DISCOVER THAILAND

YOUR COMPLETE ITINERARY FROM DAY 1 TO DAY 14

HINTS TIPS INFO AND JUICY DETAILS

THE ALL IN ONE TRAVEL HACK

Do You Know What to Pack?

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 Bangkok 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
A life-changing journey through the endless amazement that is Thailand

ELEPHANTS
Three heart-filled and emotionally invigorating days supporting Thailand's elephants

LEGACY
Discover the majestic and mystical hill tribes of Northern Thailand

JUNGLE
Optional day trek and bamboo rafting through stunning, serene and picturesque landscapes

ADVENTURE
Witness the stunning, has-to-be-seen-to-be-believed White Temple in Chiang Rai

BICYCLE
Bicycle tour through the wondrous temples of ancient Ayutthaya

FOOD
Authentic and traditional, mouth-watering Thai cuisine
DAY 1 (SUN)
ARRIVAL IN BANGKOK!

You made it! You really made it! No more counting down the days! No more daydreaming and planning and having nightmares of forgetting to pack your underwear (maybe you should double check after you land).

Upon your arrival at BKK (provided you arrive between 6:00 a.m. and 8:00 p.m on the tour start day), one of our fabulous guides will snag you at the airport, give you an abnormally big welcome hug, and escort you to your hotel in the heart of the town. From there, feel free to relax and recover from the jetlag or, if you’re up for it, dive into the chaos of Southeast Asia.

From there, feel free to relax and recover from the jetlag.

Meals included: you’re on your own today!

*Please note: The Grand Palace is not included in the tour

DAY 2 (MON)
BANGKOK

Founded in the 15th century, Bangkok’s an ancient city where the familiar and exotic collide into fanatical, semi-overwhelming culture. The sterling skyscrapers exude the wealth of Hong Kong while the hidden markets and alleyways take us to old-world Asia, where you can haggle over delectable spices or even a Rolex.

After breakfast, we’ll begin the day with an introductory orientation to ease any anxieties over the tour—we get it, it’s like the Wild West out here, except it smells like delicious, delicious fried noodles.

From there, we’ll venture out into the sun-filled streets for a half-day tour of the city’s temples. It’s a sensory overload for the eyes, ears, mouth, everything, really.

Once the tour concludes, we’ve given you the afternoon for yourself to find love in the City of Angels, be it in the Goddess Tuptim Shrine or simply eating obscene amounts of Pad Thai on a street corner. Just be sure to return to the hotel by nightfall for our traditional welcome meal on the famous Khao San Road, where the pulse of Bangkok lives and something called “buckets” reign supreme.

Meals included: Breakfast and dinner
DAY 3 (TUES)

**BANGKOK - AYUTTHAYA**

Waking up hopefully not too groggy from the previous night, we’ll give you the morning to collect yourself—head into some last-minute temples or simply sip coffee and watch the Thai life pass—before heading out on a two-hour road trip to the UNESCO World Heritage town of Ayutthaya.

Reliquary Prang towers overlook the gigantic monasteries and cobbled streets of the Ancient Thai capital. They’re 14th-century skyscrapers in what was once (from the 14th to 18th centuries) one of the world’s largest and most cosmopolitan areas and a centre for global diplomacy.

Once settled, we’ll relish in Ayutthaya’s age-old splendor—perhaps taking in a breathtaking sunset and imagining life here just hundreds of years ago.

Meals included: Breakfast

DAY 4 (WED)

**AYUTTHAYA - CHIANG RAI**

The enigmatic temples whisper a fading royalty. The grandiose stupas and priceless artworks remind us of former grandeur.

We’ll begin our day with a bicycle tour through the gilded palaces and treasure-filled lanes of Ayutthaya, an endeavor into the New York City of the old world.

We’ll be taking an overnight bus this evening to Chiang Rai.

Meals included: Breakfast

DAY 5 (THURS)

**CHIANG RAI**

Taking the overnight bus from Ayutthaya, we’ll be arriving at Chiang Rai early morning.

Upon our arrival, we’ll get you to the hotel for some proper rest. From there, the Chiang chain’s are off and you’re free to explore the city, be it the famous, Blue Temple or Wat Rong Sue ten (you won’t get tired of the temples, we promise). Whatever your interest, we’ll help you out.

Meals included: Breakfast
DAY 6 (FRI)
CHIANG RAI - HILL TRIBE VILLAGE

If you haven’t tired of the temples yet (who does, honestly?), we’re offering a guided tour of the town this morning. Stepping deeper into the White Temple, through the Morning Market, and into the 13th century—but with central air and satellite TV and not worrying about the Plague.

