

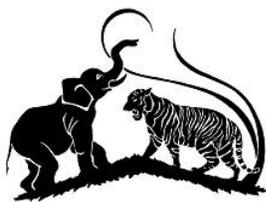
Dear Readers,

Welcome to a new edition of our newsletter.

1. Restrictions on domestic transportation

Independent press reports that some days ago, domestic transport services imposed restrictions on many items because they often get rejected when being sent via highway terminals:

Transport company	Affected area	Prohibited or restricted items	Key restrictions and additional information
Wepozt Delivery	Bago Region (Paungde, Pyay, Taungoo, Shwetaung, Gyobingauk, Nattalin, Letpandan), Monywa, Shwebo, Mawlamyine, Mudon, Chaungzon, Kyaikmaraw, Hpa-an, Thaton, Dawei, Nay Pyi Taw.	Solar panels/various electrical goods, various cosmetics, medicines, generators, flip-flop sandals, coconut milk, batteries, sodium cyanide, pills, incense sticks, mats, mobile phones, noodles, rice vermicelli, car tires, sweets, biscuits, soy sauce, coffee beans/powder, dried tea leaves, adult diapers, various fruits, toothbrushes/paste, soap, bird's nest, tissues, engine oil, chicken sausages, light bulbs, electric bikes, melamine, ready-to-drink milk, yogurt, batteries (dry cells), tires, zippers, naphthalene balls, plastic bags/buckets/cups, etc.	The listed items cannot be delivered to the specified towns. If the shipment is returned, return fees must be paid. Delivery within the same town may be possible.
Royal Express	Bago Region, Mon State, Kayin State, Tanintharyi Region and Nay Pyi Taw.	Various solar/electrical goods, various cosmetics, medicines. Medicines and cosmetics can only be delivered if the sender and recipient have a company license/shop license and a recommendation letter, and only small quantities can be delivered.	Town-to-town parcels may not weigh more than 3 kg. Parcels for delivery within a town may weigh up to 10 kg. Only quantities for personal use are accepted and wholesale items are not delivered at all. Sending multiple items with the same name/address is not accepted at all.
Ninja Van	There are general restrictions for all towns and additional restrictions for Sagaing	Generally: Items without FDA approval (medicine, cosmetics, food), agricultural supplies, electrical goods (electrical wire, batteries, solar panels, power banks), weapons and sharp objects,	Restrictions may vary by town due to local conditions. Senders should carefully check the relevant list of prohibited



Transport company	Affected area	Prohibited or restricted items	Key restrictions and additional information
	Region and Pyin Oo Lwin.	hospital supplies, items packed in opaque black bags. Additionally for Sagaing Region: Diapers, women's sanitary products, various medicines, and items whose exact name and content are unknown. Additionally for Pyin Oo Lwin: Diapers.	items for the town they are shipping to.

2. Customs procedures at Yangon International Airport

Furthermore, there are reports that quantity limitations are being more strictly enforced at Yangon International Airport. For the benefit of our international readers, we have therefore [translated](#) the “procedures undertaken when passengers arrive or depart at the airport (international arrivals or departures)” of the Customs Department under the National Defence and Security Council (“NDSC”).

Among others, the procedures specify items and quantities that arriving passengers may carry duty-free and/or without an import license, restrictions on the export and import of foreign currency and jewellery, tax rates for common items, restricted items, and how to get back detained items.

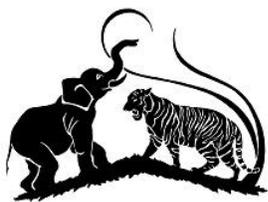
The procedures were probably published at some point in 2019 but are still on the Custom Department's website and seem to be up to date. In particular, passengers may apparently still officially carry up to USD 10,000 in cash when arriving (higher amounts in foreign currency must be declared) or departing.

3. Formation of committees

On 1 August 2025, the NDSC dissolved 194 committees created by the SAC ([newsletter](#)), and later 78 organisations (NDSC Office Notification 4/2025 dated 3 August 2025, published in the Myanmar Gazette dated 22 August 2025).

Among the committees that we think are of interest to our readers, the NDSC has since re-established the following:

- Foreign Exchange Supervisory Committee (6 August 2025; [newsletter](#))
- Agriculture and Livestock Development Commission (6 August 2025)
- Central Committee for Ensuring Smooth Flow of Trade and Goods (6 August 2025)



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- Industrial Development Commission (9 August 2025)
- Central Committee for Supervision of Security during the Multi-Party Democratic General Election (3 August 2025)
- Industry and Industrial Zone Development Central Committee (13 August 2025)
- National Standards Council (12 August 2025)

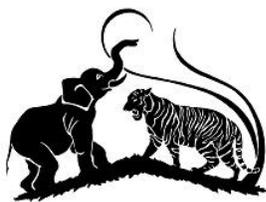
The upcoming Myanmar Gazette editions might publish the re-establishment of more committees and organisations.

4. Export/import seminar

Our firm is in the fortunate position of having a customs officer as an external advisor. Drawing on his expertise, we will hold a seminar on export and import procedures on 2 October 2025, tentatively covering the following topics:

- Obtaining export and import licences
- Export and import handling at Yangon International Airport
- Criteria for selecting passengers and cargo for screening
- Handling of exports and imports by sea
- Export and import of foreign currency
- Repatriation of foreign currency by exporters
- Import of medicines and medical supplies
- Points CMP manufacturers need to be aware of

Date and time	Thursday, 2 October 2025, 2:30pm - 4:00pm
Place	Rose Garden Hotel, 171 Upper Pansodan Road, Yangon
Speaker	Sebastian Pawlita
Language	English
Participation fee	MMK 25,000 per person, payable in cash at the reception desk
Registration	Please register by sending an e-mail to info@lincolnmyanmar.com , stating the name of your organisation and the names of the participants.



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Suggesting a topic

If you wish us to discuss a particular topic at the seminar, please do not hesitate to include this in your registration e-mail; we will be happy to amend the agenda.

We hope that you have found this information useful.

Sebastian Pawlita
Managing Director

About Lincoln Consultancy (Myanmar) Limited

Lincoln Consultancy (Myanmar) Limited provides the full range of consultancy, tax advisory and compliance work required by investors. We pride ourselves in offering result-oriented work, high dependability and a fast response time at very competitive prices. Please do not hesitate to contact us:

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