

Agents Stamp

See you soon.....

ENCOUNTER OVERLAND

INFORMATION FOR EXPEDITION MEMBERS



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Dear Lance,

We are very pleased indeed that you are joining Encounter Overland.


The first impression of this booklet might be that it's pages are a bit heavy on what could go wrong! Don't worry - forewarned is forearmed - and this way they are much less likely to.

As you probably know, Encounter set off on its first overland journey a long time ago and since then much has changed. But the basic principles of Encounter Overland have not.

You have probably chosen to team up with Encounter having considered alternatives; and you have probably realized that Encounter expects a significant involvement from you and that from the way Encounter is 'stacked up' it's success depends alot on each one of us. Our purpose in this booklet is to ensure that everyone has a similar and accurate conception of what to expect, what it asks from each one of us, and what has to be done to best ensure a happy healthy trip free of unnecessary hassles.

So please study these details carefully - and have a really fantastic trip!

Best wishes,



TONY JONES

Expedition from KATHMANDU to LONDON
leaving on 17th April, 1979 meeting at 8 a.m.
Kathmandu Guest House, Kathmandu

An informal pre-departure meeting will take place
at 7 p.m. on 14th April at above address

THE GROUPS' CONVENING

A few days before departure we shall have a first organised meeting in Katmandu, by which time most people will have arrived there. Some people will have been travelling for quite some time, while others will have only recently set off from their base.

This meeting will serve three main purposes: people starting to get to know each other, discussion of the running of the trip and double-checking red tape matters. It is this last point that needs particular emphasis. Insurance, vaccination and visa requirements are discussed here and it is essential that these are implemented without error.

N.B. People travelling through Asia from Katmandu have been more inclined to illness and there have been several instances of a person having to cut short his trip and of medical repatriation being required. This must be covered by your insurance. The increased possibility of this is not because of any greater risk while travelling with EO but because some people have not taken adequate care when travelling in South East Asia or trekking in Nepal prior to joining EO, as a result of which fever and viruses or amoebic infections have occasionally materialised.

RHYTHMS ON ROUTE

It is very important that we make the most use of daylight hours ; days are wasted if we don't.

You understand, I am sure, that EO requires your full involvement in day-to-day chores in the interest of speed, ease and consistent standards of hygiene. More rewarding jobs like cooking (!) and daily shopping are shared on a basis that you will help to finalise.

Every day is different and it is difficult to give an impression of a typical day. On occasional days there is very little or no travelling at all, and other days we need

to get the miles behind us. Only in very exceptional circumstances, strictly recorded and with prior justification, will any driving at all be done after dark.

It is part of everyone's concern to help create a situation in which everyone is kept in the picture knowing the day's expectations and timings and also the approximate timings for the days ahead. The journey will naturally follow the descriptions of the EO printed details which as you know convey an important impression of flexibility. That flexibility is to be interpreted by the leader and group within the expedition's terms of reference, particularly in respect of its duration, pace, and main places visited.

HEALTH & HYGIENE

Simple proven standards of hygiene must be introduced from the start of the journey. Burying of rubbish and human waste and proper cleaning and disinfecting are routines which must be established. Water is purified.

It is our experience however that there is no point attempting to insulate ourselves totally against the minutest health risk, for we would not succeed and the attempt would simply have weakened our resistance to infection. A sensible line has to be drawn here - there being no room for laziness, nor, on the other hand, for attempting to create hospital conditions.

Proper cleaning of well chosen vegetables and sterilising all water are part of this routine, boiling water is not. When sickness does arise it is usual as a result of an 'irresistible morsel' from a market stall and/or from the hard travelling, climate and diet, and their combined temporary debilitating effect on the body's metabolism.

A sensible well-tried medical kit is carried and an abundance of personal pills are unnecessary and should not

be taken as routinely as preventative cover. When the need arises the necessary drugs, antibiotics etc. are available. Malaria pills are supplied and are to be taken as prescribed.

FOOD

In so far as supplies allow, we are carrying a useful cross-section of non-perishables. The use of these commodities needs to be inversely related to the availability of local alternatives. The availability of fresh produce varies considerably depending on the time of year as well as locality, but emphasis is placed on the sensible buying (and forward buying) of vegetables, replenishment of sugar, beverages, etc.

Groups have great success at producing pretty interesting meals as well as a nutritional balance, although in terms of expense this is no gourmet's tour of Asia. The expedition will eat well and variably by making good use of the stores and being confident but cost-conscious with daily shopping spending what is necessary.

