

## Nepal Short-term Trip Travel Tips and Packing List

### Fast Facts

**Currency:** Nepalese Rupee (1 USD = 106.51 NPR), note: this rate changes daily.

**Electrical:** 230v, a converter and plug adapter are required.

**Languages Spoken:** Nepali

**Time Zone:** Nepali Standard Time, UTC+5:45 (10:45 hours ahead of EST, 9:45 hours ahead during daylight savings mid-March – early November)

**Weather/Climate:**

- Mar-Oct: Highs in the upper 70s-80s, lows in the 60s-70s.
- Nov-Feb: Highs in the upper 60s-70s, lows in the upper 40s-50s or cooler.
- Dressing in layers will help keep you comfortable whether it's hot or cold outside.

**Lodging:** You will be staying in hotels where bedding and towels are provided.

**Meals:** Most meals will be at the hotel or local restaurants.

**Water:** Only use bottled water for drinking and brushing your teeth. Bottled water will be provided so be sure to bring a refillable water bottle.

**Spending Money:** Your basic expenses will be covered; however, you may want personal cash for snacks, souvenirs, or love offerings. \$100-200 is recommended.

**Currency Exchange:** The best location to exchange money is at the airport upon arriving in Nepal, unless your team leader has made other arrangements.

**Shopping:** You will have several opportunities to shop throughout the trip.

### What to Wear

Generally speaking, the Nepali dress more conservatively than Americans. Therefore, we ask that there be nothing low-cut or sleeveless, no clothing that contains innuendos/political messages/profanity and no clothing with rips/holes.

- **Air Travel:** Dress casually and modestly. No leggings or clothing with rips or holes.
- **Ministry Days:** Men should wear pants, jeans or long shorts and a casual (non-sleeveless) shirt. Women should wear pants, jeans, capris or long shorts and a casual (non-sleeveless) shirt.
- **Church:** Men should wear pants or nice jeans (no shorts) and casual (non-sleeveless) shirt. Women should wear pants, nice jeans, capris or a long skirt (no shorts) and a casual (non-

sleeveless) shirt. Keep in mind that you'll be sitting on the ground so choose something comfortable and that covers when seated.

- **Touring/Sightseeing:** Men should wear pants, jeans, or long shorts and a casual (non-sleeveless) shirt. Women should wear pants, jeans, capris or long shorts and a casual (non-sleeveless) shirt.

## **Packing**

- Keep your passport with you, do not pack in checked baggage.
- Carry-ons: One suitcase that fits in overhead compartment, and one backpack that fits under seat in front of you.
  - Be sure to follow airlines size and weight guidelines.
  - Also pack everything you need for the first 2 days in your carry-on bags.
- Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: Plan to bring 2 large suitcases.
  - Be sure to follow airlines size and weight guidelines.
  - Also leave 1 ½ bags for team supplies, ½ bag for your personal items.
- Be sure to include identification on and inside each piece of luggage.
- Be sure to weigh and measure your bags before travel day.

## **Other Travel Tips**

- Watch your luggage, passport, and belongings at all times. Never leave personal belongings unattended. Pickpockets and petty thefts are common within airports and tourist areas.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American.
- If you are bringing a credit card, remember to notify your credit card company that you will be traveling.

## Travel Items

- ☐ Passport
- ☐ Insurance card
- ☐ Backpack, passport pack
- ☐ \$100-\$200 (personal spending)
- ☐ Credit card
- ☐ Flight schedule, emergency contacts
- ☐ Travel toilet paper, Kleenex
- ☐ Plane neck pillow
- ☐ Personal snacks, gum

## Linens

- ☐ Wash cloth
- ☐ Bag for laundry

## Clothing

### *Women:*

- ☐ 2-3 pants, nice jeans or capris
- ☐ Tees, blouses, shirts (1/day)
- ☐ Skirt (below the knee, church)
- ☐ Long shorts

### *Men:*

- ☐ 2-3 pants, nice jeans
- ☐ Tees, shirts (1/day)
- ☐ Long shorts

### *All:*

- ☐ Light jacket, sweater, hoodie (for cooler evenings)
- ☐ Sleepwear
- ☐ Underwear, socks
- ☐ Hat (sport or wide brimmed)
- ☐ Sandals, shoes (sturdy, comfortable for walking)
- ☐ Flip flops, shower/beach shoes
- ☐ Outfit for plane home

## Other Items

- ☐ Toiletries: soap, shampoo, shaving, feminine prods, etc.
- ☐ Glasses, contacts, solutions
- ☐ Sleep aids: meds, earplugs, mask, etc.
- ☐ Personal meds/prescriptions (pack in carry-on)
- ☐ Cipro – Rx
- ☐ Hair dryer (if needed)
- ☐ Hand Sanitizer, Wipes
- ☐ Sunscreen, Sunglasses, Chapstick
- ☐ Bug repellent, repel wipes (containing DEET)
- ☐ Reusable water bottle
- ☐ Headlamp, flashlight, batteries
- ☐ Alarm clock
- ☐ Rain Gear: umbrella, poncho (dollar store)
- ☐ Bible
- ☐ Notebook, notepad, journal
- ☐ Devotion for day scheduled
- ☐ Pens, pencils
- ☐ Life token
- ☐ Playing cards, games
- ☐ Headphones
- ☐ Camera, Batteries
- ☐ Phone, charger, cord
- ☐ Power convertor, plug adapter
- ☐ Family photos
- ☐ Ministry supplies as designated by team