INTRODUCTION

The Republic of Indonesia is the largest archipelago in the world comprising 13,466 large and small tropical islands fringed with white sandy beaches, many still uninhabited and a number even still unnamed. Indonesia straddles the equator and is situated between the continents of Asia and Australia and between the Pacific and the Indian Oceans. It is as wide as the United States from San Francisco to New York, equalling the distance between London and Moscow. Indonesia has a total population of more than 215 million people from more than 200 ethnic groups. The national language is Bahasa Indonesia.

Among the most well-known islands are Sumatra, Java, Bali, Kalimantan (formerly Borneo), Sulawesi (formerly Celebes), the Maluku Islands (or better known as Moluccas, the original Spice Islands) and Papua. Then, there is Bali “the world’s best island resort” with its enchanting culture, beaches, dynamic dances and music. But Indonesia still has many unexplored islands with grand mountain views, green rainforests to trek through, rolling waves to surf and deep blue seas to dive in where one can swim with dugongs, dolphins and large manta rays.

ABOUT INDONESIA

LANDSCAPE

Because of her location, and geology, Indonesia is blessed with the most diverse landscape, from fertile rice lands on Java and Bali to the luxuriant rainforests of Sumatra, Kalimantan and Sulawesi, to the savannah grasslands of the Nusa Tenggara islands to snow-capped peaks of West Papua. Wildlife ranges from the prehistoric giant Komodo lizard to the Orangutan and the Java Rhino. Additionally, the Sulawesi anoa dwarf buffaloes, birds with exquisite plumage like the cockatoo and the bird of paradise call Indonesia home. This is also the habitat of the Rafflesia, the world’s largest flower, wild orchids, an amazing variety of spices, and aromatic hardwood and a large variety of fruit trees. In the waters of North Sulawesi, scientists have found the prehistoric coelacanth fish, a “living fossil” fish predating the dinosaurs living some 400 million years ago. Visitors might also spot while whales migrating yearly through these waters from the South Pole. There are hundreds of species of colourful coral and tropical fish to admire.

CLIMATE

Being a tropical country, Indonesia is blessed with two seasons: dry and rainy. Dry usually occurs from June to September and the rest is rainy season. Sunshine is abundant except in rainy season when the sky tends to be cloudy. It is advisable to visit Indonesia during dry season. Make sure that your visit does not coincide with holiday festivities such as Muslim holiday Eid (or Lebaran, like Indonesians, are fond to say) because the traffic tends to be heavy especially in Java island. Unless you are interested in experiencing the festivals up close, of course. Indonesia’s climate can be hot and humid, so bringing along sunscreen and moisturizers during dry season is recommended. No need to bring umbrellas during rainy season because they are abundant and can easily be bought in shops around the island.
PEOPLE
Living on more than 13,400 islands, the Indonesian nation today counts some 200 million people population, comprising of more than 200 ethnic groups. After Independence in 1945 inter-marriages among people of different ethnic groups have welded the population into a more cohesive Indonesian nation.

The majority of the population embraces Islam, while in Bali the Hindu religion is predominant. Whereas in areas like the Minahasa in North Sulawesi, the Toraja highlands in South Sulawesi, in the East Nusatenggara islands and in large parts of Papua, in the Batak highlands as well as on Nias island in North Sumatra, the majority are either Catholics or Protestants. On the whole, the Indonesian people are religious in nature. And, true to the Pancasila, the 5 philosophical principles of Indonesia’s nationhood (Belief in the One and Only God, a Just and Civilized Humanity, the Unity of Indonesia, Democracy through unanimous deliberations, and Social Justice for all) Indonesian societies are open and remain tolerant towards one another’s religion, customs and traditions, all the while faithfully adhering to their own. The Indonesian coat of arms moreover bears the motto: Bhinneka Tunggal Ika – Unity in Diversity.

Although today’s youth especially in the large cities is modern and follow international trends, when it comes to weddings, couples still adhere to traditions on the side of both the bride’s and bridegroom’s parents. So in a mixed ethnic wedding, the vows and wedding traditions may follow the bride’s family’s, while during the reception elaborate decorations and costumes follow the groom’s ethnic traditions or vice versa. Weddings and wedding receptions in Indonesia are a great introduction to Indonesia’s many and diverse customs and traditions. Weddings are also occasions to display one’s social status, wealth and fashion sense. Even in villages, hundreds or even thousands of wedding invitees line up to congratulate the couple and their parents who are seated on stage and then enjoy the wedding feast and entertainment.

