



TRAVEL GUIDELINES FOR NEPAL





VISA FORMALITIES

All travellers to Nepal must hold a passport valid for at least six months beyond the expected date of departure from Nepal. An entry visa for Nepal is also required. Visas for Nepal can be acquired before arriving in Nepal by contacting the nearest Embassy or diplomatic mission in your country. The option of visa on arrival is also available for passport holders of numerous nationalities, however, to avoid long queues at immigration it is recommended visa be obtained prior to arrival.

If you are planning to go for on arrival visa it is recommended to fill the visa form online to avoid standing on queue for filling the visa form kiosk machine at the immigration.

Tourist visa form needs to be filled within 15 days of your travel to Nepal which can be done online and the links is as follows:

www.online.nepalimmigration.gov.np/tourist-visa

Follow the link saying: 'To apply for tourist visa, please go here' on the page.

Important points to keep in mind once the page opens:

- Click on "Visa On-Arrival" 2nd icon from top left of the page

- Select Entry Point: Tribhuvan International Airport (TIA)
- Visa Option: Please select 15 Days (USD 30) – You will be paying the visa fee upon arrival in Immigration office at Tribhuvan International Airport in Kathmandu.
- Purpose : Tourism:

Once you fill it from the website, you will get submission receipt, please download it and print it out and bring it along for acquiring visa. It works for 15 days and becomes invalid after that.

Here are few things our clients need to prepare:

1. Please keep your valid passport at hand. Important: Passport must be valid for at least next 6 months from the date of arrival in Nepal. There must be at least one empty page in the passport for stamping in and out from Nepal to enter and exit Nepal.
2. Ready recent digital photographs (size: 1.5"x1.5") in your device to upload along with the application
3. Gather beforehand
 - I. A detailed permanent residence address, and
 - II. Detailed address in Nepal (We will provide it once the accommodation is finalized)
4. You need to provide telephone numbers-landline and mobile.
5. You need to provide your email address too.

6. The submitted application will remain in the system for 15 days. After 15 days, the application will be deleted automatically from the system.
7. Once the application is successfully submitted, a receipt will be sent to your email immediately and will also come on the screen with an option to print and download.
8. Print the receipt and keep it with you as you need to produce it before the Immigration Authority.
9. For your convenience, the deadline to contact the Immigration Authority will be mentioned in the receipt.
10. The receipt also mentions about the documents you need to produce before the Immigration Authority.
11. Please contact the Immigration Authority within 15 days after the submission of application.

No on arrival visa for country list - AFG, IRQ, CMR, GHA, SOM, SWZ, PSE, ZWE, NGA, ETH, LBR

For more information please visit:

<http://www.nepalimmigration.gov.np/page/tourist-visa>

TIME ZONE

All cities in Nepal are located in the same time zone, UTC + 5 hours, 45 minutes.

MEET AND GREET

On arrival at Kathmandu International Airport, you will first go through immigration and after immigration clearance, you will have to go through metal free security check before proceeding to collect your baggage and then pass through customs. The immigration counter usually sees a build-up of long queues, thus, it is advisable to approach the counter quickly.

After immigration, customs and baggage collection, you will be greeted by our airport representative with a handheld signage displaying your name. Please move very slowly so that you can spot our representative in midst of the crowd. This procedure will be followed for domestic flight arrivals as well, which however, does not involve customs and immigration counters. In the rare event that our airport representative cannot be located, please contact the Sita emergency number mentioned in the contact details.





BUSINESS HOURS

Government Offices:

Monday - Thursday, 10:00 - 17:00 hrs (Summer)
Monday - Thursday, 10:00 - 16:00 hrs (Winter)

Friday, 10:00 - 15:00 hrs (Summer)
Friday, 10:00 - 13:00 hrs (Winter)

Banking Hour:

Sunday - Thursday, 10:00 - 15:00 hrs. Fridays, 10:00 - 12:00 hrs.

Some Commercial Offices operate on five days a week, with Saturdays and Sundays off. Rest of the commercial offices are open from Sunday to Friday.

Office hours tend to be 09:30 - 18:00 hrs.

Shops in business areas tend to close a little after office closing time. In tourist areas, you will probably find small stores open late into the evening. In many small towns, shops would tend to close around 20:00 hrs.

Restaurants and bars have different legally-enforced closing hours in different states. In most parts of the country, this would be around midnight or even earlier. The only food establishments legally open 24 hours a day are coffee shops in five-star hotels.