CAMPING

The equipment is of a high standard and can be maintained in this condition throughout the journey. Tents should never be erected without their flysheet (though on hot nights a flysheet is cool, used without a tent), the campbeds are tough but one's weight distribution is important over the whole canvas area - they shouldn't be stood on! And, all equipment needs to be packed away sensibly each time to avoid undue loss or damage.

Remember "anyone can be uncomfortable". But in fact it takes no more effort, with a bit more of a team, to be really quite comfortable, and to stay that way. After all it is not a weekend but a journey of several months that we are planning for.

SECURITY

No doubt in your considerations you have evaluated the pros and cons of our soft top vehicles and the pros and cons of camping. With both, security needs to be borne in mind and with proper attention losses will not occur.

Theft can be from one's person or bag when in a large town or from a campsite, more likely during the evening than in the night. In choosing a camp location this will be carefully considered, but personal effects should not be left in unoccupied tents.

Other aspects of security will be discussed and implemented. It is a fact that a journey like this is in some danger of being spoilt by valuables being lost. It is recognition of this fact and the implementation of the proper precautions that will reduce this risk to a small acceptable level.

N.B.'s

Please remember.....

ENCOUNTER OVERLAND'S ATTITUDE TOWARDS "ILLEGAL DRUGS" IS UNCOMPROMISING.

In all countries en route possession of 'drugs' is a criminal offence, and in many it is diligently policed and carries very serious penalties.

Encounter has never been involved in a 'drugs' issue and for us to be so would be disastrous for the group and ruinous for EO. Therefore you are urged to respect legislation concerning drugs and are advised that not to do so will mean your being required to leave the expedition at once without recourse to refund.

YOUR STAY IN KASHMIR will be made enjoyable not least for all the interesting bric-a-brac. However, the persistence of salesmen visiting the houseboats can in the end become tiresome and should not be over-encouraged. What is more, articles are not always the amazing bargains they might at first seem.

Most important of all, you are strongly advised to make purchases only of articles that you can pay for in full at the time and that you can take away with you (not have sent on later). Too much can go wrong, and subsequent to this advice EO cannot be expected to involve itself in situations where this advice has not been heeded.

GYPSY

Based in Penang (Malaysia), Encounter has a 38 foot sailing sloop "GYPSY" engaged in a fourteen day voyage through the coral islands of the eastern part of the Andaman Sea to Phuket to Southern Thailand.

Members of the Trans Asian expeditions have priority on the seven places available each sailing.

If you have not got the details please send for them and book up early.

Sailings: (Ex Penang)

31 Jan.)	
21 Feb.)	
14 Mar.)	A.\$ 246
4 Apr.)	
25 Apr.)	

THE COUNTDOWN

FURTHER PAYMENTS

It is very important that you pay the balance of the cost of the expedition when it is due. Not to do so could lose you your place without access to refund. If you are in any doubt please contact the office of your booking.



If you have to cancel your place, please, in everyone's interest, let us know immediately. If we can fill your place then you will not lose more than your deposit. This is an administrative charge and is forfeit under any circumstance.

If things happen to force you to leave on a later trip than the one booked, again let us know at once. In most instances a transfer fee or half the deposit is required.

Please appreciate the importance of this. If you have to change your plans, whether to cancel or postpone, once the payment eight weeks before departure is due, this payment is legally required of you and can only be refunded when we find someone to complete the group in your place. We would do everything we reasonably could to this end but it is often not possible with less than eight weeks' notice. Further to this Encounter Overland would have a legal claim against you for any outstanding monies in respect of these contracted payments and we would implement that claim if the above advice is not followed in the event of cancellation.

All the above complies with the conditions of contract and you are well advised to include a cancellation and curtailment clause in your personal travel insurance policy, as well as medical (self or near relative), jury service, etc. See Insurance below.

PASSPORTS/VISAS

Your passport must be valid for the duration of the trip. It must have at least six empty pages on arrival in Kathmandu for visas and border stamps to be obtained en route. Previous travelling in (e.g.) South Africa, Peoples Republic of China, will not cause offence, but Israel may.



Visas will be obtained en route except for India and Nepal. Everyone requires a visa for Nepal. U.S., Swiss, Dutch, French, (but not Commonwealth, Irish or German) require a visa for India (multiple entry if you are also visiting India before arriving in Kathmandu). Your EO office representative will advise the best way to obtain these.

Please have fifteen photographs with you on arrival in Kathmandu.