HISTORY
Ever since prehistoric times, the Indonesian archipelago has been inhabited. Java Man or *pithecanthropus erectus* is the oldest known inhabitant here, having lived over a million years ago. Other more recent prehistoric species include the still disputed *homo Floresiensis*, or the Flores hobbits, dwarf people, who have also made these islands their home. Historically, Chinese chronicles mention that trade between India, China and these islands was already thriving since the first century AD. The powerful maritime empire of Criwijaya with capital around Palembang in southern Sumatra was the centre for Buddhism learning and was known for its wealth. It held sway over the Sumatra seas and the Malacca Straits from the 7th to the 13th. century. In the 8th -9th century, the Sailendra Dynasty of the Mataram kingdom in Central Java built the magnificent Buddhist Borobudur temple in Central Java, this was followed by the construction of the elegant Hindu Prambanan Temple built by the Civaistic king Rakai Pikatan of the Sanjaya line.

From 1294 to the 15th century the powerful Majapahit Kingdom in East Java held suzerainty over a large part of this archipelago. Meanwhile, small and large sultanates thrived on many islands of the archipelago, from Sumatra to Java and Bali, to Kalimantan, Sulawesi, Ternate and the Moluccas.

In the 13th century, Islam entered Indonesia through the trade route by way of India, and today, Islam is the religion of the majority of the population. Throughout history, traders have brought the world’s large religions of Buddhism, Hinduism and Islam to this archipelago, deeply influencing this country’s culture and way of life. Yet Indonesia was never conquered by India or China until Europeans came and colonized these islands.
Marco Polo was the first recorded European to set foot on Sumatra. Later, in search for the Spice Islands, the Portuguese and Spaniards arrived in these islands sailing around the Cape of Good Hope in southern Africa. In 1596 the first Dutch vessels anchored at the shores of West Java after a long voyage. Over the next three centuries, the Dutch gradually colonized this archipelago until it became known as the Dutch East Indies. But revolt against the colonizers soon built up throughout the country. The Indonesian youth, in their Youth Pledge of 1928 vowed together to build “One Country, One Nation and One Language: Indonesia”, regardless of race, religion, language or ethnic background in the territory then known as the Dutch East Indies. Finally, on 17 August 1945, after the defeat of the Japanese in the Second World War, the Indonesian people declared their Independence through their leaders Soekarno and Hatta. Freedom, however, was not easily granted. Only after years of bloody fighting did the Dutch government finally relent, officially recognizing Indonesia’s Independence in 1950.

Jakarta, located on the north coast of western Java is the capital of the Republic of Indonesia. It is the seat of government, and centre of business and finance. A large, modern metropolitan city with a population of 9 million people, Jakarta is a melting pot of all different ethnic groups in the archipelago.

Today, after six decades of freedom, Indonesia has become the third largest democracy in the world. Despite facing today’s global financial crisis, the country has managed to show positive economic growth and is internationally respected for her moderate, tolerant yet religious stance in today’s global conflict among civilizations.

**TIME ZONES**
Indonesia spans several time zones, from Greenwich meantime +7 to +9 hours.

**COUNTRY CODE**
Indonesia’s country code is + 62

**MOBILE PHONES**
You can easily use an overseas mobile or cell phone in Indonesia on roaming but it is usually much cheaper to purchase a local SIM card. Ask your hotel or guide for details on where to purchase one. However, network problems are frequent, a common issue being that a caller will hear a ringback tone, yet the call is not reaching the receiver. Crossed lines are also a regular occurrence. As such, for reliable communication we recommend using SMS or Whatsapp.

**INTERNET**
Wireless (Wi-Fi) Internet access is available in most hotels. Free Wi-Fi is available in many restaurants and cafes. Be careful to not save your password or sensitive information on public computer terminals.

**ELECTRICITY**
Most of the electrical current in Indonesia is 220V, 50Hz. Round two-plug pins are more common although some places use flat pins or three-pronged pins. Adaptors are sold in local markets. In all countries protect sensitive electronic equipment like laptops from power fluctuations by using a surge-protector.
JAVA
Java is the heartland of Indonesia and the fifth largest island in the archipelago, about 650 miles (1,050 km) long and up to 130 miles (210 km) wide. With 141 million inhabitants it is the most densely populated island in the world, but the vast majority of the Javanese live in the coastal plains. It is a remarkable geographical fact that eighty-five percent of the total surface of the island is uninhabitable. The mountain range that makes up the central spine and runs the length of the island contains no less than 121 active volcanoes. Natural ecosystems range from coastal mangrove forests on the north coast, low-lying tropical forests on the southern coast, to high altitude rainforests in the mountainous interior.