HEALTH & SAFETY

Vaccinations are not mandatory but you may be required to provide proof of vaccination against certain diseases in order to enter the country. These requirements are subject to frequent change as outbreaks occur and subside in different areas, and it is therefore crucial that you obtain the very latest information on entry requirements as you prepare for your journey. We recommend taking shots of gamma globulin (for hepatitis) and tetanus. We highly recommend that you check with your physician to verify your particular needs. Currently, the World Health Organization (WHO) recommends several vaccinations for people travelling to Nepal, India, Sri Lanka and Bhutan.

Guests should bear in mind that the infrastructure in developing countries, often presents severe and even insurmountable challenges for those with walking difficulties or other mobility issues. Guests requiring such individualized assistance must be accompanied by an able-bodied companion who can provide it. It can also be quite warm during sightseeing, but using sun protection, wearing a hat and sunglasses, and drinking lots of water can help minimize the impact of the weather. Always keep a mosquito repellent with you and be sure to pay special attention to mosquito protection between dusk and dawn. Public toilet facilities are rare. You are encouraged to take every opportunity to use a clean toilet in places such as

hotels and restaurants. Most hotels catering to an international clientele provide western style restroom facilities.

There is no Covid-19 related restriction in the country at present however for any update, Please [click here](#).

CURRENCY & FOREIGN EXCHANGE

The unit of currency is the Nepal rupee, divided into 100 paisa. Commonly circulated coins are of 1 & 2 rupees denominations. Paper notes come in denominations of 5, 10, 20, 25, 50, 100, 500 and 1000 rupees.

Major credit cards are accepted by most local hotels, restaurants and shops. Master and Visa Cards are the most widely accepted credit cards.

All foreign currency taken into Nepal must be declared on arrival. We advise you to carry the currency bill of new series (after 2006) and soiled/ mutilated currency bills are not accepted by the banks and exchange counters.

Banks, Hotels, and authorized Money-Changers can exchange foreign currency for Nepali

Rupees. Exchange receipts should be retained, as these will enable you to reconvert the balance into dollars, or any other foreign currency, when you leave the country, provided the receipt is of the same value or greater than the amount that you are changing back. There is a thriving black market in Kathmandu; but please be aware that it is unlawful to change money on the street.

All the major cities and tourism destinations have ATMs and accepts all the major cards. International Airports have currency exchange booths that are always open for arriving or departing overseas flights.

Local currency should be carried in small denominations as change is hard to come by in the villages (100 rupee notes are the easiest to trade). If you enjoy shopping, you may want to bring extra money as there are very good deals to be found both in Kathmandu and Pokhara. We urge travellers to carry all purchases home with them and not have anything shipped. Shipping can be unreliable and is a cause of great frustration. Keep some free space in your baggage for bringing back your purchases.

If you are travelling to Nepal via India, you should know that it is illegal to bring any Indian currency



except the 100 rupee note. You may face legal consequences or fines if you do so. Therefore, it is advisable to carry US dollars or other convertible currencies when you travel from India to Nepal.

TIPPING

It is usual to tip the waiters, porters, guides and drivers. Tips are not included in the bills of hotels, transport companies or any other suppliers. At hotels and restaurants, about 10% of the bill total is usually acceptable as a tip. For establishments that have a service tax or charge included in the bill, a separate tip may not be required.

An approximate guideline would be as follows:

- Porters NPR 100 per piece of luggage
- Drivers / Guides NPR 500 per half day
- Drivers / Guides NPR 700 per full day
- Reps at Airports NPR 200 per service
- Driver for outstation trips NPR 500 per day (for minimum 2 pax)
- Helper in Tempo & Coaches NPR 200 per day
- Trekking Guides NPR 1500 per day
- Rafting experts NPR 500 per person (rafting participants)
- Guides / Naturalists at National Parks NPR 500 per activity

