



Packing Guide for Nepal

Clothing

Keep in mind that all laundry is done by hand and hung to dry. Lightweight, quick dry clothing is highly recommended. If you will be traveling during the winter, be sure to bring warm clothing. Reasonably priced clothing can be purchased in Kathmandu or Pokhara.

- Men – lightweight pants, jeans, long shorts, long sleeve shirts, and t-shirts
- Women – modest tops, long sleeve shirts, loose fitting slacks, jeans, long dresses and skirts. **Short skirts, low-rise pants, shorts, tight or see-through dresses or pants, tank tops, and low-cut or revealing blouses are prohibited.**
- Sufficient undergarments* (a 7 day supply is recommended)
- Sandals, comfortable walking shoes, and shower shoes (all broken in)
- Lightweight rain poncho (especially if traveling during the rainy season)
- Jacket (if traveling between August and March take a a heavier weight for nights)
- Long-sleeve sweater or lightweight fleece
- One nice outfit (in case you are invited to a religious service, wedding, or funeral)

If you are in a village where your laundry is done for you, please be sure to wash your own undergarments.

Trash Disposal

Please discard all packaging and potential trash prior to your departure. Trash is not easily disposed of, and we ask that you be conscious of your waste.

Miscellaneous Items

- Passport with visa
- Immunization card
- DEET - for preventing mosquito bites
- Permethrin for mosquito nets (optional)
- Water purification filter (we recommend Katadyn products)
- Iodine/chlorine tablets (e.g. Potable Aqua tablets)
- Durable water bottle (e.g. Nalgene)
- One back-packing towel and washcloth
- Toiletries (e.g. shampoo**, soap**, deodorant, brush/comb, toothbrush, toothpaste, etc.)
- Unscented lotion
- Ventilated case for toothbrush or travel toothbrush
- Mouthwash for disinfecting your toothbrush
- Toilet paper (Toilet paper may be purchased abroad; however, you may want to bring a few of your own rolls. Removing the cardboard tube makes rolls easier to pack.)
- Sleep sack/sleeping bag liner (cotton or silk)
- Pillow case

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- Lightweight flashlight or headlamp with extra bulb and batteries
- Sun hat, cap, or visor
- Sunglasses
- Small daypack or fanny pack
- Snacks that do not melt (e.g. protein or granola bars)
- Pocketknife (remember to pack in checked luggage)
- Zip-lock bags (2-3 sizes)
- Plastic shopping bags
- Duct tape - may be stored by unwrapping from roll and rewrapping tape around the bottom of a water bottle
- Luggage locks
- Small box of matches (pack in checked luggage)
- Mini sewing kit
- Biodegradable laundry detergent**
- A small bottle of bleach (a few drops can be used in bathing water and for laundry)
- Photos of your family, home, pets, friends, and community to share
- Journal or notebook and pens
- Reading material
- Digital camera with extra memory cards, batteries and/or charger
- Solar battery charger. You can find one for \$17.50 on the following site:
http://www.raytechcatalog.com/product_info/solar-powered-batterycharger-145.html.
- Electrical adapter and converter
- Solar camping shower (optional) – makes a good gift for the village when you leave

** We recommend Dr. Bronner Magic Soaps for an all-in-one soap. Please visit www.drbronner.com for more information.

Suggested Medical Kit

While you may be able to find many supplies abroad, access may be difficult and inconvenient. It is a good idea to consider packing the following items. It is also appreciated if you leave any remaining medical supplies when you depart.

- Malaria medicine (see Health Guide for more information)
- Electrolyte solution (to add to water)
- Personal prescriptions, along with an extra copy of the paper prescription for refills/replacement if necessary
- Extra prescription glasses
- Multi-vitamin
- 30+ SPF Sun block for skin and lips
- Aloe Vera gel (good for sunburns)
- Antibacterial soap
- Antibacterial hand sanitizing gel
- Imodium or similar medication
- Pepto-Bismol tablets
- General purpose antibiotic (obtain from your doctor before you leave)
- Halog cream (anti-inflammatory, antipruritic that is good for insect bites)
- Bacitracin or other triple antibiotic ointment (topical antibacterial ointment for skin, as well as for cuts and abrasions)
- Antihistamine (for bites and unexpected allergies)
- Aspirin or other headache medications

- Anti-fungus powder or cream
- Bandages, Band-Aids, Telfa pads, or New-Skin Antiseptic Liquid Bandage
- Roll gauze (3")
- Adhesive tape (one roll)
- Scissors, nail clippers, and tweezers (remember to pack in checked luggage)
- Digital thermometer
- Sanitary pads, napkins, or tampons (women may want to consider talking with their doctor about means for postponing their period)

Alternative First Aid Kit

Please note that these treatments are designed for non-serious conditions only, and should be purchased before travel.

- Geranium, Catnip Oil, and Oil of Lemon Eucalyptus (for repelling mosquitoes)
- Tissue Salt of Calcium Sulphate (CALC SULPH 6X) (for treating heat exhaustion)
- Tea Tree Oil (natural antiseptic)
- Slippery Elm capsules (to prevent diarrhea, take one before each meal)
- Charcoal pills (for gas or an upset stomach)
- Homeopathic Arsenicum Album, Carbo Vegetalis, Ipecac, or Nux Vomica (for treating diarrhea)
- Psyllium Husks (for treating constipation)
- Arnica Cream (to treat bruises and sprains, apply immediately)
- Homeopathic Melatonin drops (for treating jet lag or regulating sleep)
- Vitamins A, C, or E (for coping with fatigue, stress, or lack of fresh air)
- Dr. Bach's Rescue Remedy (for treating stress, panic attacks, or exhaustion)
- Natural sleep remedies (can be found at your local health food store)

Gifts and Donations

As you prepare for your trip, you may want to think of bringing practical gifts from home or requesting donations of medical supplies from your local medical centers, hospitals, grocery stores, and/or drug stores. Please do not bring toys or candy. You may also want to consider leaving some of your own supplies when you depart the villages.

A sample Donation Procurement Letter, containing a list of suggested gifts and donations, can be found in the Travel Preparation Documents section of our website.

Please also keep in mind as you pass through customs to declare all donations as **gifts**.