



Travel Advice sheet for India

We have introduced the information sheets in order to make our website easier to navigate by not ‘over-filling’ each page with information. The structure of each information sheet should make it easier for you to find exactly the information that you are looking for. The simple format without images is not a drain on printing resources and the document can either be easily forwarded or the content copied and pasted into another format for sharing with friends, family and colleagues.

If you cannot find the information that you are looking for then please get in touch via the contact page on the website and we will do our best to answer your questions and include any relevant information in an update of this sheet.

If you have not downloaded this sheet from our website then please visit www.canoecontrol.com for further information and resources.

Contents

Contents	1
General information	1
Visa	1
Changing Money.....	1
Personal Safety	2
Clothing and Gear	2
Staying Healthy.....	2
Food and Restaurants.....	2
Medical	3
First Aid.....	3
River Permits	3

General information

If you know little about the country of India and its people and you want to know more, then why not purchase a guidebook. The Lonely Planet series of guides are full with top, up to date advice and information.

At present there is no white water guide to India, but I think Peter Knowles is working along those lines. We usually manage to run our trips to India/Nepal within the original schedule, however: this is Asia so do expect some things to change.

Visa

You will have to send passports to the Indian Commission in London. Information from the web address www.hcilondon.net/visa. Price around £30. Please make sure that your passport is at least 6 months in date from the start of the trip. This will need to be done at least a month before the trip, it will be returned with your visa inside. This will be stamped when we enter India. Be prepared for a long wait in Deli Airport, bureaucracy in India make Brussels look positively slick.

Changing Money



Travel Advice sheet for India

This is no problem if you can change money at the Airport, Banks or your Hotel
You will need cash for presents and a restaurant meal or two

Personal Safety

This has never been a problem for myself/clients or friends male or female, who have said they have never felt threatened in any way. However to the Indian/Nepalese we do look incredibly rich and some times our habits lead us to be a little lax with our possessions. If we leave an item lying around the local people think we just do not want it any more, so in all innocence they may walk away with your very expensive camera. Although the friendly people of India/Nepal are both honest and generous, unfortunately there are opportunist thieves, so the safe keeping of your cash, travels cheques etc. must be considered when walking and travelling, especially in very crowded places.

Clothing and Gear

Avoid bringing new clothes and gear this will get trashed, wear clothes that are comfortable cool and light. Old lightweight walking boots/trainers or trekking sandals will be suitable for any trekking. For the Rafters your entire river wear (unless you have your own gear) Buoyancy aid, Helmet, Splash jacket, Paddle etc. we will supply. However I do advise you to invest in a light Thermal Top, all good outdoor shops sell these. Your beach/trekking sandals and shorts can double up for river wear however: please ensure your sandals will stay on if wet. For the Kayakers, boats can be hired but because boats are not readily available the cost tends to be high. I recommend that you bring your own Kayak. I will also be taking my own personal gear Shorty-cag, B-Aid, Spray-deck, Helmet, Neoprene or ordinary Shorts, Thermal-tops/bottoms, River sandals plus some Air-bags, Foam and Duct-tape for padding my boat out. For safe travel I have made my paddles into very good quality splits. A small day sac (Ruc-sac style) for your personal kit will be needed for the bus journey and any trekking. Good quality sunglasses are of real importance plus a good sun hat.

Staying Healthy

You will find lots of advice in the many guidebooks about this. In brief take care and wash your hands often, especially when preparing or eating food. Do not drink the water unless it has been boiled or treated with iodine. Tea/coffee, soft drinks with brand names like Coca-Cola are OK. We advise you not to buy bottled water off the streets. Fruit like oranges and bananas are OK they have protective skins. Avoid cold or uncooked food you have not seen prepared, salads and bread sticks etc. When in towns always eat at the popular and busy Restaurants. Milk is OK as long as it has been boiled, as for example from the street stalls selling chi (tea). Avoid the local ice cream and ice in your Whiskey. Whenever possible I always eat fresh natural yoghurt as this builds up natural bacteria in your system. It is also a good idea to keep to your own drink bottle and cup.

Food and Restaurants

Meals on the trip will be really fantastic; our river crew run a world-class operation. Hopefully we will access a couple of real Indian restaurants; the UK version comes nowhere close. It's almost worth going just for the food. You will also need some cash if you want to join the beer kitty.



Travel Advice sheet for India

Medical

You will need to be reasonably fit.

Consider dental treatment before you go.

Visit your Doctor/Health Clinic at least two months before your trip to arrange your vaccinations and anti-malarial tablets. If you are concerned over any thing please consult your doctor. A very good section for this is by Dr Andy Watt in White Water Nepal by Peter Knowles.

First Aid

On the river trip there will be a very comprehensive first aid kit, and raft guides are very highly trained and experienced in dealing with any river emergency.

However you will need to take some things for your own comfort.

Pain Killers.

Set of plasters.

Throat lozenge's

Medi-wipes.

Iodine.

Sterile needles & syringe.

Sunscreen.

Lomitol/Imodium.

Rehydration powder.

Medical problems.

Personnel medication.

Headaches etc.

To keep any small cuts/grazes covered.

It will be hot and the air could be dry and dusty.

Cleaning small cuts/grazes, wiping hands.

For use has a water purifier and anti-septic.

If you go to a clinic better to use your own.

It will be hot.

Anti-diarrhoeal,

To mix with water to help prevent dehydration.

You may have to advice us on this.

Other medication you may need.

River Permits

We will deal with these. However I will ask you to supply a number of passport photos. The cost of the permits is included within the price of the river trip.