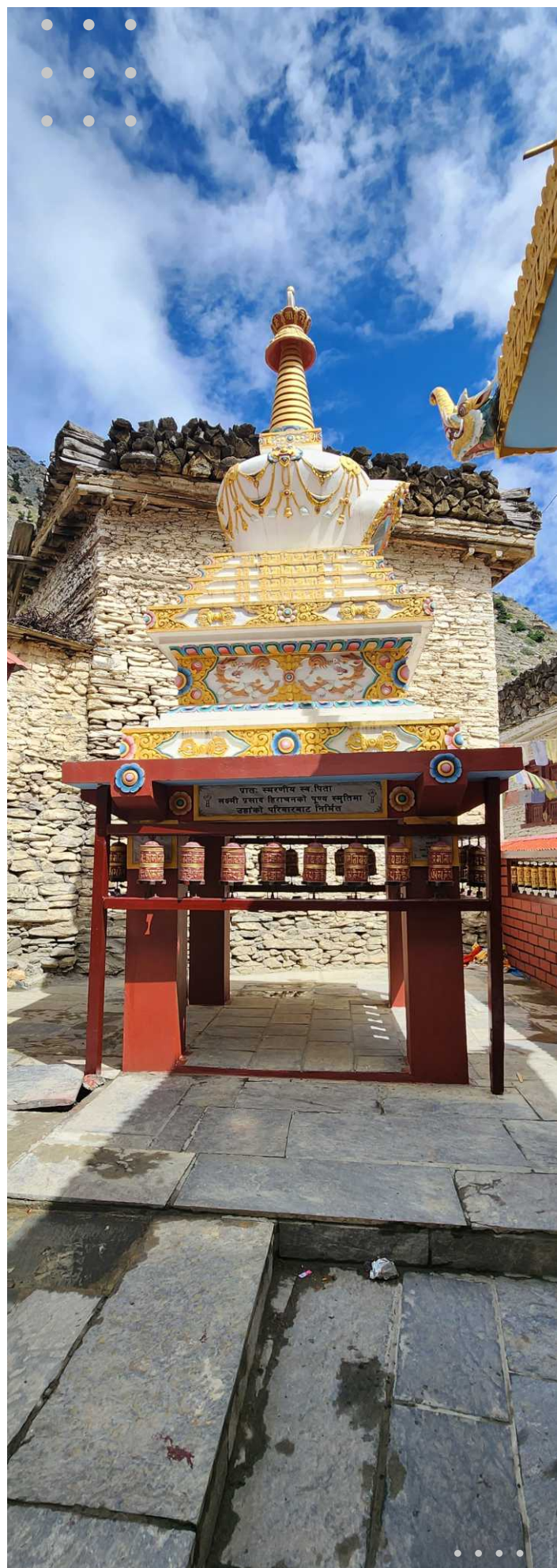
ELECTRICITY

Electricity is available in all the major tourism destinations in Nepal even in the trekking areas, where the current is 220 V/50 Cycles. Sockets have either three round pins or two thick round pins. If you are travelling with any electrical appliances, an international converter kit and a set of adapter plugs will be required. Alternatively, it is more practical to travel with battery-operated appliances where possible. While trekking, you can recharge your batteries in the lodges with a small cost.

DINING

Most hotels offer a choice of cuisine in their restaurants. In cities like Kathmandu and Pokhara, we would be pleased to recommend suitable restaurants outside your hotel. Meals in remote areas and wildlife parks will invariably be table d'hôtel. We suggest you avoid undercooked meat OR vegetables, eat fruit you can peel and make sure fresh fruit has been washed in bottled water. We strongly recommend that you drink only RO filtered / bottled water during your travel through Nepal.

Always wash your hands before and after eating. Minor stomach ailments are the most common



affliction of visitors to Nepal. It is a nuisance and can dampen your enjoyment of the trip for a few days, we suggest you to carry water sterilizing tablets and medicines for possible stomach upsets or indigestion. Most hotels have a doctor on call to attend to your immediate medical needs.

PAYMENTS

All foreign nationals must pay their hotel bills in foreign currency (Credit Cards or by Cash). The bill can be paid in Nepalese Rupees, provided the visitor has a receipt to show of the currency exchange.

CUSTOMS & DECLARATIONS

In addition to personal effects, foreign visitors may import the following into Nepal duty-free: up to 200 cigarettes or 20 cigars; one quart of distilled liquor or twelve cans of beer.

A foreigner can bring a drone to Nepal, but there are certain regulations that must be followed:

1. Drones weighing more than 2 kilograms (4.5 pounds) that fly 400 feet or more above ground

level require prior authorization from the Department of Tourism, Ministry of Home Affairs, and the Civil Aviation Authority of Nepal (CAAN).