The cost of visas is not included in the cost of the trip.

INSURANCE & MEDICAL

Get good personal travel insurance advice from Overland expedition experts. An ordinary travel policy may be insufficient. The policies recommended are expedition policies through:

1. AFTA Travel Insurance (Australia)
2. TRAVELON Insurance (Legal & General) (Australia)
3. "The Travellers Insurance" (USA)
4. Campbell Irvine/Norwich Union (London)

And in any event your policy must include a minimum of £1,000 of medical and additional expenses including all necessary extra travel (rejoining trip, repatriation).



cont'd.....

Cancellation cover is strongly urged as no claim can be made against Encounter Overland. Baggage cover is also recommended - but so too is real care of personal effects as insurance companies are resistant to negligence.

Your policy should travel with you and we shall need to make note of its details at the start of the trip.

Innoculation against Cholera (sometimes given without Typhoid) is essential and the certificate must be shown to obtain visas and at borders. You must have had the first injection (s) usually two, or a 'booster' within the three months before arriving in Kathmandu in order for it to be valid for the journey.

Vaccination against Smallpox should also be obtained (valid for three years).

Typhoid/Paratyphoid should also be obtained.

Tetanus and Polio - consult your doctor.

Gamma Globulin (Immunoglobulin) against infectious hepatitis providing temporary partial protection is urged very, very strongly indeed. It should be administered at the last possible moment before arrival in Asia as its effective duration is probably only several months. Infectious hepatitis is the biggest single disease to cut short people's travels, and insurance companies are beginning to become more scrutinous of claims when this basic piece of commonsense is neglected.

MUSICAL INSTRUMENTS AND TAPES Musicians! You may not be a maestro but if you play anything from harmonica thru' clarinet to guitar, do bring it and we will help you take care of it.



Many of the Expedition Leader Drivers are in the habit of installing their own cassette tape recorders and speakers in the vehicle (though no claim to this effect is made by Encounter). So, you may like to bring along some of your favourite 'compact' tapes.

CONNECTING TRAVEL

(Brief synopsis)

Many of the people joining the expedition in Kathmandu will be coming from Australia.

Good air services link Australia with Indonesia (including Bali) and with Malaysia and Singapore and also with Bangkok, Thailand. There's a lot of see in South East Asia.

Travel around the mainland of Malaysia by bus is well organised, joining Singapore, Kuala Lumpur and Penang.

Along the Malay/Thai border there is something of a communist insurgency problem which is carefully policed. Trains and buses do however connect with the border.

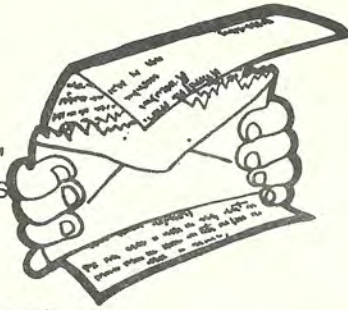
EO has a sloop "Gypsy" (see p.5) based at Penang for the 14 - day voyage to Phuket in Thailand through deserted coral islands. This is a really factastic voyage.

The east coast of Malaysia is little developed but very pleasant and those with time should also find out about going north from Bangkok to Chengmai and Chengrai into the hill tracts bordering Burma and Laos.

Some flights to Nepal are via Rangoon, Burma, for which visas are issued for 7 days.

MAILING ADDRESS LIST

ALL MAIL TO BE MARKED 'TO AWAIT ARRIVAL'
WITH SURNAME ONLY IN LARGE CLEAR LETTERS



Letters should be at their destination by the dates given below. These dates are not a schedule for the group. At least one week should be allowed for the conveyance of mail. Any mail of an important nature should be sent under registered cover and more time allowed. People should consult us before sending important mail, so that we can bring them up to date on the group's progress.

COUNTRY	RECOMMENDED ARRIVAL DATE	ADDRESS
NEPAL	<i>up to Monday 16th April 79</i>	Poste Restante Head Post Office KATMANDU
INDIA	<i>Monday 23rd April, 1979</i>	C/o Tourist Camp P.O.Box 7110 New Delhi 110002
KASHMIR	<i>Wednesday 2nd May 1979</i>	C/o Gulam Nabi Khar Houseboat Montreal Dahl Lake Srinagar
AFGHANISTAN	<i>Wednesday 9th May, 1979</i>	Poste Restante The Main P.T.T. Kabul
IRAN	<i>Friday 25th May, 1979</i>	Poste Restante The Main P.T.T. ESFAHAN
TURKEY	<i>Tuesday 5th June, 1979</i>	Poste Restante The Main P.T.T. KAISERI
TURKEY	<i>Monday 18th June, 1979</i>	Londra Camping Londra Asphalti ISTANBUL

