

# Pureland Project Tours

General 'To Bring List' and information for your Tour with The Pureland Project.

## WHAT TO PACK:

- Daypack for hikes
- A Sleeping Bag for - 10 degrees is good
- A Sleeping Pad/ Yoga Mat
- Dr. Bronner's and eco-toothpaste

*(we will be washing in rivers & brushing our teeth on the mountain. Only bring ecofriendly supplies!)*

Ladies: I recommend "the keeper" but if that doesn't work for you please, bring eco-friendly products. Glad rags will be very difficult to wash! We can buy toilet paper and wipes in Xining.

## MORE TO PACK:

- Hand sanitizer (can be made with aloe, neem and tea tree)
- Pocket Knife (also great for gifts)
- Flashlight/ Headlamp (the batteryless kind are best)
- Water Bottle (will need to hold boiling water)
- Sunscreen (the sun is extremely strong!)
- Rain Jacket
- Warm Sweater or Jacket
- Hiking Shoes
- Hiking Sandals (that you can go in the river with)
- Long Underwear
- Long Pants (good for activity)
- Long Skirt
- Short Sleeve Shirt and Long Sleeve (no sleeveless!)
- Good Socks
- Sunglasses (can buy there)
- a Hat (can buy there)
- Comfort snacks like fruit leather just incase you just can't eat another bowl of tsampa!  
(we will buy dried lentils and other familiar veggie proteins in Xining.)
- Vitamins & Herbal Supplements that may support you and your immune system
- Doctor recommended vaccines include: hepatitis A and B, Measles, Mumps, Rubella, Rabies (you'll still need a shot if you are bitten by an animal regardless of having the vaccine), tetanus, typhoid

- ❑ Medicine to pack or buy in Xining if you are into biomedicines: ciproflaxin (cipro)500mg 2x daily for diarrhea. Rifaximin (xifaxan) 200mg 2x/day Anti-Diarrhea like Imodium may make you feel better for a second, just like pain relievers like ibuprofen.

#### More on Medicines:

We are going to be around 4,200 meters and many people who visit have felt short of breath, headaches, nausea, diarrhea, etc. It can feel pretty nasty. There is a Tibetan root that can help... or diamox (acetazolamide). Acclimatization is important, and I hope that everyone will be ok with the way we will move, if not, we will keep a jeep in case anyone needs to go down in altitude. I have friends/"family" in each Nangchen, Yushu and Xining, so you will have people to care for you. Just in case of medical emergency please do have some extra money (\$200) to cover any emergency medical expenses!

#### On Currency:

Cash!!! Only one bank in Xining will accept foreign credit cards and its difficult!!! So please bring the bills!!! We can do currency exchange at the airport!

#### On Tech:

There will be a little bit of solar power and a generator, but don't bring anything that needs much electricity. If you have a digital camera bring another battery! Don't expect to use a computer, unless you want to hear the nasty gas generator running all the time!

ALSO, there is now very limited cell phone coverage in Gar Village, but limited electricity and little running water, be prepared to disconnect!

#### GOOD GIFTS:

*(you will meet many beautiful people you may want to offer something to.)*

- ❑ Pocket Knives
- ❑ Batteryless
- ❑ Flashlight
- ❑ Simple Puzzles
- ❑ Simple English Books
- ❑ Maps/ Globes
- ❑ Laptops
- ❑ Small Musical Instruments
- ❑ Anything simple that is not made of plastic (the computer is the exception...they are a special request from the principal!)

### On Passports:

All participants will be expected to have a valid passport in order to obtain the Chinese visa which is necessary to travel to Tibet. In order to obtain or renew an American passport please visit: [travel.state.gov/passport/get/get\\_4855.html](http://travel.state.gov/passport/get/get_4855.html)

If you are applying, you will need:

1. the paper form which is included on this page
2. one passport photo
3. \$110\$

200 by check or credit card, fees depend on services (The cost of a new passport is \$110, in a rushed situation you may pay upwards of \$200.)

Things to consider:

The normal expedited service takes 23 weeks or a rushed application may be filed in person at one of the following passport centers for an additional \$60.

### Chinese Visas:

The area which we are traveling is considered Qinghai Province of the People's Republic of China, we will not be traveling inside of any autonomous regions where special permits are required, therefore we will simply travel on the Chinese visa. Please follow the instructions carefully. Each participant is responsible for obtaining their own visa, though please do not hesitate to contact us with any questions.

### Chinese Visa Application Procedures:

To obtain a Chinese Visa you will need:

1. A valid passport (valid for 6 more months & with a blank page)
2. A completed visa form from this page
3. 1 passport photo (2"x2")
4. \$140 payable by visa, MasterCard, cashier's check or money order (plus \$30 for same day service)

Regular Visa service takes 4 business days, though same day processing is available. Mail service is not acceptable and the applicant must apply for the visa to the consulate or embassy that has jurisdiction over one's place of residence. If you are unable to visit your consulate you may hire a visa service to handle the processing.

If you are unable to visit the consulate in person, you can pay a \$50 processing fee to have Travisa handle this for you: <http://china.travisa.com>

### Instructions for filing your Chinese Visa Application:

Review instructions based on the purpose of journey to China. Complete, print and sign all visa application forms, including Trivisa's Global Reservation Form. Send all of the visa application requirements to Trivisa.

The visa application varies depending on the consulate and the political climate. At times the application may require a copy of the round trip ticket to China. The following is a guide you need to follow when completing your application.

If you apply in person, it is important that you identify yourself as a tourist, not a student, and that you are touring Western China. Technically the area that we are visiting is Qinghai Province, it is not "Tibet" according to the Chinese government. By mentioning Tibet or academics your application may be flagged and you may be refused a visa, keep in mind that we are visiting a politically sensitive region and we must be mindful of keeping ourselves and our hosts safe.