



## General information for your trip in Pakistan Clothing & Local Customs:

Pakistan is an Islamic country and it is therefore advisable for women not to wear short skirts / tops or short trousers in public. A head-scarf will come in handy for women when they visit a mosque or sometimes it can be a custom in more remote areas. Dress codes for men are more lenient, though shorts are uncommon - they can be worn depending on the places you visit on a certain day (for example if you visit a mosque, sacred site or very conservative area it might be better to adjust your clothes to a more modest style – feel free to ask your guide if you are not sure). Men should never shake hands with or touch a woman they don't know very well. All clients are advised to ask for permission before taking photographs.

As with most countries of South Asia, you should use your right hand for eating, shaking hands and giving or receiving everything (including money), and reserve your left hand for handling shoes and assisting in toilet duties.

### Visa

The government has recently introduced a new visa policy, all information about the different types of visa and the required documents can be found online: <https://visa.nadra.gov.pk/>

We will provide you with a visa invitation letter as well as a copy of our company license, a copy of our chamber of commerce membership and a copy of the ID card of the owner of Adventure Pakistan. If you need any assistance before or during your visa application – please don't hesitate to contact us at any time.

Visa on arrival is possible for nationals of selected countries when they meet certain requirements, we would be happy to assist you with this but currently our advice is to apply for your visa in advance via the online system to fore come any unpleasant surprises or delays on arrival in Pakistan.

### Banks / Money in Pakistan:

It is important to know that it might be difficult to get money from an ATM as not all ATM's accept foreign bank cards, most likely it will only be possible in the main cities like for example Islamabad, Lahore and Karachi. Therefore it is better to always bring some cash money (preferably USD) which you can exchange to PKR if needed (please note that new notes in larger denominations will get the best exchange rate, sometimes very old notes are not accepted). It can also be good to check in advance with your own bank which ATM machines you can use as there a lot of different banks in Pakistan but foreign banks only have agreements with some of them. Credit cards will be accepted at most of the international hotels and at shops etc. in larger cities.

The national currency of Pakistan is the rupee (PKR). Coins are issued in 1, 2, and 5 rupee denominations while banknotes come in 5, 10, 20, 50, 100, 500, 1000, and 5000 rupee values.



#### Climate:

Pakistan has well defined seasons; Winter (December - February), Spring (March - April), Summer (May - September) and Autumn (October - November). During summer in central and southern parts of the country, the temperature may go as high as 45C. However, the northern regions have very pleasant weather during summers. Between July and August, the monsoon season brings an average 38-51cm of rain to the plains and 152-203cm in the lower Himalayan valleys of Murree, Kaghan, Swat and Azad Kashmir.

#### Religion:

Muslim (97%), Hindu (1.5%), Christian (1%) and several other minorities.

#### Languages:

National language: Urdu

Official language: English

Main Regional Languages: Sindhi, Balochi, Punjabi and Pashto.

English is the official language used in all government and most educational and business entities, and is also understood and spoken at varying levels of competence by many people around Pakistan, especially the upper classes and people who have gone through higher levels of education, and those residing in the larger cities.

#### Time zone:

Pakistan Standard Time is GMT plus 5 hours. It gets dark at about 05:00pm in winter and at 07:30pm in summer.

#### Driving:

All traffic in Pakistan runs on the left side. Cars must be insured and registered. Minimum age for driving is 18 years. Speed limit is 65 km/h at most roads and 120 km/h on motorways.



## Health

Please consult your doctor well in advance to ask about any vaccination or health advisories for your specific trip itinerary. Depending on the season and location it might be advisable to bring mosquito repellent with you, good sunscreen & sunglasses can also be a must. While in Pakistan make sure to only drink bottled mineral water from established brands like Nestle, Murree Sparkletts, Aquafina or Dasani. Be careful when purchasing foods from food stalls or small shops and only eat fresh fruits and raw vegetables when they have been washed and prepared by yourself with the use of purified water and clean utensils.

If travelling to high altitudes be sure to get informed about acute mountain sickness as well as high altitude pulmonary edema & high altitude cerebral edema. Lower amounts of oxygen at high elevation – mostly starting from altitudes above 2500m can cause multiple health issues – symptoms to look out for are headaches, vomiting, tiredness, trouble sleeping, dizziness and confusion. It is advisable to take it slowly, only gain altitude moderately each day and drink plenty of fluids to prevent mountain sickness - be sure to descend to lower altitudes if problems occur.

Always inform our staff if you experience any physical discomfort or illness, be sure to ask them for advice if in doubt about some symptoms or let them take you to the nearest doctor or hospital. (Please check your medical & travel insurance coverage before your trip)

## Electricity:

In Pakistan the standard voltage is 230 V and the frequency is 50 Hz. You can use your electric appliances in Pakistan, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa). Manufacturers take these small deviations into account. If the standard voltage in your country is in the range of 100 V - 127 V (as is in the US, Canada and most South American countries), you need a voltage converter in Pakistan. You can also consider a combined power plug adapter/voltage converter.

Please see next page for an overview of the most common power sockets in Pakistan – kindly note the type C socket is similar to sockets used in mainland Europe but different sockets are used throughout the country therefore it might still be advisable to bring a universal adapter with you.

## What plug sockets are used in Pakistan?

There are four different types of power outlets used in Pakistan, these are type G, C, D and M with the primary power outlets being type G:

- **Plug Type C** - You can identify the wall socket by the two holes adjacent to each other for live and neutral.
- **Plug Type D** - You can recognise this plug outlet by the 3 round holes in a triangular configuration.
- **Plug Type G** - The wall socket, also known as a type G power outlet, looks like 3 vertical slots with plastic shutters in a triangular shape.
- **Plug Type M** - The wall socket, technically called a type M power outlet, can be identified by the three round holes in a triangular configuration.

World power supply types