By morning’s end, we’ll have seen the sights, gathered our belongings, and travelled to the Thai mountains into the remote villages of the region’s hill communities where our volunteering OR trekking (it’s up to you!) begins.

We’ll set you up with an orientation to the next days’ itineraries before gathering for a hill tribe welcoming meal and readying ourselves for the hard work (and endless amounts of sweat) ahead.

Meals included: Breakfast and dinner

DAY 7 (SAT)
HILL TRIBE VILLAGE

Largely untouched by the modern world, the Thailand’s impoverished hill tribes lack even the most basic of contemporary resources like access to education, clean water, and, in some cases, even proper shelter.

Those who wished to volunteer will work with a tribe to help them help themselves. We’ll have the opportunity to teach English to the local children (or even adults if you fancy) while their parents tend the farm; get down and dirty in the fields yourself building vegetable gardens, planting plants or helping in the farms. Do understand, these volunteer projects vary tour-by-tour to reflect the current needs and priorities of the tribe. We take care of their essentials above all else.

That said, the trekkers in the group will have a much different experience. Hiking deep into the Thai jungles, we’ll learn about the flora and fauna—and how to avoid snakes—of the region. The climbs are steep. The views are stunning. And the jungle is...hot. Only semi-experienced hikers should consider this opportunity because, well, it isn’t easy. But it’s definitely worth it.

Meals included: Breakfast, lunch, and dinner

DAY 8 (SUN)
HILL TRIBE VILLAGE

The work continues through today and the trekkers are here to lend a hand, as we knuckle down, sweat through our clothes, and finish the project we started.

Remember, we’ll be working together, arm-in-arm, muddy-face-in-muddy-face with the locals, so it’s not perfect until they say it is.

Our day concludes with a hearty dinner and maybe a chance to sit around the campfire (we promise we won’t bust out a guitar) and swap stories about the adventure.

Meals: Breakfast, lunch, and dinner
DAY 9 (MON)
HILL TRIBE VILLAGE - CHIANG MAI

Waving goodbye to the tribesmen and the small part of our life that’ll forever remain in the Thai rainforest, we’ll bus to the incredible city of Chiang Mai, “The Rose of the North.”

Since the reign of the Lanna Kingdom over 500 years ago, a surprising metropolis has developed around ancient Chiang Mai. Leisurely wander through the backstreets, markets and temples that deem this town “The Rose of the North.” Pit stop at the Wai Sri Suphan and Doi Suthep, remarkable enough to consider joining the monastery by -please, tell us beforehand, though.

We’ll head out to the Night Market in the evening for copious amounts of clothes, jewellery, music, and, of course, some more Thai food. Pad Thai can also be dessert, right?

Meals included: Breakfast

PLEASE NOTE

This will be the ultimate “nature-connecting” jungle experience, meaning there will be no electricity available during your stay at the elephant camp, only solar panels that will power your fans in the evening. If you don’t want to miss out on those important elephant selfies, remember to bring a portable charger for your phones!

DAY 10 (TUES)
CHIANG MAI - ELEPHANT SANCTUARY

Just a jaunt outside of Chiang Mai amid Thai rainforest is the Elephant Jungle Sanctuary, a sustainable eco-tourism project launched by Karen hill-tribes to protect the welfare of elephants. For the next two days, we’ll befriend, feed, and bathe the elephants, all the while planting food and building an ecosystem for the mammoth mammals.

On our first day, the “Mahouts” (the elephants’ guardians) will supply the “whaddup” handshake used to greet the animals.

Like us humans, the way to their hearts is through their stomachs, so you’ll be feeding the creatures plenty of fruits and vegetables, while simultaneously hugging them and daydreaming about your future life together—marriage, baby elephants, taking little Dumbo to school.

Once fed their daily diet of 300 kg (660 lbs) of fruits, bamboo, and smiles, you’ll parade to the mud pit for a ceremonial ele-bath.

Your day ends, fully muddied, and in a traditional jungle house. It may be rough-necking, but you’re on the elephant experience now.

Please note for cultural reasons there are a few clothing requirements whilst at the project. You will get the chance to swim with and bath the elephants (be aware this will cause serious feelings of jealousy from your friends and family at home). Whilst in the river you will need to pair your swimming costume with shorts; if a bikini is more your style you will need a t-shirt on too. When walking around the camp please make sure you have either your shoulders or knees covered at all times.