2. Drones weighing less than 2 kilograms (4.5 pounds) do not require authorization from the CAAN as long as they are flown on private property and under 200 feet.
3. Drones must not be flown recklessly, higher than 120 meters (394 feet), or further than 500 meters (1,640 feet).
4. Drones may not be used to drop articles or animals.
5. Drones must not be flown over or within 150 meters (492 feet) of any congested area or an organized open-air assembly of more than 1,000 persons.
6. Drones must not be flown within 50 meters (164 feet) of any vessel, vehicle, or structure.
7. Operators must maintain unaided visual sight with the drones.
8. Airport areas must be kept clear of all drone activity.
9. Drones must be registered with the Civil Aviation Authority (CAAN) in Nepal.
10. All drone flights up to 200 feet in public spaces require approval from the local administration office.





Links for Drone Laws in Nepal:

<https://drone-laws.com/drone-laws-in-nepal/>
(Last updated on 25 January 2024)

<https://caanepal.gov.np/drone>

There are limitations on the export of Nepalese antiques and items of archaeological or historical value. If you purchase any such item, ask the shopkeeper to assist you in obtaining an export license from the Department of Archaeology; reputable dealers are usually willing to assist. Antique carpets, brass metal statues, and Thangkas (finely detailed paintings depicting Buddhist themes) are among the items in this category.

Remember, it is illegal to import any items made from any endangered species of wildlife into most countries.

CLIMATE

Temperatures tend to be quite cool in the mornings and evenings, but expect it to get hot at midday due to the strong, direct sunlight at high altitudes. The Terai Plain, where Chitwan National Park is located, is about 3000' (915m) lower in altitude than Kathmandu, and is consistently warmer than the rest of Nepal.

Climatically, the country ranges from subtropical to temperate and alpine. The weather during the late fall and winter months of October through March is dry with temperatures averaging 8 °C (47°F) in the early morning and evening, and 21 to

25°C (70 to 75°F) during the day. The rainy season is from June to September with average temperature ranging from 30 to 34 °C (86 to 93°F). The post monsoon season, is from October-November. Summer (April to May) is hot with temperatures of 36 °C (96°F) everywhere, except in the hills.

INSURANCE

It is always advisable to obtain good travel insurance to cover any unforeseen incidents. Do keep a copy of your policy separately as a safeguard. If you are in Nepal for adventure purpose such as trekking and other sporting tourism it is recommended to take insurance that covers Heli rescue and evacuation.

NIGHTLIFE

KATHMANDU

Thamel is known as the tourist district located within Kathmandu valley. Thamel is popular for its vibrant nightlife because of good music, pub, nightclubs and street food that lasts till the crack of dawn.

Live music is one of the integral aspects of Thamel nightlife. Every night, local bands play good music in popular bars and pubs in Thamel. Strolling around the street of Thamel in the evening can be yet another experience. Fast food joints remain open till late offering sandwiches and burgers. There are some popular bookshops

like Pilgrims bookshop which are famous among the tourists which offer the services till 9 pm.

If you want to spend the night by grooving on the beat with locals and foreigners alike there are plenty of popular club and discos in Thamel. Thamel is pretty safe even during the nights.

POKHARA

Pokhara is a spectacular tourist location in Nepal. Every tourist visiting Nepal spends a few days in the city. But, the nightlife in Pokhara is even more beautiful. The city offers open-air cinemas, live music, sports bars, and stunning sunsets. So it's worth exploring Pokhara at night. Nightlife in Pokhara gets more vibrant with these clubs and music. Every night Pokhara's young people get dressed and enter these musical clubs and dance clubs to show the post-modern lifestyle of Pokhara at night. While walking around the Lakeside area, you will hear your favourite gigs playing out. So, there's no doubt one of these places will attract you.

PHOTOGRAPHY

Visitors to Nepal find varied subjects for photography. Always ask for permission before

taking photos inside any temples, and before photographing any local people. Many villagers are unfamiliar with cameras and are unwilling to be photographed for religious reasons or for reasons of personal modesty. When permission is granted, always be sensitive when photographing people. Ensure that you are nonintrusive when shooting inside temples when prayers are in progress. Generally, photography is allowed outside Buddhist and Hindu temples and at religious ceremonies and festivals.

We recommend bringing all the camera equipment you'll need for your trip. Most people find Nepal more photogenic than they anticipated, so bring more memory cards than you think you'll need. Due to the high altitude, the sunlight is very intense in Nepal, and we recommend bringing a sun filter to cut the glare. Bring some extra camera batteries too. Costs incurred for photography are at your expense. Your guide will advise you of all known camera related fees and rules for each city travelled.

