

Travel Tips from Embark Upon a Sacred Journey

Everything you need to know before coming to Bali

First – the top eight essential pieces of information for your Bali trip

- 1. Passport:** Your passport must be valid for at least 6 months beyond your date of entry into Indonesia. See page 4.
- 2. Visa:** You will purchase a Visa on arrival for \$25 (US) or its equivalent in your native currency. See page 4.
- 3. Weather:** Will be warm in the day, 24-35°C (75-95°F) and cooler at night 21-27°C (70-80°F) and it will be humid. Expect a mix of sunshine and rain. See page 5.
- 4. Luggage:** We highly recommend bringing only 1 checked bag, 1 carry on bag (no liquids over 100 ml or 3.4 oz.) and of course a personal bag (purse, laptop bag, daypack etc.). You will be very glad that you traveled light. See page 6.
- 5. Clothing:** Bring very light, casual, comfortable clothing. You will be assisted in obtaining appropriate temple wear after your arrival but you will need to bring appropriate clothing for wearing in the villages and countryside. See page 8.
- 6. Money:** Have \$25 (US) or its equivalent in your native currency for buying a visa at the airport upon arrival. No need to change money before you arrive in Bali. You can change money after your arrival. **PLEASE READ PAGE 12- 13** for **IMPORTANT** information on cash and credit cards.
- 7. Current & Internet:** If you need to stay connected, and run and charge equipment to do this, make sure you have the right adaptors for local electrical current. See page 10 for details.
- 8. Travel/Flight:** It is important to be at the hotel by 5:00 PM on March 29th. See page 5. Make sure you bring the credit card you used to book your flights. See page 6. There is an exit fee when leaving Bali. See page 6.

Table of Contents

	Page
Remember, foreign travel can be challenging	3
Bali & its people	3
Passports, Visa	4
Weather	5
Flights to and from Bali	5
Luggage	5
Clothing	7
Other appropriate behavior	9
Electric current	9
Internet access	10
Mail	10
Food	10
Money	11
Tipping	12
Shopping	12
Bargaining	13
Begging	13
Health, medications, etc.	13
Spa Services	15
Yoga	15
Miscellaneous	15
Making phone calls from Bali	16
Emergency contact	16
Trip cancellation and trip insurance	17
Set your intentions now to have a joyful experience	17
Packing checklist	18

Tips for Traveling in Bali

Remember, foreign travel can be challenging

Every journey is unique! If you allow yourself to let go of expectations and stay in the moment, you will have an amazing adventure. Sometimes, it's the things that go "wrong" that are the most fun and memorable.

Bali and its people

Year after year, Bali is voted by the readers of major travel magazines as "the most enchanting travel and holiday destination in the world." It would be hard to find a more beautiful, spiritual place on this planet than Bali. The Balinese culture is steeped in mythology, a sense of the divine and a deep honoring of the earth and of all life. The Balinese are in general some of the warmest, kindest, most hospitable people you may ever meet. They are wise and caring, and have a heartfelt desire to live in harmony.

The ancient traditions of Bali are centuries old and pulse through every aspect of everyday life, which is lived with a profound respect for history, their elders and ancestors, community, family, and particularly their children.

The island of Bali is predominantly Hindu, making it unique in Indonesia, since the rest of the country is primarily Muslim. In contrast to India, the Hinduism of Bali is gentler, more joyful, and not quite so intense. Music, dance and theatre are an integral part of all temple ceremonies, and they are a delight to behold.

The temples are generally not dedicated to only one god, and visitors are welcome to participate in most of their many ceremonies. Every home has its own little temple, and the making of offerings is a daily practice. It is beautiful to see the women performing these rituals everywhere you go.

The Island itself, as well as the people, is stunningly beautiful and intensely colorful. The Balinese are masters in all the arts, music, painting, dance, and all forms of crafts.

Throughout history, foreign artists have been drawn to Bali because of its beauty and luminosity, and Ubud is the center for all the Balinese arts. Almost every home has an art studio of some kind.

Although *all* of the above is true... there is still the inevitable "less than rosy" side to life in "Paradise". Tourism has taken its toll in places, and Bali has its fair share of hustlers. One of the things that Westerners find disappointing is that there is trash in places (most of it plastic packaging, a gift from the west, that they are ill-equipped to dispose of). There are potholes in the roads, and even a few on the sidewalks!

Nonetheless the beauty, tranquility and radiance of the people far outweighs any of these minor irritations that are endemic to the human condition!