The history of Java is as exceptional as its nature. There are fossils which show ancestors of modern man here long before human history. Over the last 2000 years one can see the influence and flourishing of the great eastern and western religions. By the end of the 16th century, Islam surpassed Hinduism and Buddhism as the dominant religion in Java.

As a result of its colourful past traveling through Java is like going through a history book.

Getting here: The main airports in Java are in Jakarta, Bandung, Yogyakarta, Semarang and Solo from where there are many domestic flights daily as well as international connections. There is also a well-established rail network which connects the major cities of Java. Schedules change often, so please contact Trails of Indochina for the latest travel options.

JAKARTA
Located on the north coast on the western part of the island of Java, Jakarta is a huge, sprawling metropolitan city with a population of more than 9 million people. It is the largest city in Indonesia and also the seat of national government as well as seat of the provincial government of Greater Jakarta. Because of its huge population, Jakarta is dense. Therefore, one finds juxtaposed here luxurious houses next to road-side shacks, and state-of-the art cars fighting for space with dilapidated buses. But the city is very dynamic and full of life during the day and well into the night. The city has a centuries-long fascinating history and was an active trading port as far back as the 15th century.

Indonesia’s first contact with the Dutch was in 1596 when four sailing ships landed in Jakarta. By the end of the 18th century the Dutch had extended their influence over the sultanates and Indonesia became a colony of the Netherlands. Independence was declared on 17 August 1945, two days after the Japanese Emperor’s surrender in the Pacific and today the republic of Indonesia is a democracy with a thriving economy that grows by about 6% a year.

Getting here: Jakarta is well connected to major international cities as well as the rest of Indonesia by Soekarno-Hatta international airport, Indonesia’s principle arrival gate. There is also a well-established rail network which connects the major cities of Java. Schedules change often, so please contact Trails of Indochina for the latest travel options.

YOGYAKARTA
Yogjakarta stretches from the slopes of mighty Mount Merapi in the north to the wave-swept beaches of the powerful Indian Ocean to the south. Yogjakarta (Jogja) came into being in 1755, when a land dispute split the power of Mataram (the emperor) into the Sultanates of Yogjakarta and Surakarta (Solo). Prince Mangkubumi then built the Kraton of Yogjakarta and created one of the most powerful Javanese states ever.

Yogjakarta is the second most visited destination in Indonesia, next to Bali.
There are about 70,000 handicraft industries located here including the wonderful Batik fabric work. But the main highlights are surely the magnificent temples of Borobudur (Buddhist) and Prambanan (Hindu). Prambanan is the largest Hindu temple in Southeast Asia and Borobudur is the largest purpose-built Buddhist structure and dates from the 9th century.

Visitors can also visit Selarong Cave, Pandansimo beach, Gajah Mountain, or Vredeburg Fort. To understand the history of the sultanate, try visiting the Kraton of Yogyakarta and Tamansari.

A visit to “Jogja” is never complete without experiencing Malioboro Street. Rows and rows of shops and outlets sell many kinds of Batik fabrics, handicrafts and other souvenirs.

Getting here: Yogyakarta is serviced by its own international airport which connects to other hubs in Southeast Asia as well as Jakarta, Bali and the rest of Indonesia. There is also a well-established rail network which connects the major cities of Java. Schedules change often, so please contact Trails of Indochina for the latest travel options.

LOMBOK & GILI ISLANDS

The Island of Lombok, 30 minutes East of Bali by flight of 1.5 hour by speedboat, is a hidden jewel traditionally overshadowed by the fame of neighbouring Bali. With a total area of 4,725 km²; the island is slightly smaller than Bali and has 3.5 million inhabitants. The indigenous Sasak people make up some 85% of the population and are thought to have migrated from Java several centuries BCE. The Sasaks are culturally and linguistically closely related to the Balinese, but unlike the Hindu Balinese, the majority practices the Muslim faith. The island’s landscape is dominated by Mount Rinjani, which rises to 3,726 m (12,224 ft) and is the second highest volcano in Indonesia. The area surrounding the volcano and the caldera were declared a National Park in 1997. Along the west and south are serene beaches, long idyllic stretches of white sand and wind-bent whispering palms. Lombok is also the jumping-off point for exploring The Gili Islands of Gili Trawangan, Gili Meno and Gili Air; three small islands which are world renown for their offer of turquoise waters, white sand beaches, and amazing snorkelling and diving sites. While the Gilis have become popular with the backpacker set in recent years, there are still plenty of luxurious accommodation options such as the brand new Hotel Ombak Sunset which boasts a restaurant and bar overlooking the clear waters of Bangsal Bay.