VISITING RESTRICTED & PROTECTED AREAS

A person visiting Nepal requires, in addition to an entry visa, special permits to visit certain areas across the country.





Restricted	Requirement	Permit Fees -Subject to Change
Upper Mustang (Lo-Manthang)	Annapurna Conservation Area Permit (ACAP)	USD 50 Per Person
	Trekkers Information Management System (TIMS)	
	Special Area Permit (RAP) to visit the restricted area valid for 10 days	USD 500 Per Person
	After 10 day	USD 50 Per Person per day
Important Note: Minimum 2 pax is mandatory to travel. In case of a solo traveler, the guest will have to pay the amount (Permit Fees) of total 2 pax.		

National Park	Requirement	Permit Fees -Subject to Change
Everest National Park	Everest Conservation Fee	USD 70 Per Person
	Pasang Lamhu Rural Municipality Fee	
	Trekkers Information Management System (TIMS)	
Langtang National Park	Langtang National Park Fee	USD 50 Per Person
	Trekkers Information Management System (TIMS)	
Annapurna Conservation Area	ACAP (Annapurna Conservation Area Permit)	USD 55 Per Person per day
	Trekkers Information Management System (TIMS)	
Lower Mustang (Jomsom-Muktinath)	ACAP (Annapurna Conservation Area Permit)	USD 55 Per Person per day
	TIMS (Trekkers Information Management System)	
Shivapuri National Park, Kathmandu	Permit Fees,	USD 10 Per Person
	Mandatory use of Local Park Guide	USD 15 Per Guide Per Day
Koshi Tappu Wildlife Reserve	Park Fee	Managed by lodge within package (Jungle Plan)
Chitwan National Park	Park Fee	Managed by lodge within package (Jungle Plan)
Bardia National Park	Park Fee	Managed by lodge within package (Jungle Plan)

LOCAL CUSTOMS

EATING - In Nepal, people often eat with the right hand. The left hand is considered unclean and is generally not used to eat or to handle food and money.

FEET - The soles of your feet pointing towards someone is considered offensive, so care should be taken to avoid this. In the same vein, feet should not be placed on furniture. If you accidentally touch someone with your foot, it is common practice to apologize. It is also customary to remove your shoes when entering a private home in addition to places of worship and burial.

GARLANDS - If you are given a garland of flowers, remove it after several minutes to demonstrate your humility.

GREETINGS - The Nepalese greeting is to put your hands together in front of your chin (as for praying) and incline your head forward, saying "Namaste" or "Namaskar" which is a more respectful version of greeting.



LANGUAGE - The official language of Nepal is Nepali, with distinct dialects spoken in different areas. All of our guides speak English, as do the porters though at a more basic level. In the cities and towns, English is widely spoken, particularly among those serving tourists; but in villages and other more remote areas, the local people you encounter probably will not speak English.

PERSONAL SPACE - Cities of Nepal are densely populated and people are accustomed to being crowded. However, except in packed buses, strangers avoid touching each other. Cross-gender touching is especially offensive, although it is not uncommon to see same-sex friends holding hands or hugging.

RELIGIOUS PLACES - Most temples and mosques prohibit shoes inside the building and signs are sometimes posted when this is the case. Some Hindu temples do not permit non-Hindus to enter. A visitor should ask if there is any in doubt and observe other visitors for guidance. It is customary to enter any religious place with the head slightly bowed.

STREET SCENES - Guests will have expectations of poverty before arriving in Nepal, but unless you have previously travelled to a developing country, it is hard to suppress one's shock. You will encounter people, including children, begging in the streets. An unfortunate impact of begging is that it may create dependency. We discourage giving anything to beggars, particularly to children. If you wish to contribute, it is more beneficial to give to your tour leader who will distribute the donation to the local

schools. Exceptions are made for giving to the physically handicapped and to wandering religious mendicants, called Sadhus. You will see street scenes which may be unusual, including animals sifting through garbage in the streets. You will also see prosperity and middle class living side by side. Being prepared for these different experiences will better enable you to enjoy your exploration through this hospitable country.