Passports and Visas

Indonesia requires anyone entering the country to have a passport that is valid for at least 6 months beyond your entry date. There are no exceptions! Check your passport now to be sure you have this 6-month cushion. If not, you will need to apply for a new passport.

Do make sure you have at least one completely blank, empty page in your passport. When stamping your passport, Indonesian immigration will not share a page with a stamp from another country.

Visas – To make entry into the country by tourists as easy as possible, Indonesia has instituted a visa on arrival (VOA) program. Visitors from the 52 countries included in this program do not need to apply for a visa in advance of their arrival. They simply pay the equivalent of \$25.00 U.S. when they enter the country.

Indonesia's VOA program includes the U.S., Canada, most western European countries, Australia, New Zealand, Taiwan and Japan. If your country is not included in the VOA program, you will need to apply for a visa through the Indonesian embassy. This process may take several weeks to complete.

If your country is included in the VOA program, you will obtain your visa at the airport upon your arrival. Have your cash ready when you land. If you are not sure whether you are included in the VOA program, contact Embark Upon a Sacred Journey so we can determine whether or not a visa application in advance is required.

Before you leave home, make a copy of the first two pages of your passport. Keep this copy in a place separate from the original. In the unlikely event that the original passport document is lost, stolen or destroyed, this copy will expedite the issuing of a new passport.

Important - don't ever pack your passport in your checked luggage. Always carry it with you on your person or in a bag close at hand. You will need to show your passport many times on your journey. You can't do that if it is in checked baggage. When you are not traveling, keep your passport in the safe in your room. Do not carry it with you around the island.

Weather

In the past, due to its location only 8 degrees below the equator, Bali has always had two seasons: the wet season (October through April) and the dry season (May through September). In recent years, this seasonal difference is not nearly so clear-cut.

Due to global changes in climate, wet and dry seasons are not very distinct. The Balinese say that the seasons are confused. You are likely to get many wet rainy days in the dry season and many sunny dry days in the wet season. We recommend that travelers coming to Bali not plan their trip based on the wet season / dry season model as it no longer applies.

No matter when you come, the weather will be warm and humid with temperatures ranging between a low of 24°C (75°F) and a high of 32°C (90°F). Humidity will be approximately 85%. Having a small can of Evian misting water or a moist kerchief on your neck can help keep you more comfortable in the warm weather. You may also want to have a (Japanese / Chinese style) folding fan to help cool you down. These fans are widely available in Balinese markets.

No matter what time of the year you come, we suggest you bring a very light piece of rain gear. Typically, a plastic poncho works well and folds up small. A retractable pop-up umbrella is a good alternative as well. Both these are available in Balinese markets. Definitely don't bring a raincoat. It will be too heavy, too hot and take up too much space in your luggage.

Flights To and From Bali

For Embark Upon a Sacred Journey - Bali 2013, the airport greet and transportation is scheduled for the afternoon of Friday, March 29th between 12:30 and 3:20 PM, which is the time most major airlines arrive in Denpasar.

*If your flight does not match our transport from the airport, please consider arriving the day before and arranging a taxi to the hotel. We can arrange the hotel room for you and you are responsible for your own transportation to the hotel. Travel takes its toll, and Bali is a long way from almost everywhere! Having a full day to rest and relax before the start of your Bali Sacred Journey will allow you to get the most from your experience. **It is important to be at the hotel by 5:00PM on March 29th.**

If you are flying from the United States, Canada or some other country in the western hemisphere, **you will be crossing the international date line, so you will lose one day during the flight** (but you get it back on the return flight). It can be a little confusing, so let us help you with your arrangements. We're happy to do so to make sure you are coming in on the right day.

Important! Bring the credit card used to purchase your airline ticket. On recent trips, we have had the experience of the airline requiring that the passenger show the credit card used to purchase the airline ticket at the time of check-in. It's a security measure to ensure that the ticket wasn't purchased with a stolen credit card. To avoid any undue hassle at the airport, bring the credit card with you that you used to purchase your ticket.

Note: There is a departure tax when leaving Bali to return home. It must be paid at the airport, in Indonesian Rupiah. The cost is 150,000 Rupiah (approximately \$15.00 US).

Luggage

Check with your carrier, as the rules for luggage are now changing constantly.

For the international portion, you will probably be allowed 2 pieces of luggage with 50-70 pounds (23-32Kg) weight each. **However**, if you are connecting with a domestic flight, most domestic carriers now are only allowing 1 bag with a maximum weight of

50 pounds (23Kg), plus a carry on. Definitely pack light as you will want to save room for the treasures that you will buy in Bali!

