods and structure.

Volunteers can help find and implement games and activities in the classroom to help students and teachers engage and interact with one another. Helping students to correct pronunciation, improve spelling and understanding, as well as basic communication and conversation.

You could be working in a classroom with 5-40 students and working with children of varying ages, from 5-15, either in a village school or an inner-city school servicing the local underprivileged population.

Classrooms are not generally equipped with Air-Conditioning, however, some school rooms may have a fan.

Volunteers should expect to spend between 5-7 hours per day in the classroom. Teaching volunteers will work rain or shine and must come prepared with appropriate attire, covering shoulders and knees. Flip flops or sandals are okay footwear, as sometimes, footwear is to be removed in the classroom.
On our development project in Siem Reap, you will assist local builders and contractors with the completion of a community development project.

This could include building a house, toilet, water pump, classroom, recycling bins, water filters or doing improvement work around school grounds.

Duties could include digging, bricklaying, cement mixing, sanding, sawing, heavy lifting, plastering and hammering.

You are also expected to assist in projects upon completion of the primary building project. This may include litter picking around the site and the community, school cleanup, or other small-scale development projects within the community.

You should be physically fit, willing and able to work outdoors in the possible sun and heat for up to 6 hours a day. We always advise people to only work within their own limits and don't push themselves if they are not comfortable to do so.

Your coordinator will update you on what project you will be involved in at your orientation Saturday evening.
BEFORE YOU ARRIVE

Please ensure you have given the following information to our team before arrival so that we can ensure you have the best experience ever!

Please email bookings@wearebamboo.com with the following information:

**ARRIVAL DETAILS**
- Arrival Flight Date (dd/mm/yyyy)
- Arrival Flight Time
- Flight Number

**HEALTH & SAFETY**
- Your Travel Insurance provider
- Travel Insurance Policy Number
- Travel Insurance Emergency Number
- Any medical conditions and allergies
- Any medication you're taking

**PERSONAL DETAILS**
- Name On Passport
- Passport Number
- Other Passport Information
- Nationality
- Date Of Birth (dd/mm/yyyy)
- Gender
- Contact Number

**FOOD ALLERGIES**
Please inform us if you have any intolerance to the following foods and ingredients:

- Dairy
- Soy
- Eggs
- Peanuts
- Tree Nuts
- Fish
- Shellfish
- Sesame
- Corn
- Gluten
- Lactose Fructose
- Histamines
- Fructans
- Galactans
- Salicylates
- Other (Please Specify)
TERMS & CONDITIONS

Please read these Terms and Conditions carefully as they form the basis of your contract with WeAreBamboo. This agreement is made at the time of booking and becomes legally binding upon payment of your deposit. By booking a program with WeAreBamboo, you signify you have read and accepted these Terms and Conditions.

All programs advertised on our website and/or on Facebook are offered and/or operated by WeAreBamboo Ltd. (trading as Bamboo and referred to as Bamboo or ‘we’ hereinafter) with company number 59926953 whose registered office is:

WE ARE BAMBOO
LEVEL 2
61 SEAVIEW ROAD
LOWER HUTT, NEW ZEALAND 5010

All travel arrangements are sold subject to the following conditions. Bamboo reserves the right to update the Terms and Conditions at any time.

Please view our full terms and conditions here: https://www.wearebamboo.com/about/legal.php

Please note that the information in this pack is subject to change at any time without notice.