

Travel Advisory to Myanmar

- Myanmar follows Buddhist culture and improper dressing can be offensive. Please dress with respect for the local culture. Shorts, short skirts or revealing clothing are not appropriate especially visiting temples or any religious places. Shoes must be taken off in temple or religious places.
- Lightweight, easy to care clothes of cotton and cool fabrics are ideal during the summer time. A winter sweater or jacket and socks may be needed in the cold season when visiting northern or southern part of countries such as around Inle Lake and Kalaw.
- Sun hat, sun glasses, sun block cream for your face and body, prescription medicines, insect repellent are recommended to bring.
- Few places accept credit cards. Those that do charge hefty transaction fees. Please bring crisp \$100 bills.
- The food from street side vendors is not recommended. Fresh vegetables and tropical fruits are abundant. Drink only bottled water and boiled water which is easily available.
- We recommended the travelers to purchase the insurance from its own country or reliable international insurance company which covers the medical evacuation in case of serious illness or injury as the standards of medical care, treatment and laboratory facilities are not generally used by international community.
- Please visit Myanmar Embassy in US for visa information
<http://www.mewashingtondc.com/home_en.php>