

FOUNDATION FOR **GLOBAL LEADERSHIP**

Nepal Packing List

- Weather: 75 (F) high to 46 (F) low – November
- Average temperatures for this time of year with an average of mid-60's (F) during the day.
 - Many buildings do not have internal heating so bring appropriate clothing.
- Luggage: International airline weight restrictions average 23 kg (approx. 50 lbs). Many international airlines are adopting the 1 checked bag policy as well as the one carry-on bag policy.

Local flights often have much higher weight restrictions, usually 35lbs total.

- Money: The Nepalese currency is the Nepalese Rupee. Currently, the exchange rate is 65 NR to US\$1.00. Money can be exchanged at the airport, hotels or monetary exchanges throughout the country.

The trip is inclusive of all except the following: visa, gratuities, drinks, occasional meals and items of a personal nature. *Recommended: on average delegates often budget between \$5 -\$10 per day for gratuities for porters, and guides.*

NOTE: You may want to notify your bank and credit card companies that you are traveling overseas. It is becoming more common for banks and credit card companies to put a hold on cards when they see they are being used abroad.

- Visas: A visa is **REQUIRED** to travel to Nepal. You can receive your visa on arrival but it takes a very long time and you must have two additional passport photos.

If you choose to obtain your visa ahead of time (highly recommended), to prevent lost or delayed return of your passport, we recommend using a visa service such as www.traveldocs.com. The Nepalese government requires 2 passport photos and your passport must be valid for at least 6 months after your arrival in the country.

Travel

Insurance: You will need to purchase **medical and trip cancellation insurance** prior to departure – this should include emergency evacuation as well as medical. Often you can purchase the necessary insurance when you purchase your international airfare or you can use a service such as www.traveldocs.com.

Vaccinations: Please see your health provider for recommended vaccinations. Malaria is prevalent throughout Nepal so you will need an appropriate prophylaxis.

Electricity: Electricity overseas runs on 240 voltages. Make sure that any electrical appliances are dual voltage, if they are only 120V (standard for the U.S.), you will need to bring a converter. You will also need to bring an adapter in order to plug your appliances into the outlets.

Often, people are confused by the difference between a converter and an adapter:

Converter: A specific plug that converts electricity

Adapter: The plug that allows a U.S. appliance to be plugged into the outlet in the country visited. If you bring your own appliances, you will need an adapter suitable for India.

Most digital cameras, cell phones and laptops are dual voltage (check for the 120/240V on the charger). Unless specifically designed for travel, most hair dryers are 120V only and require a converter.

Appliances: It is highly recommended to bring as little luggage as possible. Some hotels will have hair dryers available in rooms. Electric razors, curling irons, etc... are at your discretion.

Internet: Some of the hotels will have a business center available for your use. Wireless maybe available in Kathmandu if you choose to bring your own laptop computer (some people choose to bring a computer to download pictures at the end of each day to make room for more pictures, but bringing an extra card for your camera may be less cumbersome).

Telephone: You may provide family members with the hotel information for emergencies. In addition, you can provide J'Lein Liese cell phone number for absolute emergency only - 602 770 3913 – as it is a global number.

Laundry: Laundry service is available via the hotels.

Site Visits “to bring” list:

Clothing: Traveler’s Business Casual

We define traveler’s business casual as comfortable and modest. Please DO NOT wear spaghetti straps, tank tops or shorts during site visits. Women’s shoulders should be covered with either shirt sleeves or a scarf. Men can wear polo shirts and trousers (other than jeans).

One semi-dressy/ business outfit is highly recommended for potential dinner with guests and/or meeting with dignitaries.

Shoes: Closed-toed shoes are essential as many projects take place in slums or in areas where weather conditions can turn a dirt path to churning mud instantly.

Personal First Aid Kit (optional):

- Vitamins
- Prescription medications
- Pain medications – Advil, Motrin, Aspirin, etc...
- Cold medications and/or throat lozenges
- Malaria prophylaxis
- Anti- Diarrhea and upset stomach medication (i.e. Imodium or Pepto Bismal)
- Motion sickness prophylaxis (i.e. Dramamine)
- Band-aids or moleskin
- Antiseptic solution

Other items:

- Anti-bacterial wipes
- Day pack/ back pack or fanny pack
- Camera (back-up camera/ batteries optional)
- Sunglasses
- Insect repellent
- Travel alarm
- Extra glasses (if necessary)
- Contact solution (if necessary)
- Sunscreen
- Hat
- Travel pillow/ear plugs (optional)
- Ziplock or plastic bags (to pack your liquids or protect your camera and binoculars from dust)
- Lens cleaning materials (optional)
- Power bars, nuts, or snacks
- Books, journal, pen

Other Travel Suggestions:

- Bring 2 copies of your passport and put it in each piece of luggage (checked and carry-on). Make sure your regular luggage tags are firmly attached and have your current information.
- Using stuff sacks for the inside of your suitcases helps you stay organized packing and repacking throughout the trip.
- Keep one other copy of your flight itinerary somewhere in your luggage.
- Leave some room in your luggage to bring home gifts.
- Leave your expensive watches and jewelry at home.
- Pack light, review, unpack and take out all the extra you had the first time 😊