TREKKING IN NEPAL

Our trekking itineraries are only moderately difficult and follow a leisurely pace. Each morning, after an early breakfast we set out at about 8:30am, stopping mid-morning for tea and continue trekking until stopping for lunch around midday. The trails are winding and well worn, but are generally in good condition. Along the way there is plenty of time to stop and photograph the breathtaking Himalayan backdrop, and to explore the countryside. Following lunch, we continue along to our overnight accommodations, where we arrive around 4:00pm. During the day we walk 6-8 miles per day. While a considerable amount of the trek is downhill, this can sometimes be as tiring as uphill trekking. To condition yourself, we recommend a program of exercise at least two months prior to arrival in Nepal. Step class and stairs prepare one for the hills as well as jogging or bicycling on an incline; these exercises should be done in conjunction with proper stretching. While trekking is not extremely strenuous, you must be in reasonable health, as medical facilities are

generally unavailable in trekking areas. The altitude in Kathmandu is 4500'. We trek between 3500'-7000', so altitude sickness should not affect you at these heights. However, almost everyone suffers some shortness of breath on some uphill sections. Anyone with breathing difficulties should consult a physician to determine their fitness for travel.

The most important item you will require is suitable footwear for trekking. Lightweight walking boots with ankle support and rubber soles with thick tread are best. Unless you're trekking during the rainy season, they needn't be waterproof. It is essential your walking boots be comfortable and broken-in; uncomfortable boots can ruin a trek. Your boots should be worn with thick natural-fiber socks.

General

- Duffel or rucksack bag
- Daypack
- Down Jacket
- 4 seasons sleeping bag

Upper Body - Head / Ears / Eyes

- Glacier glasses 100% UV protection with side shields and a hard-sided storage case (i.e. Julbo or Cebe). This is to protect your eyes from the stronger rays of the sun due to the

thinner atmosphere which can cause a painful condition known as snow blindness. Regular sunglasses are not sufficient. If you wear prescription glasses, speak to your doctor about prescription glacier glasses, perhaps with transitional lenses.

- Headlamps from Black Diamond and Petzl both make several good ones. Make sure to bring extra batteries and that they are lithium batteries so that they will last in the colder temperatures. These are indispensable for getting around at night, reading, etc., so don't go cheap here.
- Based on personal preferences a good hat, balaclava, ear muffs, neck warmers, and/or hooded jacket can be carried

Hand

- 1 pair liner gloves thin wool or synthetic, useful alone on mild days or as a layer inside other gloves / mitts for additional warmth.
- 1 pair warm gloves (heavier fleece or wool)
- 1 Pair shell gloves or mitts Gore-Tex is preferred for keeping hands dry.
- Instant hand warmers are always nice in a pinch, but really shouldn't be necessary on the trek. Bringing appropriate hand protection as recommended above, should be sufficient





Core Body

- 2 cotton t-shirts.
- 1 synthetic t-shirt.
- 2 long sleeve polyester, or other synthetic lightweight, light colored shirts for sunny days. V-neck zipper provides additional venting options which are good for changing temperatures.
- 1 soft shell jacket, water resistant, with insulation, underarm ventilation zippers. Full front zipper is preferable for ventilation.
- 1 medium to heavy weight expedition down parka w/hood.
- 2 women sports bras Synthetic, no cotton!

Lower Body - Legs

- 2-3 pairs nylon hiking shorts - Quick drying, not cotton!
- Underwear, stay away from cotton
- 2 pair lightweight long underwear - capilene or other synthetic
- 1 pair soft shell pants - synthetic, full zip from top and bottom preferable
- 2 pair trekking pants, preferably that zip

on/off at the knees so they double as shorts

- 1 pair hard shell pants. Waterproof / breathable, Gore-Tex or equivalent is best. Should zip from the top and bottom - this makes it easier to put on over boots without getting undressed should the weather change once you are underway for the day
- 1 pair cotton pants (loose jeans/khakis)
- 1 full length loose skirt. Women should plan to wear skirts or pants when walking around Kathmandu.
- All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags

Feet

- 4 pair of liner socks, synthetic or capilene
- 3 pair heavy weight socks to be worn over liner socks
- 1 pair light weight socks, a good option for the lower/ warmer parts of the trail
- 1 pair light to medium weight water proof hiking/trekking boots. Ensure a good fit with layered socks and you have wore them before to get used to it (otherwise you will get lots of blister)

- 1 pair light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu
- 1 pair hiking gaiters, good for keeping dust and rocks out of your shoes / boots as well as keep your feet dry as necessary (Optional)
- 1 pair sandals (Optional)

