

Laos

Travel Facts



US State Department Travel Advisory

The US State Department 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 US 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; CONSLAO@state.gov; <https://la.usembassy.gov/>

LGBTQIA+, Women, and Special Needs Travelers

Additional travel considerations can be found on the US State Department's International Travel page.

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

<https://wwwnc.cdc.gov/travel/destinations/list>

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



Type A



Type B



Type C



Type E



Type F

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)

Potable Water

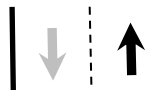
Opt for bottled water

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

Larb (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