Meals included: Breakfast, lunch, and dinner
DAY 11 (WED)

ELEPHANT SANCTUARY

Yesterday may have been about maintaining the elephant population, but today concerns sustaining the species. With the help of the Mahouts, we could be planting heaps of sugar cane, bamboo, and bananas to keep the pantry stocked for the elephants; otherwise, they end up mistaking arms for bamboo (LOL jokes) or helping local contractors with building work needed within the sanctuary. As in Chiang Rai the work varies for tour to tour depending on the needs of the sanctuary.

By mid-day, we’ll have sweat off a few pounds, so we’ll refuel with a traditional Thai lunch and cool off in with a dip on the rainforest river and a splash or two under a waterfall. Only clichés can sufficiently describe this beauty, so we’ll just say, “it’s really, really beautiful.”

At day’s end, we’ll dine and drink and recognize that the only purity left in this world is in the eyes of a baby elephant splashing in mud—or at least that’s what we think.

Meals included: Breakfast, lunch, and dinner

DAY 12 (THURS)

ELEPHANT SANCTUARY - CHIANG MAI

Weather permitting, our final day in the elephant sanctuary begins a little bit differently: Bamboo rafting along the river. The jungle scenery and stoic cliffs illuminate just how removed from the Western world we are. And they also illuminate just how pretty this goddamn place is!

Once returned, we’ll wave goodbye to our newest best friend, the elephants, obviously, and return to Chiang Mai, where a celebratory drink, perhaps a tear, and a night of memories awaits.

Meals included: Breakfast & Lunch

DAY 13 (FRI)

CHIANG MAI - BANGKOK

From the “Rose of the North” to the “City of Angels,” today we’ll spend our remaining day in Chiang Mai, so buy that last-minute temple knick-knack and devour one final curry.

By nightfall, we’ll board the train from Chiang Mai to Bangkok, where our final moments on tour await.

The ride’s long, so download a couple movies off Netflix, buy a pack of playing cards and launch a secret gambling ring, or pop some melatonin and sleep your way across the country.

Sit back, relax, and choo-choo.

In the morning, we’ll be back in Bangkok.

Meals included: Breakfast

DAY 14 (SAT)

DEPART BANGKOK

We’ll be arriving back in Bangkok before 9AM, so please keep this is mind when booking your return flights home. We would recommend having a return flight booked from 12PM onwards.

Two weeks – gone in the blink of an eye. Don’t mind our sniffling.

The tour may have ended but the stories you’ll soon tell are only the beginning. It can take weeks to realize what all you accomplished in such a short period of time.

Rather than saying goodbye, we prefer to say, “see you soon.” You’re part of The BamFam now.
What's included

1. Airport Pickup (from BKK airport between 6 am - 8 pm on arrival day)
2. All accommodation (shared rooms)
3. All activities outlined in the itinerary
4. All meals outlined in the itinerary
5. Donation to the projects we visit
6. Accompanied by our amazing guides
7. Epic elephant experience
8. Hill tribes experience
9. Hard work and lots of fun
10. Awe-inspiring moments
THAILAND ENTRY REQUIREMENTS

Your passport MUST have at least 6 months validity from the date that you enter the country.

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

TRAVEL INSURANCE

It is essential that you arrange travel insurance that provides suitable cover for the duration of your trip before you travel.

Bamboo offers a comprehensive policy through our partners, Chubb. Please contact us for more information.
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.

AYUTTHAYA

HOTEL
Our Ayutthaya guesthouse accommodation will be twin share.

Each room offers a private western-style bathroom and air-conditioning.

There is free WiFi throughout the accommodation.

The guesthouse also features a swimming pool and lounge chairs; the perfect place to relax after a day of exploring the city's ancient temples and ruins!
CHIANG RAI

HOTEL
During our stay in Chiang Rai city, we'll be in a hotel where rooms will be twin share.

Accommodation includes a private bathroom with hot water and air-conditioning. Free WiFi is available throughout the resort.

LAHU VILLAGE
Accommodations here are basic but a true representation of how the locals live. Thai style mattresses with mosquito nets will be provided to keep the bugs out at night.

Be prepared, there is no hot water, and Thai style toilets but this is the jungle after all! But trust us when we tell you that a cool shower after a long, hot day is the perfect remedy!