Important Rule of Thumb To Avoid Losing Your Luggage! If you are flying on a domestic airline and then transferring to an international airline, do not check your baggage through to Denpasar, Bali. The domestic airline may not get your luggage to the correct international carrier or it may get there late. **This is the most common cause of lost luggage on international flights.**

Instead, we strongly urge you to check your luggage, on your domestic airline, only as far as your international departure city. Then collect your luggage in person and transport it to your international carrier's check-in desk. Then, and only then, check it through to Denpasar, Bali. It is definitely a hassle and less convenient to do it this way, but you will find it much more convenient than trying to get along for the first several days with no clothes, toiletries or personal items.

In case anything happens to your luggage:

We strongly recommend that your carry-on bag contain the following:

- A copy of your passport and airline tickets (keep in a plastic bag)
- One or two easy to pack outfits (tee shirts, slacks, etc.)
- Two changes of underwear
- Swimsuit (unless you want to buy one in Bali)
- Any cosmetics or medications, etc. that you just cannot do without
- An extra set of contact lenses or glasses and sunglasses

In other words, bring the absolute necessities and an extra change of clothes. This way you will be in good shape until your luggage arrives. Meanwhile, you will find it very easy to buy one or two outfits locally to tide you over until your bags catch up with you.

Many of our female travelers have found that a small back-pack is infinitely preferable to a purse. It carries more and is much better to use on the trip when you are running around. Bring a small purse or fanny pack in your suitcase for those times you don't want to use the back-pack. Also, Bali is very well known for its wonderful (and inexpensive) straw purses and bags. Purchasing one is a great idea.

What many travelers do is use their carry-on bag on the trip over for items they consider necessities on the trip, as well as the change of clothes. Then on the way home, they use their carry-on for any delicate items they have purchased and want to protect (like statues, etc.).

Double check carry-on rules for liquids before the flight. The rules are now the same for all international as well as domestic flights regarding liquids—i.e., you can carry 100 ml (3.4 oz.) of liquid in a 1 liter (1 quart) sealed plastic bag (zip-lock). Some airports provide these bags at security, but it's best to bring your own. Double-check your bag before you come so you don't lose anything important (like lip balm or hand

cream or contact lens solution) to the vigilant security people at the airport. When these rules first went into effect they demanded that everything be in its original packaging. That rule seems to have been relaxed, but it is still a good idea to try to bring things in the original container wherever possible.

Clothing in Bali – What to Wear and How to Dress

Bali is 90% Hindu, and so clothing for women is expected to be modest and conservative. As a guest in Bali, it works best to be respectful of local sensibilities and, of course, you don't want to offend anyone. The more respectful you are of the Balinese culture and social norms, the more likely you will be to make friends and be included in whatever activities you are observing. Since you want to get the most from the time you spend in Bali, there are some things to consider when choosing which clothes to wear.

We basically have three considerations for clothing in Bali:

1. Street wear out in the countryside and the villages
2. Street wear in Ubud or at the beach or in the hotel
3. Temple Wear

We are guests in this foreign country and as such it is common courtesy to observe their rules and norms. Although you will see other foreigners who ignore these mores, we recommend offering this basic show of respect to the Balinese.

Street wear in Ubud. at the hotels or on the beach

Ubud has become an international city, so you will see people wearing just about everything there, including camis and shorts. Also, when at the beach or at the hotels, it's fine to wear whatever you want. However, even while based in Ubud, there will be a few days when we will be headed into the countryside, so the "Street wear out in the countryside" will apply.

Street wear out in the countryside

For women, your shoulders, upper arms and midriffs should be covered. Shorts are not appropriate in public places in the small villages outside of Ubud. Men can wear shorts, as long as they come to the knee or just above. Capri pants for women are fine, as long as they are not too tight. Please don't wear low-cut slacks with short t-shirts – the midriff should not be exposed.

For the heat, light layers of cotton clothing are the most comfortable and functional. Paradoxically, you stay cooler in a warm climate if your skin is covered; your skin retains moisture that way.

Temple wear

Your guide will be taking you into the inner areas of the temples for blessings. One of the reasons we are able to do this is because we will be dressed in appropriate temple wear. Also, one of the most exciting things that happens in Bali is that you will often come across a local religious festival. As long as you have appropriate Temple Wear

with you, the locals will be happy to welcome you to come in and participate in their ceremonies.

