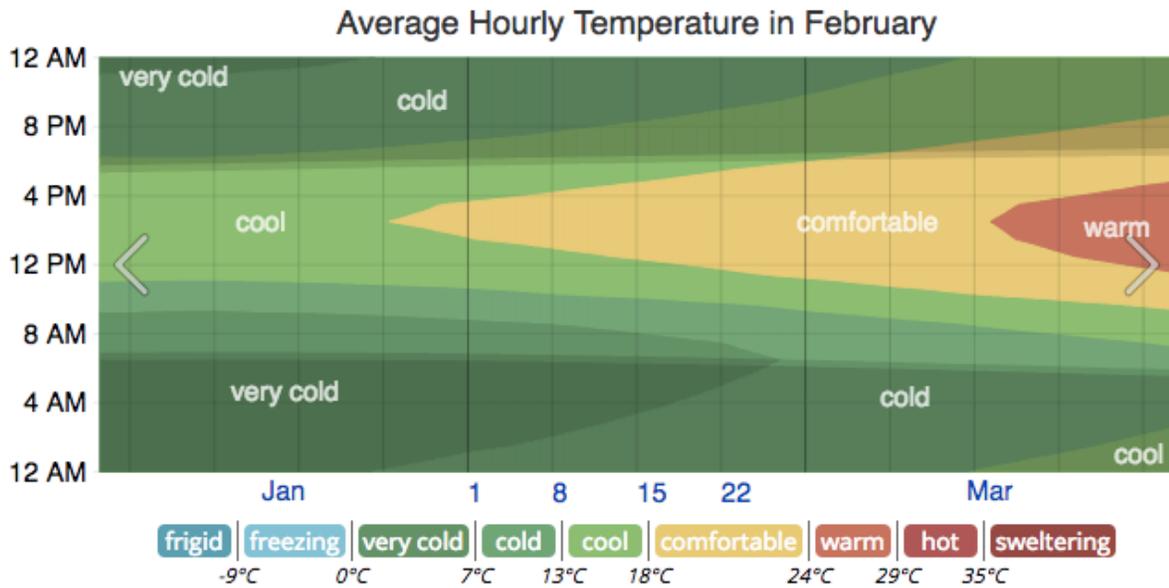




WEATHER



The average hourly temperature, color coded into bands. The shaded overlays indicate night and civil twilight.

The weather in Nepal in February is mostly clear with little precipitation. Temperatures during the hottest part of the day range between 18 degrees C and 24 degrees C, with lows at night and in the morning going down as low as 7 degrees C.



PACKING LIST

Clothes

Participants are encouraged to bring a cap of some kind for sun protection instead of sunglasses. This protects your head and your eyes and leaves you more open to connecting with the people we meet.

- ▶ Light, long-sleeved shirts and pants to protect against mosquitoes
- ▶ Good walking shoes
- ▶ Comfortable clothes
- ▶ One or two nice outfits for dinners
- ▶ Sun hat or cap
- ▶ Socks
- ▶ Sleep wear
- ▶ Fitness attire, bathing suit for the hotel
- ▶ Sandals & flip flops for the hotel
- ▶ Small umbrella and/or waterproof jacket or poncho
- ▶ Women should cover their shoulders and knees at all times

Essentials

- ▶ Passport
- ▶ Money pouch
- ▶ Cash (see Travel Guide)
- ▶ Day pack
- ▶ Photocopy of your passport & insurance policy (You can email yourself a scanned copy)
- ▶ Earplugs (Dogs, buses, noisy neighbors – a pair of good earplugs can be invaluable!)
- ▶ Flashlight (power outages are common)
- ▶ Watch / alarm clock
- ▶ Toiletries & wet wipes
- ▶ Water bottle



Medical Kit & Toiletries

You should include an adequate supply in your hand luggage of any prescribed medication (in its original labeled container) you may require while traveling.

- Sunscreen
- Bug spray
- Bring medication you are taking
- Allergy medication (please bring your own epi-pen if you have allergies that require it)
- If you have a favorite doctor, bring their phone number in case you get sick and want a trusted expert with whom to talk
- Anti-malarial tablets – if advised to take them by a medical professional
- Re-hydration salts and anti-diarrhea preparations
- Pepto-Bismol for stomach upsets
- Painkillers
- Motion sickness medication (i.e. wrist bands, Dramamine, prescription Scopolamine)
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes (wet type)
- Razor
- Shampoo and conditioner
- Hand lotion
- Soap
- If you purchased medical insurance for your trip bring a copy of your travel insurance card.

Materials

- An extra suitcase or tote bag to bring home purchases
- Book for reading on plane
- Notebook and pens
- Camera & batteries
- Travel pillow
- Energy bars and snacks, if desired
- Plug adaptor
- Tissue packs
- Hand sanitizer

****Important Reminder: All travelers are encouraged to notify their bank of their travel plans so that your bank does not see your charges as illicit activity and put a block on your card.**