CHIANG MAI

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

The hotel also offers a large pool, so feel free to take a dip!
CHIANG MAI

ELEPHANT JUNGLE SANCTUARY

Your accommodation at the sanctuary is basic but clean and comfortable. This is all a part of the full-on authentic, mahout experience!

All cabins have an outside sitting area where you can watch the elephants throughout the day...simply amazing!

Thai style mattresses are provided for all guests in addition to mosquito nets. 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!
When it comes to advice on how much money to bring, it’s impossible to say. All our intrepid explorers are very different. Where some go all out, others are on a budget. You can find both high end and budget restaurants, bars and shopping across Thailand.

Typical exchange rates are:

$1 - 33 Thai Baht
£1 - 44 Thai Baht

ATMs, or cash machines, are prevalent throughout Thailand and will only issue Thai Baht. If you do plan to bring your ATM card with you, we recommend that you inform your bank. This may prevent your card being suspended due to irregular withdrawals.

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

Major credit cards are accepted across Thailand but less so outside of the major cities. Larger hotels and restaurants may accept credit cards, but in most places, cash is king.

Negotiating a purchase, known as “bartering”, still happens in the tourist areas of Thailand. Outside of tourist areas, however, bartering is seen as disrespectful and the cost you’re told is the cost you pay. If you’re unsure as to whether or not you can barter for a discount please speak to your guide or coordinator to avoid any unnecessary faux-pas.

The currency in Thailand is known as the Baht or THB

Remember to tell your bank that you are leaving the country to avoid having your card blocked.
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 is a predominantly Buddhist country, so dress modestly and respectfully. We live by the rule '1 in, 1 out' meaning either shoulders or knees need to be covered at all times. In addition, it's often customary to remove your shoes before entering a building in Asia, consider this if you plan to only bring lace-up footwear.

When working with the elephants, it's highly likely that your clothes will get dirty, sweaty and possibly torn so please keep this in mind. It's very easy to buy cheap clothes from local markets here that will be more than suitable for your work. If at the end of your time on a project you no longer wish to hang on to the clothes please speak to your guide as we may be able to donate those clothes on your behalf.

Being such a religious country, temples and Buddhist monasteries are everywhere. If you plan to visit a few you will need to cover your shoulder and knees. This also goes for volunteering at any school or entering a government building of any kind.

You should also consider the weather. Thailand has two prominent weather seasons: "Hot & Dry" and "Hot & Wet". "Hot & Dry" usually runs from November to April, and "Hot and Wet" is then May to October. If you’re arriving in January it can be relatively cool overnight with temperatures ranging from daytime highs of 33° to nighttime lows of 16°.

The daytime temperature in Thailand is quite consistent throughout the year with highs around 33-38°. The nighttime does vary with lows ranging from 16° in January and February to 28-30° for the rest of the year.
TRAVEL

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 Organisations 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 Bangkok Suvarnabhumi International Airport, on the Sunday that your tour starts between the hours of 6am and 8pm.

The tour ends two weeks later back in Bangkok. From there you’ll need to make your own arrangements for onward travel.

Bangkok has 2 rather wonderful airports, Bangkok Suvarnabhumi International Airport (BKK) and Don Mueang International Airport (DMK) both accessible by taxi from your hotel.

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.

PORTABLE CHARGERS

Most airlines won’t allow batteries in your check-in luggage, so if you’re bringing a portable phone charger, please store it in your carry-on luggage.

DID YOU KNOW...?

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
Bangkok's Suvarnabhumi airport is one of the busiest airports in the world and can be a confusing place. Please read these details carefully so you are prepared for arrival.

Please be aware that there are two international airports in Bangkok (DMK and BKK). We are only able to meet travellers arriving at BKK (Suvarnabhumi airport).

You will need to complete an arrivals card when you land in Bangkok, before passing through immigration. This will ask for where you are staying in Thailand. The name and address of your first accommodation in Bangkok can be used and this will be confirmed to you via email approximately 14 days before your arrival; so please make a note of this when you receive it.

Once you have passed through immigration (Passport Control) you’ll need to collect your luggage before heading through customs.

Once through you will enter the busy main arrivals area. Directly ahead of you will be a large wall of glass windows with numbered 'Exit' doors. At this point, please turn to your right and walk towards door number 3.

As you approach door 4, please keep a lookout for a member of our team who will be waiting between doors 4 and 3. They should be easily recognizable with their Bamboo t-shirt and will be holding a sign with the Bamboo logo.

Please bear in mind that we may be waiting for others to arrive, so your transfer to the hotel may not be immediate.