For women, Temple Wear includes the following:

- a. Temple Sarong (as opposed to a beach sarong)
- b. Kebaya
- c. Sash

On Day 2 of Bali Sacred Journey you will be presented with a temple sarong and a sash.

A Temple sarong is distinguished from a beach sarong in the way it is made, the size, etc. If you're traveling on your own, you should be able to purchase these items in Ubud, or one of the other towns. Ask the concierge at your hotel where to shop for them.

A kebaya is a special long sleeved blouse that is usually made of lace or cotton or polyester and is often see-through. Underneath it, you can wear a camisole. It is difficult to find the kebayas for purchase outside of Bali (even on-line) and the ones we have found on-line are very expensive. If you like, you can also bring a long sleeved white blouse that you can wear.

The sash is tied around the waist (indicating the line between the upper and lower chakras).

Men wear a sarong, usually with a short sleeved shirt that is worn *outside* the sarong. They also wear the sash and a special hat. Men should bring a short sleeved shirt (not a tee shirt) to wear over the sarong. White or off-white or cream colored is best.

Both men and women will need to provide their shirt and blouse. What works best is to have your temple wear in a small bag so that you can change into it when the need arises.

The evenings and mornings are usually a little cooler, so you may wish to bring a light wrap. The sarongs are perfect for this.

The sarongs are really excellent for everything and many women start to wear the sarongs as their main outfit once they hit Bali. They are also wonderful as a beach cover up, a skirt, a wrap – they are completely multi-functional and even the men wear them. Prices range from very inexpensive to beautiful hand-painted, one-of-a-kind sarongs that are, of course, more expensive.

You will not be doing anything where you need to be dressed up. And definitely don't bring jeans – they are too hot. You will probably change clothes at least once per day, and that's another reason why it's great to buy clothes there.

Laundry services are available in almost all hotels. These are less expensive than in the U.S., so we recommend that people bring clothes and underwear for one week and then have things laundered.

A Hat with a wide brim is recommended. Crushable types pack best.

Footwear. A really good walking sandal is perfect. The custom in Bali is to take your shoes off before entering a temple or home or a teaching space. This is very tedious if you have shoes that require lacing, so bring some slip-off sandals. The paths can be muddy and there's often uneven, sometimes slippery walking to do, so the sandals should be trail-tough too. Crocs or Tevas, or something similar are great. Please keep in mind we will be trekking and bicycling, proper footwear is essential.

Bring a **swimming suit** for sure – more than one if you don't like to put on a damp suit. Also, if you plan to partake of spa services, bring some type of easy cover up (or use your sarong) and flip flops or shoes you can get in and out of easily.

Bags that “vacuum pack” your clothes in your luggage and greatly reduce the space required in your luggage are helpful. Although these are pricey in catalogs, they can be found inexpensively in Walgreens and similar drugstores.

Other Appropriate Behavior

Since we are guests in their country, it is very important that we abide by the Balinese traditions. When entering a temple, please remove your shoes. Do not walk in front of people who are praying. Please do not take pictures of anyone (particularly priests) unless you have their permission. Embracing and intimate touching in public is frowned upon.

The final one is hard for many women. Women are not allowed to enter the temples during menstruation. While we may not agree with this, we feel that it is necessary to honor their rules if we want to enter their places of worship.

Electric Current

The current in Bali is 220V AC, 50 cycles, and they use the slim, round, two-pronged, European-style plug. This is different than the North American standard of 110V AC, 60 cycles.

Important! Check all your electrical devices to determine which ones can handle Bali's current. Many newer devices, including most phone and computer chargers and all Apple devices can handle both 110V or 220V and 50 or 60 cycles – but check to be sure. It would be a shame to fry your new netbook or that favorite curling iron.

Even if your device can handle Bali's current, you will probably still need a plug adapter to accommodate the difference in plug styles. Remember, adapters do not change the electrical current. They only adapt your plug to fit the European style socket.

If your electrical device accepts only 110V at 60 cycles, then you will need to purchase an electrical converter which takes 220V and steps it down to the required 110V at 60 cycles. Electrical converters are electronic blocks that plug into the wall socket and accept the plug from your device.

Another option is to leave that incompatible device at home. The most common devices that we find need a converter are hair dryers and curling irons. There are often hair dryers in most hotels.

Individual plug adapters are cheap. You may want to have several for your various devices. Electrical converters are more expensive. You can expect to pay up to the equivalent of \$50 U.S. for one of those. Both converters and adapters are available at good prices on Amazon.com.