Getting here: Lombok is serviced by an international airport with flights to Perth, Singapore, Kuala Lumpur as well as Bali and the rest of Indonesia. Many travellers also reach Lombok by speedboat from Bali which takes about 1.5 hours. A short speedboat journey takes travellers from Lombok to The Gili Islands.

FLORES

Flores is one of the Lesser Sunda Islands, located between Sumbawa and Komodo to the west and Lembata and the Alor Archipelago to the East. These Lesser Sunda Islands actually consist of two geologically distinct archipelagos. The northern archipelago, which includes Bali, Lombok, Sumbawa, Flores and Wetar, is volcanic in origin and was formed during the Pliocene, about 15 million years ago, as a result of the collision between the Australian and the Asian plates. The islands of the southern archipelago, including Sumba, Timor and Babar, are non-volcanic and belong to the Australian plate. Flores has one of the driest climates in Indonesia and the original vegetation is dry forest rather than the rain forest that covers the Greater Sunda Islands in the western part of Indonesia.

Flores is 400 km (220 miles) long at its widest point and the distance from north to south is 60 km (40 miles). There are many different languages spoken on the island, all of them belonging to the Austronesian family. Remarkably, Flores is almost entirely Roman Catholic. The indigenous population was originally converted by Portuguese traders and missionaries who first arrived in Flores as early as the 16th century.
Until fairly recently travellers to Flores came for two reasons only: Komodo and Kelimutu, but word is spreading fast that the island has much more to offer in terms of cultural treasures and natural wonders. It is no longer a secret that Flores is a land of open-hearted people and the “next big thing” in Indonesia. Even though Flores is stunningly beautiful and there are many sites of historical interest, it is above all the people who make this island so special. Everyday life is filled with ritual ceremonies and the superb craftsmanship one witnesses in activities like ikat weaving is living proof of a unique heritage. Flores does not cease to amaze.

**Getting here:** The airport and harbour of Labuan Bajo (on the western tip of Flores) are the traditional entrance point to Flores and also the jumping off point for journeys to Komodo. This airport receives domestic flights only.

**Komodo**

Komodo National Park was established in 1980 and was declared a World Heritage Site and a Man and Biosphere Reserve by UNESCO in 1986. The islands of Komodo and nearby Rinca are the native habitat of the unique Komodo dragon (*Varanus komodoensis*) the world’s largest lizard which can reach 3 meters long and weigh 90 kilograms. It is the single land animal from the era of the dinosaurs still surviving until today. On Komodo and Rinca, they can easily be spotted in the wild.

Located some 500 kilometres east of Bali, The Komodo National Park is, in fact, an archipelago of about eighty islands in between Flores to the east and Sumbawa to the west. Aside from the dragons, the fauna includes deer, buffaloes, boars, monkeys, wild horses, sea eagles, sulphur crested cockatoos and flying foxes.

In addition, the underwater life offers over 1,100 different species of fish and over 250 types of corals. The waters of the park are a special border area between two totally different marine ecosystems. To the north, there is the Flores Sea, a purely tropical environment with clear warm waters, kaleidoscopic corals and unsurpassed visibility. The Savu Sea to the south is actually part of the Indian Ocean. In the interface of these two underwater worlds, there is abundance of marine life and it is not unusual to encounter manta rays, whale sharks or hammerheads, endless schools of pelagic fish and too many more species to mention. At the same time, popular dive sites like the famed Pink Beach on Komodo are fantastic spots for snorkelling. It is important to know that ninety percent of reef life lives in the top 10 meters of water, so snorkelers do not miss out on anything by not diving.

Most islands of the National Park are uninhabited, except for just four small settlements of Bajo people, “the sea gypsies” whose livelihood depends entirely on the sea. Formerly they were fully nomadic, living on their boats, but nowadays they also live in houses on stilts over the water. They consider themselves as the “children of the sea”.

**Getting here:** Most travellers will arrive to Labuan Bajo, Flores and then take a boat to visit Komod & Rinca Islands. Labuan Bajo receives domestic flights only.

