

## Nepal:

- Visa:
  - Visa on Arrival is available for \$40 USD.
  - Travel with at least two 2x2 passport photos.
- Read these:
  - <http://www.thelongestwayhome.com/blog/nepal/how-to-survive-flying-into-kathmandu-airport-nepal/>
  - <http://www.thelongestwayhome.com/blog/nepal/how-to-leave-from-kathmandu-airport/>
- Medical Requirements:
  - No shots or immunizations are required to travel to Nepal.
  - Please visit this website for more health information and suggestions:
    - <http://wwwnc.cdc.gov/travel/destinations/traveler/none/nepal>
- Clothes:
  - For Men:
    - Basic solid colors or prints. Business casual and jeans are accepted.
    - To not plan to teach or present to a group in shorts.
    - Comfortable walking shoes are necessary. Be prepared to walk for miles each day.
  - For Women:
    - To be modest in Nepal, you must cover your bum with your shirt. Therefore, the long tunic/sweater dresses that are popular in the States are functional. Even in the heat, tank tops are not to be worn.
    - Nothing low-cut or exposing cleavage. Western style clothing is growing more customary and acceptable so if you are having too much trouble finding long shirts, do not worry too much.
    - Your legs, including calves, must be covered.
    - Comfortable walking shoes are necessary. Be prepared to walk for miles each day.
- Check the local weather and pack appropriately.
- Things to bring:
  - Refillable sanitizing water bottle
    - We recommend this one: <http://shop.camelbak.com/all-clear-bottle/d/1208>
  - Bug spray
  - Snacks (protein bars, trail mix, candy bars, soft candies, etc.)
- Have a copy of your itinerary for your returning flight (with your name on it) and a copy of your travel insurance paperwork easily accessible.
  - When returning have a printed copy of your plane ticket if possible.
- Keep receipts of any souvenirs that are in your carry-on luggage.
- The luggage carts at the airport are free to use but you will be expected to tip if you allow someone to push it for you.
- Rupees cannot be exchanged outside of Nepal so do not leave with any that you do not want.