RECOMMENDED READING AND MAPS



READING

"Kathmandu by truck"
"The Road to India"
"Student Guide to Asia"
"Caravans"
"Short Walk in the Hindu Kush"
"Journey to Kathmandu"
"The Minaret of Djam"
"Northwest Frontier"
"Freedom of Midnight"

Barbara Lumplugh
John Prendegast
David Jenkins
James Michener
Eric Newby
Michael Baker
John Murray
Arthur Swinson
Collins and Lapierre

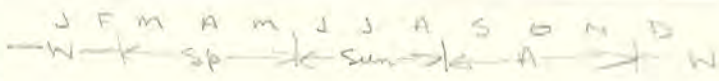
MAPS

Asia Overland
Middle East 1:4000,000
Indian Sub Continent 1:4000,000

Roger Lascelles
Bartholomew
Bartholomew

..... plus government tourist maps
of various countries and cities.

WEATHER



	Feb/Mar	Apr/May	Jul/Aug/Sep
NEPAL	clear sunny but cool	warm, hazy, monsoon <i>April</i>	end of monsoon but usually overcast
INDIA	clear sunny not too humid - cool by Indian standards. 80-85°F.	getting humid - May very humid <i>April</i>	end of monsoon
KASHMIR	beautiful spring weather	early summer - almost perfect <i>May</i>	should be perfect! clear sunny weather
AFGHANISTAN	still cold (probably too cold for mountain route)	best weather; clear, often hot, but mountain nights still cold <i>May</i>	clear but beginning to get cold in the mountains
IRAN	warm bright days often cold nights	sunny & often hot	clear, sunny, mostly warm but cold nights sometimes in hills
TURKEY	eastern mountains cold (especially Feb trip). Med. coast sunny but not hot - sea cold!	sunny & often hot <i>June</i>	cold in eastern mountains, coast usually, and risk of rain
EUROPE	beautiful late spring	summer <i>June</i>	getting cold (for Sep groups that's putting it mildly!)

* Feb & Sep trips are the cold trips - possibility of temperatures near freezing in Afghanistan and Eastern Turkey.

PERSONAL EQUIPMENT



(Please interpret in conjunction with the weather chart opposite)

SUGGESTED LIST

- diary*
 - 1 large bag (see below) ✓ tennis shoes
 - 1 small bag (airline type) ✓ 1 pr. strong shoes/boots
 - ✓ 1 sleeping bag - 1 pr. thongs/sandals/flip-flops
 - ✓ 1 inner sheet - 2 prs. jeans
 - × 1 warm blanket - 2 prs. shorts
 - 1 torch and batteries ✓ 1 windproof parka/anorak
 - ✓ 1 Swiss army type knife 1 pr. decent trousers/dress
 - ✓ 1 water bottle ✓ 1 or 2 bikinis/swimming togs
 - ✓ 1 mending kit - 1 heavy wool jumper
 - 1 washing kit - 1 light weight jumper
 - 1 strong nail brush - 4 teeshirts *Wool, W. Sp. Bag*
 - personal/medical toilet supplies - 1/2 long sleeved cotton shirts
 - sunglasses - 5 changes of underwear
 - sunhat and woolly hat - 1 pr. heavy socks
 - × 2 scarves *gran. turt.* 3 prs. light socks
 - ✓ moneybelt nightshirt/pyjamas
 - 1 medium towel *yellow* ✓ 1 pr. warm gloves (autumn) *(red ones)*
 - 1 handtowel
 - plastic bags for storing clothes
- Alot of people find a track suit really useful

N.B. Most personal items eg. shampoo, toothpaste, sunlotion etc. are expensive and hard to find on route, so buy at home first.

N.B. It is recommended that as many garments as possible are easily washable. A plastic jar is useful for carrying soap powder though some people prefer to use bar (fairy) soap.

LUGGAGE - please use airline limit of 20 kg. as a guideline.

Frame rucksacks with projecting metal parts of the frame are unsuitable as they damage other luggage in the trailer, so make sure the frame of your rucksack is detachable.

Suitcases to measure approximately 66 cm x 47 cm x 14 cm.

A canvas type of grip/bag is really most suitable and will be more likely to withstand the considerable wear.

Don't buy expensive luggage for the trip!