

# Laos

## Travel Facts



### US State Dept Travel Advisory

The US Department of State currently recommends US citizens exercise increased caution to Laos due to civil unrest. Some areas have increased risk.

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

### Passport/Visa Requirements

For the latest passport and visa requirements for this country, please consult the U.S. State Department's "Learn About Your Destination" search tool, available through the link below.

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages.html>

### US Embassy/Consulate

[856] 21-48-7000; US Embassy Vientiane, Ban Somvang Thai, Thadeua Road, Km 9, Hatsayfong District, Laos; CONSIAO@state.gov; <https://la.usembassy.gov/>

### Disabled Travelers

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/traveling-with-disabilities.html>

### LGBTQ+ Travelers

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbtqi.html>

### Women Travelers

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/women-travelers.html>

### Telephone Code

856

### Local Emergency Phone

191 Police, 195 Ambulance

### Vaccinations

The CDC and WHO recommend the following vaccinations for Laos: hepatitis A, hepatitis B, typhoid, cholera, yellow fever, Japanese encephalitis, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia, influenza, COVID-19.

<http://www.who.int/>

### Climate

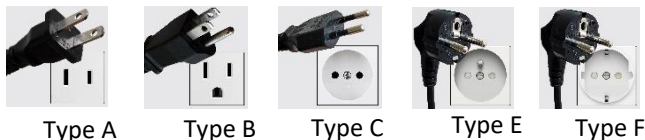
Tropical monsoon; rainy season (May to November); dry season (December to April)

### Currency (Code)

Kips (LAK)

### Electricity/Voltage/Plug Type(s)

230 V / 50 Hz / plug types(s): A, B, C, E, F



### Potable Water

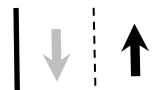
Opt for bottled water

### International Driving Permit

Suggested

### Road Driving Side

Right



### Tourist Destinations

Elephant Village Sanctuary; Four Thousand Islands (includes Khone Pha Pheng Waterfall); Kong Lor Caves; Wat Phu;; Vientiane; Luang Prabang (former royal city); Plain of Jars

### Major Sports

Soccer, sepak takraw (kick volleyball), muay lao (martial art)

### Cultural Practices

Lao culture is centered on the pleasures of life: eating, drinking, sleeping and chatting with friends. Work obligations rarely take priority over socialization. It's common to be asked if meals, weekend activities, weddings and whatever you're doing right now is "muan," or enjoyable.

### Tipping Guidelines

Tipping is not customary except in tourist-oriented restaurants where 10% of the bill is appreciated, but only if a service charge has not already been added. Tour guides and day-long drivers expect \$10-15 (USD) per day for a gratuity. Tip hotel staff \$2-3 (USD) per day for their service .

### Souvenirs

Hand-woven silk or cotton sarongs, gold and gemstone jewelry, wood carvings, spices, Hill Tribe bags

### Traditional Cuisine

Laob (or Laap) — minced meat, seasoned with lime juice, fermented fish sauce, and a variety of other ingredients such as finely ground roasted sticky rice, chili, mint leaves, onions, herbs, and spices

### Major Languages

Lao, French, English, various ethnic languages

### Major Religions

Buddhist, Christian

### Time Difference

UTC+7 (12 hours ahead of Washington, DC, during Standard Time)

April 2024