ARRIVAL

ARRIVALS INFO
Keep your eyes peeled for the smiling face that holding our Bamboo logo - Kooga our guide in the photo above loves to smile...honest!

MAKE A NOTE!
If you cannot locate one of our team on arrival, please call the following number:

+66 925 949 491

If you have supplied us with a mobile number, make sure your phone is turned on as we may be trying to contact you.
TRANSPORT

BANGKOK TO AYUTTHAYA
This first trip will take us from the capital city of Bangkok, north to Ayutthaya and we’ll be travelling by air-conditioned bus or mini-van. We’ll watch the country change from the skyscrapers of Bangkok to the pan-flat central plains of Thailand.

The two-hour trip is the perfect opportunity to catch up on some sleep, chat with your guides or to cement new friendships with others in your group.

AYUTTHAYA TO CHIANG RAI
The transfer from Ayutthaya to Chiang Rai will be made via a comfortable overnight VIP coach.

Leaving Ayutthaya in the evening, the journey will take approximately 10 hours and see us arrive into Chiang Rai early in the morning.

CHIANG RAI TO HILL TRIBE VILLAGE
To get around Chiang Rai and to and from the Hill Tribe village, we will be travelling in the back of a local truck, known as a ‘song-theaw’

CHIANG RAI TO CHIANG MAI
For the journey between Chiang Rai and Chiang Mai, we are proud to use the services of Thailand’s leading enviro-friendly, VIP public ‘GreenBus’. It’s a comfortable three to four hour journey, passing through some fantastic scenery.

CHIANG MAI TO BANGKOK
For the journey between Chiang Mai and Bangkok, we will be travelling by a sleeper train. It will have blankets and pillows provided, you’re welcome!

Our Discover Thailand tour actually covers a whopping distance of over 1700km from start to finish across northern Thailand.

Tuk-tuks got their name from the sound that the earliest models make. The engine makes a ‘tuk tuk tuk tuk tuk’ sound. With the advent of better technologies, the unique engine sound has already been minimised.

Be sure to experience it for yourself in Bangkok.

TRANSPORT
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!

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?

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<tr>
<td><strong>1.</strong></td>
<td>An open mind</td>
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<td><strong>2.</strong></td>
<td>Backpack or suitcase with wheels</td>
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<td><strong>3.</strong></td>
<td>Travel towel</td>
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<td><strong>4.</strong></td>
<td>Light, loose-fitting 'work' clothes (that you don't mind getting dirty!)</td>
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<td><strong>5.</strong></td>
<td>Long trousers &amp; t-shirts</td>
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<td><strong>6.</strong></td>
<td>Flip flops or sandals</td>
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<td><strong>7.</strong></td>
<td>Trainers or sneakers</td>
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<td><strong>8.</strong></td>
<td>Day pack/bag</td>
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<td><strong>9.</strong></td>
<td>Insect spray</td>
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<td><strong>10.</strong></td>
<td>Hat &amp; sunscreen</td>
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<td><strong>11.</strong></td>
<td>Reusable water bottle</td>
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<td><strong>12.</strong></td>
<td>Multi-use plug adapter</td>
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<td><strong>13.</strong></td>
<td>Portable phone charger</td>
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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. Raincoat/waterproof jacket
4. Earplugs
5. Water shoes
6. Any home luxuries you simply can't live without
7. Card games or books
8. Respectful swimwear
9. Waterproof bag/ziploc bag
Your time in Chiang Rai will be spent interacting with and helping the hill tribes that populate this area. The two main goals that we are working towards are:

1. To support the local communities by improving general infrastructure
2. To reduce the risk of disease and illness by improving education and conditions

We ask that you join this project with an open mind and a strong work ethic. You may be required to work under hot, wet or humid conditions, but rest assured that your effort will be greatly appreciated by the communities that genuinely need our support.

If you have a particular set of skills you think would be useful, please let us know! If you've never done this type of work there's no need to worry! Our volunteering is open to anybody and everybody, no experience or skills are required.

You'll be working on different projects depending on weather conditions and the communities specific needs at the time of your arrival. A thorough introduction will be given to you once you've arrived in the village with your group and the current projects and activities will be explained.

To give you an idea of the sort of things you may be in involved in, below are some previous project we have completed in Chiang Rai:

- Constructing a sanitation block
- Bringing much needed running water into areas of the village
- Working in the rice fields (harvesting, planting, etc.)
- Building roads
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!
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.