Internet

You will have Internet access at some hotels and there are numerous Internet cafes throughout Bali. Many restaurants also offer free wi-fi to their customers. A small, lightweight computer – an iPad, MacBook Air, or a netbook PC – will be all that you need in most cases. A larger laptop is a lot to lug around.

You may even find that your iPhone or other smart phone is completely satisfactory in meeting your needs. Just be sure that you either have an international cellular data plan or you have international roaming turned off. You can rack up hundreds of dollars in roaming charges very quickly if you use a local Indonesian phone company's data network. We recommend that you turn your cellular data connection off entirely and only use your smart phone as a wi-fi device.

Mail

Letters and postcards can be mailed from hotel lobbies with Indonesian stamps. Delivery usually requires ten to fourteen days from Bali to the U.S.

Food

You will find some of the most fabulous food in the world in Bali! They have their own style of cooking and everything is extremely fresh and, in our opinion, absolutely delicious! Ubud is known for its cuisine and even has several cooking schools. There are many excellent restaurants. Expect to be wowed by the culinary pleasures of Bali. And prices range dramatically.

The food in most hotels is safe. When you are outside of a hotel follow these guidelines: we do not recommend eating any fruit or vegetable that you do not peel yourself. Although the salads look fabulous and you will be told they are safe, our experience is that when Americans eat the salads (outside the hotels), they often get "Bali belly". Do not eat anything you are not sure about. We do not recommend that you eat shellfish on the island (unfortunate, we know!).

If you are a full vegetarian, you will have no problem finding enough food to meet your dietary requirement.

Bottled water is readily available and you should plan to drink at least two liters per day. Typically, the hotels provide you with two bottles each day at no charge. You should also use bottled water for brushing your teeth. Outside the hotel, don't drink anything with ice, as the ice is probably made from tap water (ask them if it's been boiled first). Imported wine (all the ones you're used to are imported) is **very** expensive. Double check the price before you order.

If there are snacks you enjoy that won't take up a lot of room in your suitcase, it's a good idea to bring them especially if you have any blood sugar issues, e.g., almonds, raisins, etc. Chocolate melts in the heat, so it's not recommended.

Money

The currency of Bali is the Indonesian Rupiah (Rp.). Moneychangers are always open at Denpasar airport when you arrive in Bali, but their exchange rates will not be good. You can change money at the hotel, but the best rates, surprisingly, are from the moneychangers on the street. The Indonesian Rupiah (Rp.) is used for all daily shopping. Foreign currencies are usually only accepted in Bali at international hotels, for airplane tickets, or for tourist activities such as rafting.

The smallest denomination Indonesian Rupiah note is Rp.1,000 and the largest is Rp.100,000. Be careful with Rp.10,000 vs.100,000 notes as they look very similar and can easily be confused!

Bali Exchange Rate Information

The exchange rate in Bali is currently US \$1 = Rp. 9,650 (January 2013), although it fluctuates daily. It is a good idea to bring a small calculator with you so that you can easily convert rupiah to dollars.

If you are using US dollars, bills that are issued in 1999 or earlier, or are in poor condition, or are issued in the year 2001 with the serial number starting 'CB' may not be accepted by banks or money changers in Bali. Larger denomination notes in good condition get the best exchange rate.

A week or so before you leave for Bali, call the local branch office of your bank and explain that you will be traveling and it would help you to have all your travel cash in new, crisp, \$100 bills. They will usually be quite happy to accommodate you with notice of a day or two.

Be careful when changing money in Bali. The following advice may help:

The safest exchange is at your hotel or a bank but at a slightly lower rate

Change money at a reputable money changer for better rates

Don't change money at small money changers with higher or negotiable rates

Don't let anybody touch the money (or recount it) after you have counted it

Don't let anybody distract you while you are counting it

Don't accept Rp.10,000 notes instead of Rp.100 000 notes (they look very similar)

Change money with a friend. It's safer & having the extra set of eyes helps!

Credit Cards

MasterCard and Visa are accepted in major hotels in Bali, and in tourist areas. There are many banks and ATMs that you can use to withdraw Indonesian Rupiah from your home bank account. Some ATMs allow multiple withdrawals without re-entering the PIN number, so take extra care to remove your card from the machine after use.

In Bali there is usually a 3% bank charge added to credit card transactions. In addition to this fee, most credit card companies charge an additional foreign transaction fee (around 3%--check with your credit card company). American Express is less common than other credit cards and the fee charge is usually higher. Many local shops and restaurants only accept rupiah cash.

