

ENCOUNTER OVERLAND Ltd

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TRANS ASIA EXPEDITION LEAVING FROM KHATMANDU ON MARCH 25, 1975

Departure arrangements from Khatmandu have been finalised for the 25th of March. Below are the details you will need to know and have acted upon leading up to that date.

INJECTIONS

You must have injections against Smallpox, Cholera and TABT. These can be obtained from your local doctor or the nearest hospital. They must be accompanied by the International Health certificate. Please make sure that the TABT injection is marked on the certificate, and if not, at least on a piece of headed notepaper with a doctor's signature. We also recommend a Gamma Globulin vaccination against hepatitis, but as its effectiveness is for a limited period only, get it as late as possible. The certificates must be produced at borders, so make sure that they are correct.

VISAS

See attached.
Consular charges for visas obtained here will be between £5 and £10 depending on how many we obtain from you.

INSURANCE

You should have finalised these arrangements by now - if not please contact us or your own agent immediately.

MAILING ADDRESSES

I am enclosing a few mailing addresses for your own distribution. These dates are not supposed to represent a precise schedule of the group's progress.

MEDICAL

Expedition equipment includes a comprehensive First Aid Kit. This is designed to take care of most normal accidents and illnesses that may be experienced on an expedition. We supply anti-malarial tablets, sufficient for the group throughout the expedition (Paludrine and Nivaquin) and also carry anti-diarhoea pills (Lomotil and Thalazole.) The medical kit is not designed to provide long courses of anti-biotics, for example. In cases where special or prolonged treatment is required, medical advice and/or help is sought at the earliest opportunity. Please refer to the obligatory medical and personal accident insurance for enlargement.

Mosquito nets are not necessary in Asia, but if you are particularly susceptible, please bring plenty of your own insect repellent.

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