Miscellaneous, But Important

- Passport and extra passport photos (4 copies)
- Airline ticket(s)
- VISA (If required and acquired in advance)
- Immunization Record
- Durable wallet / pouch for travel documents, money & passport
- 2 Water bottles 1 liter wide-mouth Nalgene and 1 insulator
- Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoid you having to stop and look for it
- Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time
- Pocket knife or small Swiss Army type
- Water purification Iodine tablets or Polar-pure crystals
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc
- 3-4 large durable plastic bags, for keeping miscellaneous gear dry inside you pack. Also nice for separating clean from dirty laundry
- Nylon stuff sacks for food and gear storage
- Large Ziplocs are also useful for separating things and keeping them dry
- 2 bandanas
- Ear plugs

Optional

- 1 pair adjustable trekking poles. Although these are listed as optional these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc., especially when going downhill (Optional)
- Favorite snack foods, no more than 2 pounds (Optional)
- Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function, remember, keep these items light weight (Optional)
- Binoculars (Optional)
- 1 light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use (Optional)
- Hydration bladder with drinking tube and tube





insulator (Optional)

- A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip (Optional)
- 1 small stainless steel thermos (Optional)

All travellers should bring a supply of personal toiletries. Trekkers sometimes suffer from blisters, colds, coughs and minor stomach upsets. We recommend every traveller bring a basic medical kit containing nail scissors, moleskin, Band-Aids, sunscreen, diarrhoea tablets, aspirin, and a remedy for colds & coughs. Taking Acidophilus tablets, available at most health food stores, a few weeks before travel can help prevent bacterial diarrhoea. If you are taking any particular medicines, it would be best to bring these with you. Your trek leader is first-aid trained and will also carry a standard medical pack.

In the event of an emergency while trekking, a helicopter will be summoned. You will then be flown, with your guide, to Kathmandu where you will be met by our office staff and taken to the international hospital. If necessary, an onward international medical flight will be arranged. Anywhere else on the trip, you will be taken by road to Kathmandu where the same process will occur. Ensure that your insurance policy covers you for such unlikely eventualities. Hospitalization due to Covid/pandemic, medical evacuation by helicopter and all other medical expenses has to be paid for by guests prior to departure from Kathmandu.

TELEPHONE / COMMUNICATION

Telecommunication service and Internet facilities have significantly increased in Nepal. With the advancement of technology even in the remote are as of the trekking routes communication is possible through mobile phone, while trekking satellite phones will be available to communicate at additional cost. Internet and Wi-Fi have made life easier for people here in Nepal to have strong online presence. Mobile internet service providers also have wide range of data packages for the local sim cards. Sim cards can be purchased upon arrival at Kathmandu airport. Guests have to produce a copy of their passport and 2 passport sized photographs to obtain the same. After purchase the services are started within 24 hours post verification formalities.

SHOPPING

While in Nepal, shopping turns into a whole new experience with a huge market catering to every need of yours. The best of shops are in the capital itself, ranging from fashion wear, traditional wear, accessories, handmade garments, local handicrafts, handmade rugs, paintings, silver jewellery, gems, brass & copper items, perfumes, the list is never ending.

You will be amazed to find genuine international brand names alongside original Nepalese products. The choice of course is yours as to what you prefer. The shopping spree is not limited

though to Kathmandu only. The markets of Pokhara and Dharan are also awash with all kinds of products that suit your taste and budget. Similarly, Nepal boasts of its traditional Nepalese paper known as 'Rice Paper'. Many stores in Patan and Thamel sell various items made out of this special kind of paper. Pashmina and wood carving are other products of Nepal every tourist would like to possess.

Similarly, Asan is one place you could spend all day walking your way through the many little streets. The crowded space of narrow alleys in Asan is mostly jam-packed with hawkers and small shops on both the sides of the road. You will be amazed to find shops selling clothes, shoes, beads, gold, vegetable, spices, flowers, fish, bags....and many more. It could possibly end up being one of the most chaotic shopping experiences you have ever had. The only thing you have to take for shopping, apart from money, are your bargaining skills. You will be shocked to get things at very low prices if you know how to bargain well.

If you are an avid reader, the Pilgrims book House is the answer. With outlets at various parts of the city, the store has a stunning collection of Nepali, Hindi and English books to choose from. The

store also has maps, manuscripts, rare books, music, posters, postcards, calendars, incense, and more!

A walk along the Kupondole road has many crafts shop namely Mahaguthi and Dhukuti among others. These shops produce, export and market crafts from Nepal. These non-profit organizations aim at economic empowerment of disabled people by working with small producers and artisans. The profit generated by these shops is used for rehabilitation centres and for running various projects for improving livelihood.