Important! Be sure to alert your credit card company that you are planning to be in Bali. If you do not and a charge is made, they will assume your card has been stolen and they will freeze the account. There's nothing worse than having decided on the most beautiful piece of jewelry and then finding out your card won't work!

Traveler's Checks

Most moneychangers, banks and international hotels will accept traveler's checks. However, please note you will probably pay a fee of 3-5% on traveler's checks.

How Much Cash Should I Bring?

People always ask this question and the answer is always – it depends on you. Are you planning to do a lot of shopping? Do you feel nervous carrying a lot of cash with you? Do you mind paying a 3% transaction fee on your credit card? My belief is that no one should go to a foreign country with less than \$1,000 in cash – just in case there is some kind of problem. Most hotels have a safe in their rooms for cash and other valuables (e.g., passport and jewelry). As a wise and experienced traveler once said: “Pack half of what you think you need, and bring twice as much money!”

Tipping

This is not a requirement in Indonesia, but is of course appreciated, so do it at your own discretion. Most restaurants automatically add 10% to the bill. There is a fine line between being generous and being stupid. It could be more of a disservice to someone to tip too much (future expectations and dissatisfaction). Only tip in accordance to the price paid... it can feel weird to tip someone the equivalent of 20 U.S. cents... but remember the average wage in Bali is the equivalent of \$3 U.S. a day. It is considered good form to tip about 9,000 Rupiah at the hotel for bellmen and the same amount per day for housekeeping.

Shopping

Bali is a fabulous place to shop. Batiks, clothing, shoes, paintings, crafts, woodcarvings, jewelry and antiques are all here in abundance. Ubud is the perfect place to do all your gift shopping. The large shops will accept credit cards (usually

without a surcharge), but where possible, people prefer cash and you can usually get a better deal using cash.

Bargaining

In some shops prices are open to negotiation. When you are buying from an individual on the street, some bargaining might be appropriate, however, it is always good to remember that these people are very poor and while \$1 to you is nothing, \$1 to them is big deal. If you have a question about a price, or you are concerned you are paying too much, ask your guide.

Begging

This is far less of a problem than in any other developing countries we have ever been to, and for that matter many western cities. Please be aware that any beggars you see in Ubud are probably part of an organized consortium that brings them in daily from the countryside (many of the babies they carry aren't even theirs). A red light is seeing how dirty they are -- this is their "uniform" designed to tweak western guilt and discomfort, as the Balinese are a meticulously clean people who bathe daily.

The Balinese themselves hate to see this encouraged as it is counter to their beliefs and hard-working natures, and not a part of their culture. You are not supporting these individuals if you give them money; you are feeding the sharks behind it all.

If you want to donate some money to better the people's lives, we can give you information on some wonderful programs that enrich and educate the people rather than disempowering them by creating a sub-class of beggars.

Health, Medications, Etc.

No inoculations are required for Bali. Bali has a modern medical system with clean and efficient government supported facilities. The doctors are well trained in Western standards of medicine. In the unlikely event that you become ill or get hurt, you will be well cared for.

It has been found that taking a probiotic supplement in advance of the trip can help immensely in preventing gastro-intestinal problems. We recommend that you start taking it 14 days before the beginning of the trip and continue taking it throughout the trip. Get the type that doesn't require refrigeration. It is available at health food stores.

There is also a wonderful type that we highly recommend which is from Dr. David Williams called Probiotic Advantage. It has 4 strains of helpful bacteria and it comes in a "beadlet" form, so that it goes undigested into your gut and dissolves where it is needed the most. And fortunately, it doesn't need to be refrigerated. You can order it on-line at: <http://www.dr davidwilliams.com/Products2.aspx?ProductID=PA17>

Also bringing a small bottle of grapefruit seed extract oil is a good idea. Putting a few drops in water and drinking it can do wonders for your gut if you are feeling the onset of any GI discomfort.

One of our travelers on a recent trip to Bali is a Registered Nurse and she wrote the best information we've seen on what to do with "Bali Belly" or just if you are prone to an upset digestive system. Here it is:

"The absolute best bet for an upset stomach/diarrhea is old fashioned Kaopectate. This over-the-counter product is harder to find than it once was. It contains kaolin, an edible form of clay that will actually work to stop you up! Failing that, ordinary Pepto Bismol is very good.

"For plain nausea without diarrhea, Emetrol syrup is a good choice. It is nothing more than a glucose containing over-the-counter medication that soothes the urge to vomit.