**Sumatra**

Sumatra, the westernmost of the large Indonesian islands is the sixth largest island in the world and is home to 50 million inhabitants. The longest axis of the island runs approximately 1,790 km (1,110 miles) from northwest to southeast, crossing the equator near the centre. At its widest point, the island spans 435 km (270 miles). It is separated in the northeast from the Malay Peninsula by the Strait of Malacca and in the south from Java by the Sunda Strait. The Barisan Mountains form the backbone of the island and stretch for most of its length, plunging steeply to the sea in the west and cascading into swampy plains in the east. The highest peak in the Barisan range is an active volcano, Mount Kerinci, which rises 3,805 m (12,467 ft) above sea level and makes Sumatra the fifth highest island in the world. The volcanic activity stems from Sumatra’s location on the Pacific Ring of Fire.
Offshore in the Indian Ocean, the Great Sumatran fault runs along the entire length of the island’s west coast. Wild and rugged, nature is the primary attraction of Sumatra. In the last 35 years Sumatra has lost half of its natural forest cover but since 2008 there is a moratorium on further clearance and in the thick jungles that remain small pockets of hunter-gatherers still compete for survival with rare Sumatran tigers, orangutan and rhinos. Sumatra has one of Indonesia’s largest nature reserves, the Mount Leuser National Park. Sumatra is a world of different ethnic groups and cultures with more than 52 tribal languages. Migrating tribes from mainland Asia started arriving around 500 BCE, and several significant kingdoms flourished here. The north of the island around Aceh was the home of Indonesia’s first Islamic Sultanate and today it is still known for its strict way of life. Further inland is the homeland of the largely Christian Batak tribes, cantered round Tapanuli and Lake Toba, while Bukit Tinggi and Padang in the west are home to the distinctive matrilineal Minangkabau culture. Off the coast of North Sumatra, the island of Nias was inhabited by a tribe of head-hunters. While this custom has faded over time, the people still practice some of their age-old customs, such as stone-jumping. In this ritual young boys prove their manhood by jumping over a stone obstacle that is 2 meters high. The Mentawai and Nias Islands also have some of the best surfing waves found in the archipelago.

**Getting here:** The main airports in Sumatra are in Medan, Palembang, Jambi from where there are many domestic flights daily as well as international connections. Schedules change often, so please contact Trails of Indochina for the latest travel options.

**BALI**

Bali has been the favourite destination for locals and international tourists for many decades. Full of magnificent beaches, breath-taking sceneries, marvellous trinkets and interesting culture, Bali is ideal for people wanting to escape from daily activities, enjoy a honeymoon, or even, have a great time with family and friends. Bali is the westernmost of Indonesia’s Lesser Sunda Islands, lying between Java to the west and Lombok to the east. It is one of the country’s 33 provinces with the provincial capital at Denpasar towards the south of the island. With a population recorded over 3 million, the island is home to the vast majority of Indonesia’s small Hindu minority. 93.18% of Bali’s population adheres to Balinese Hinduism, while most of the remainder follow Islam. It is also the largest tourist destination in the country and is renowned for its highly developed arts, including dance, sculpture, painting, leather, metalworking and music.

**Getting here:** Most visitors will fly to Directly to Bali’s ‘Ngurah Rai’ international airport which is well-connected to major international hubs.
VEHICLES

Transportation across Indonesia is generally modern and very good in Java, Sumatra, Bali & Lombok. In Flores / Komodo, the quality of vehicles is slightly lower/older although still safe and sound.

CUISINE

When it comes to Indonesian food, diversity is definitely what’s on offer. From spicy meat curries to deep fried banana to drinks of iced coconut and jelly – cuisine in Indonesia is remarkably varied.

Visitors here will find the food to be a blend of strong flavours always accompanied by nasi or rice. There is a saying in Indonesia that a meal without nasi is not really a meal and this is a philosophy that Indonesians live by, eating nasi goreng for breakfast, and more nasi for lunch and dinner.

SHOPPING

If shopping is your passion, then go no further than the major metropolitan cities of Indonesia. With high end labels from around the world, many of Indonesia’s malls can rival Europe and American with their collections. The malls of Jakarta, Indonesia’s bustling capital, vary from those with high end designers to the chaotic crowds of local markets where anyone can pick up a bargain. If fashion is not your style, try shopping at a traditional market where you can test your bahasa bartering on local produce, handicrafts or antiques. Sample the tropical fruit or take in the sights of traditional bamboo furniture for sale. For those who like to browse, it will be impossible to resist the temptation to wander the streets and look at all the traditional wares on offer, from beautiful batik materials to shiny pieces of hand crafted silver jewellery.