To add the fun element to your shopping experience, all kind of shops ranging from departmental stores to mall to small shopping centres have various discount and sale offers. You just have to be at the right place at the right time to make the most of your money.

FOOD AND DRINK

Kathmandu has a surprising variety of restaurants serving many types of international cuisine. Remember that Nepal is a relaxed culture and service is usually much slower than Westerners are used to. Outside of the cities, the





food is primarily a combination of Nepalese (which has a large Indian influence), and Tibetan.

Rice, lentils and vegetables are staples, with a variety of meats used somewhat sparingly. Tasty soups, fresh breads and steamed dumplings filled with meat or vegetables are among the local favourites.

The national drink is a sweet tea brewed with milk. The local beer is quite good, though it's not always served ice cold. Locally produced rum, vodka and gin are of good quality. Imported spirits are also rather expensive, so if you have a favourite brand, consider using your duty-free allowance to bring a bottle with you. All kinds of soft drinks and sodas are available in Nepal, diet and decaffeinated beverages are not. Coffee is usually instant but there are many coffees available and Himalayan Java is the best.

Although we have a packed-picnic lunch each day while trekking, some travellers also bring their own snacks along, such as trail mix and candy. Please refer to the "Health & Activity" section for details on food and water precautions.

CRIME & THEFT

Nepal is not particularly more dangerous than the West. Most deluxe hotels have lockers to keep ones valuables, but one has to be cautious with valuables when outside. Violence against foreigners is virtually unheard of, provided basic precautions are taken like anywhere else. We recommend leaving valuable jewellery at home, and using lockable baggage to be doubly sure.

BAGGAGE & ALLOWANCE

Airlines have adopted stricter policies in enforcing number, size and weight limits. Luggage exceeding maximum restrictions may require expensive overage fees, frustrating and hurried re-packing at the ticket counter, or even risk being left behind. On the Domestic front, carriers require Checked Baggage not exceeding a weight of 25 kgs per person in the Economy class. Only one piece of hand baggage of 5 kgs per person is permitted. For the mountainous region (STOL) sector, the limit is 10 kilos for check-in baggage and 5 kilos for hand baggage. Airlines revise luggage policies frequently and often without notice; therefore, it is advisable to check with the Airlines beforehand about it. Go Vacation cannot be held liable for variance in the weight limits listed by Airlines. It is also important to note that restrictions for luggage number, weight and size may vary with the same airline based on the class of service you select. First and Business Class ticket holders may have different restrictions than Economy Class travelers.



WHAT TO PACK

When packing for travel to Nepal, we suggest you select a wardrobe that is adaptable and allows for layering. In Nepal, delicate fabrics do not stand up well to laundering facilities except at deluxe hotels. Plain cotton or cotton and synthetic blend clothing is the most practical and is the coolest in summer. It is best to avoid synthetic fabrics that do not “breathe”. A hat with a wide brim will help protect you from the harsh sun. During the fall season, a collapsible umbrella comes in handy. During the winter months, thick sweaters, fleece sweat shirts, and light jackets are necessary.

We advise you not to dress in shorts, miniskirts or tank tops. In small towns and cities, people may tend to stare if you expose too much skin. Most Nepalese dress in modest clothing. To respect Nepalese sensitivities when in public, we recommend that women wear skirts below the knee or longer or relatively loose slacks. Avoid wearing sleeveless blouses and tight pants. Young women and teenage girls, especially those dressed in tight or short dresses, may attract undesirable attention. Men should avoid going shirtless; trousers are preferable to shorts.

However, shorts and sleeveless tops and blouses are perfectly acceptable attire in the warmer, tropical areas.

If you are participating in white water rafting, be sure to bring a pair of rubber sandals and quick drying shorts. Life jackets, helmets and waterproof drums for your equipment will be provided.

When visiting places of worship, women are not allowed to enter with bare shoulders, short pants or shorts skirts; a long skirt, dress, or slacks are recommended. A scarf is acceptable to cover shoulders if a woman is wearing a sleeveless top. Head covering is required at some of the places. Men should also dress appropriately for a holy sanctuary. Shorts are discouraged. All visitors will be required to remove their shoes in temples and mosques.

RECOMMENDED READING LIST

- Guide Books.
- Nepal, APA, APA Publishers.
- Nepal, Nelles, Nelles.
- Trekking in Nepal, Bezruchka, Mountaineers.



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