"I also swear by ginger. Fresh root brewed up as a tea is best, but ginger tea bags, ginger ale or even powdered ginger capsules are fine, too.

"Traveling with some sour lollipops (lemon works best) is a good idea if anyone is at all prone to motion sickness.

"Taking acidophilus, or any multiple strain probiotic, is a wonderful idea. If people don't want to take the pills, eating live-culture yogurt daily will work to colonize the intestines with helpful bacteria. (Not any old yogurt will do; read the containers before buying). Most people tend not to take enough acidophilus to be entirely effective. Buy it from a reputable health food store, and ask the people working there for their dosing recommendations.

"Sometimes just a drop of lavender or peppermint essential oil on a tissue can provide the appropriate aromatherapy to help soothe a tummy that is talking to us!

"If you feel you need the big guns, you can get a prescription for *Lomotil* (as in "low motility"). It works very well, but as with all prescription drugs, it has side effects. It almost always causes sleepiness, which in some cases can be extreme. I would hate for anyone to miss portions of the trip by having to sleep off the effects of Lomotil. Another pretty common side effect is dry mouth, which is not such a good thing to have on a trip."

Thank you for that great information, Jennifer!

Bach's Rescue Remedy, a mixture of flower essences, is also highly recommended. It really helps if you have had some kind of shock like cutting yourself or twisting an ankle.

Sometimes the restrooms away from the hotels are not so great, so we highly recommend bringing small packets of tissues to carry and a small spray bottle for cleaning your hands regularly.

Here are directions for making your own hand sanitizer/cleanser: fill a small spray bottle with purified water and then add a few drops of grapefruit seed oil and lavender and one drop of tea tree oil. This is the most wonderful antibacterial spray you can use

and you can easily find all these ingredients in the health food store. We do not recommend using any of the commercial antibacterial gels since the active ingredient in most of them is a carcinogen that is absorbed into the skin!

Bali does not have a problem with malaria as many other Asian countries do, but it is a good idea to bring a natural insect repellent especially for nighttime, when the mosquitoes are more active.

Spa Services

Bali is known for its wonderful massages and body treatments. You will be able to have all kinds of spa treatments, such as full body or head massages, facials, reflexology or acupuncture etc., starting at about the equivalent of \$5 U.S. (**not** a typo!) and going up from there, depending on the place, the type of service, etc. We can recommend many wonderful places in different price ranges, and can share these suggestions with you during your Bali Sacred Journey.

The Balinese specialty is “mandi lulur”, an hour-long massage, followed by an exfoliating full body scrub with a special ground up coconut mixture. Then you are slathered all over with a moisturizing mix of yogurt and honey, and you finish the treatment in a flower-filled, scented bath sipping on fresh ginger tea... need I say more?! The traditional spa we go to charges around \$19 U.S. for this (!). Spa services at hotels will be more expensive, but the setting will also be incredibly beautiful.

Yoga – Bring a Mat

Bali is a great place to do yoga, if that’s something you enjoy. Although most hotels will usually have thick beach chair mats that you can use, it is far preferable to bring your own yoga mat – they are light and easy to pack.

Miscellaneous

Camera – Bring lots of memory for your digital camera. If you plan to take lots of pictures, bring the necessary items for downloading pictures to your computer. Alternatively, there are photo shops in Ubud where, for a reasonable price, you can have your photos burned to disc.

Sunscreen – a must.

Swimsuit

Insect Repellent – always a good idea. Try to get a natural type – the conventional ones often contain DEET, a proven neurotoxin and carcinogen.

Sunglasses and Glasses and Contacts – bring at least an extra pair in case you lose one.

Tissues – Carrying a small packet of tissues is a good idea, especially if Bali belly strikes! ***Many public rest rooms don’t have toilet paper.***

Lip Balm – bring one with sun block

Penlight Flashlight for walking on paths at night or walking to the bathroom and not disturbing your roommate during the night.

A few plastic zip-loc bags (assorted sizes) for packing damp items.

Packing material and tape. If you think you are going to buy any statues or other fragile items, it’s a great idea to bring some bubble wrap and tape.

Handy Dandy Travel Items:

Air purifier for the plane ride. For the last few years, we have used personal air purifiers for the plane trip to and from Bali. It's a long trip and the air on planes can have problems, so it's a good preventative measure. You can find a good one online at Amazon.com. Search for "Germ Guardian PS-100 personal air purifier." It should show up for \$29.99 U.S.

In addition, we have had people recommend squirting **Neosporin** into each nostril before a long plane ride. It sounds a little yucky, but hey, whatever works, right?