Trails of Indochina and our guides cannot accept responsibility for any misrepresented or faulty goods. We do not take responsibility for following up on merchandise that you choose to ship home. Our guides only make suggestions, not guarantees.
Indonesia has several traditions and customs and it is best if you know them beforehand. Some of them are listed below:

- Even though hand shaking is deemed appropriate between men and women, bear in mind that a number of Muslim women prefer to introduce themselves to men by nodding their head, smiling, and clasping their hands without any physical contact.
- Traditionally, when you greet someone, both hands are used when shaking, without grasping.
- It is considered polite to make a phone call first before visiting.
- Shoes must be taken off before entering a house or place of worship like mosques.
- Usually, drinks are offered to guests. It is polite to accept.
- When eating, receiving or giving something, always use your right hand. Right index finger should not be used to point a place, items or people. Use the right hand thumb and fold the remaining fingers to be politer.
- Taking photographs of houses of worships is allowed, however, permission should be asked first whenever possible, especially if you want to take pictures of the interior.
- Most Indonesian Muslims do not consume alcoholic drinks and pork.
- The tradition of proposing a toast to honour someone is not generally known.
- Dress sufficiently. If you are female, make sure you dress accordingly. Skimpy or revealing clothing in public areas, save from beaches and pools, might warrant unwanted attention.

In general, Indonesia is relatively safe for travellers. Violent attacks are not common although theft can occasionally be a problem. When possible, secure your valuables in the hotel safe. Remember to record your traveller’s cheque numbers and credit card information - just in case.

- Do not leave your wallet or mobile phone in the back pocket of your trousers or anywhere else that is easily reached (like an outer zip-up compartment on a backpack). Be especially vigilant in markets and other crowded places like ports.
- Pick-pocketing and purse-snatching are more of a problem in touristy areas than in smaller towns. Wearing a money belt or something that can be easily tucked away is considered safer.
PACKING ESSENTIALS
What you take will naturally depend upon where you are traveling, and it can often be difficult to decide what to pack, nevertheless, the following should act as a useful checklist of essential items worth considering.

- Passport – Ensure that it is valid and in good condition with empty pages available. Make a photocopy as well
- Copy of visa approval letter (if visa is to be obtained on arrival)
- Insurance – Ensure that it will be valid for the whole journey
- Passport Photos – Will invariably be needed for identification passes and certain overseas visas
- Emergency contact numbers: Trails of Indochina, Insurance company, friends and family.
- Debit/credit card cancellation numbers
- Air tickets and Itinerary
- Money belt – Ensure that it is discrete and comfortable to wear
- First Aid kit - Basic travel kit to cover basic mishaps which may occur along the way
- Personal Medication –with international doctors’ note to ensure easy passage of medication across international borders
- Sun block – High UVA protection ideally
- Sunglasses & sunhat
- Comfortable walking shoes
- Mosquito spray & insect repellent
- Long sleeve top and trousers – Useful to protect against mosquitoes at dawn and dusk and the sun through the day
- Camera & battery
- Security code pad lock
- A small amount of currency in USD small notes

CLOTHING
Pack light and casual clothing for your visit to Indonesia, as the heat and humidity is present all year round. Bring lightweight trousers, long skirts, long-sleeved shirts and a sweater or shawl for visits to the temples. You’ll be required to keep your skin covered, and because some sites are high atop dormant volcanoes, such attire will keep you warm. If you are visiting the beach, remember your beach attire: swimsuit, sunblock, sunglasses and a wide-brimmed hat. In the main cities of Indonesia, there are many department stores and pharmacies so if you have forgotten something it is relatively easy to find.

TOILETRIES & MEDICATION
While imported beauty products are readily available in major cities, you’d be wise to pack staples like sunscreen, contact lens solution, tampons and mosquito repellent. It is advised that your prescription medication is in its original box with the label along with the prescription to avoid any complications that may arise at Customs. Many medicines are available in Southeast Asia without prescriptions. If you plan to purchase medication, choose a reputable supplier and read the labels carefully, particularly paying attention to expiration date.
TRAVEL DOCUMENTS
You should bring a money-belt to safely carry your travel documents and cash, and ensure that your luggage has a lock. Bring photocopies of your passport and keep this separate to your passport in your luggage.

CONTACT US
If you have any questions or encounter any issues, please contact us at our Indonesia office so we can provide an immediate solution.

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