Vacuum Pack Packing Bags

The bags that "vacuum pack" your clothes greatly reduces the space you need in your luggage. Although these are pricey in catalogs, they have been available inexpensively at Walgreen's and similar drugstores.

Immersion Coil Beverage Heater

If you want hot water in your room, this is great and you don't have to call room service and do a tip! It's a metal coil that you put in a cup of water and it heats the water to boiling to make your own tea or soup – or whatever medicinal purposes you may need it for. It works with 220V or 110V and has its own adapter. Cost is \$14 U.S. and you can get it at:

<http://www.walkabouttravelgear.com/cook.htm>

Making Phone Calls From Bali

Your cell phone may not work in Bali, and if it does, by connecting to a local wireless carrier like Telkomsel or XL, the roaming charges will be very pricey. You may want to get a SIM card through one of the local carriers and charge it with \$10 or \$15 dollars (called 'pulsar' in Indonesian). As you use up your charge, you can easily top it up by buying more. This also gives you a local phone number while you have the sim card installed. You can give this number to your people back home and they can call you directly.

Another handy and inexpensive (some are free!) alternative are Internet calling services like Skype, Apple's FaceTime, Viber and Truphone. You can investigate these services in advance of your arrival

Calling from the hotels is also very expensive. What we recommend is using a calling card. Phone cards in Indonesia for international calls are very inexpensive, and usually a better deal than International calling cards from the west. The Hallo card is one of the best and costs approx.. \$11 U.S. for 50 minutes to call anywhere in Europe or the U.S.

Emergency Contact

After sign up for the Bali trip with Embark Upon a Sacred Journey, we will send you the phone numbers of each place you will be staying, so that family or friends can contact you. You will also be asked to provide an emergency contact name that we can call in unlikely event you have an emergency while on the tour.

Trip Cancellation and Trip Insurance

We highly recommend that you obtain trip cancellation insurance, as through the years we have always had 1 or 2 people have to cancel their trip because of illness or the death of a family member. Luckily, to date, everyone who has had to cancel had the cancellation insurance. There are two types of insurance: general travel insurance (for medical expenses, lost luggage, etc.). The other is Trip Cancellation Insurance in the event you have to cancel. You can get the coverage whenever you like up to the day before you leave.

(Protect Assist) is a good policy, and is available through Travel Guard on their web site. The Travel Guard web site is: <http://www.TravelGuard.com>

The name of the country is Indonesia.

Set Your Intention to Have A Joyful Experience!

There is nothing more wonderful than traveling to connect with the sacred energy of this powerful place. Set your intention now to have a joyful experience. Decide to release any thoughts of controlling all situations and resolve to “go with the flow”.

I look forward to connecting with you in Bali!

Lisa A. Rizzoli

Packing Checklist:

- Passport – valid for at least 6 (six) months beyond your entry date. Be sure it has at least one completely blank, original passport page. Do not pack in checked luggage.
- Copy of the first 2 pages of your passport. Keep separate from the original. Recommend keeping in a plastic bag.
- Airline tickets
- Money:** New (less than 10 years old) bills of your currency (if US dollars, 50 or 100 denominations) (page 11)
- Kerchief to wet and wear to cool down and/or (Japanese/Chinese style) folding fan.
- Light rain gear, i.e. plastic poncho.
- Credit card used to purchase your airline ticket.
- Clothing: refer to page 7
- Hat – recommended
- Sandals
- Walking shoes or low-cut hiking boots
- Swimming suit
- Power converter and plug adaptor(s) (see detailed page 9)
- Sweater or light jacket
- Prescriptions or medications
- Camera and extra memory or film
- Sunscreen
- Insect repellent
- Yoga mat
- Sunglasses / Eyeglasses / Contacts (bring an extra pair of each)
- Tissues
- Lip balm
- 1-3 plastic zip-lock bags (Qt. size for liquids, large for wet items)

Optional Items:

- Packing material for delicate souvenirs (bubble wrap & tape)
 - Snacks (specific foods)
 - Journal and Pencils/Pens
 - Reusable water bottle
 - Penlight / small flashlight
 - Vacuum-pack packing bags (see page 16)
 - Air purifier / Neosporin for flight (see page 16)
 - Immersion coil beverage heater (see page 16)
 - Plastic coffee cup
 - Hand sanitizer
- Home-made: mix Grapefruit Seed oil, Lavender Oil, and Tea Tree oil in a small spray bottle.