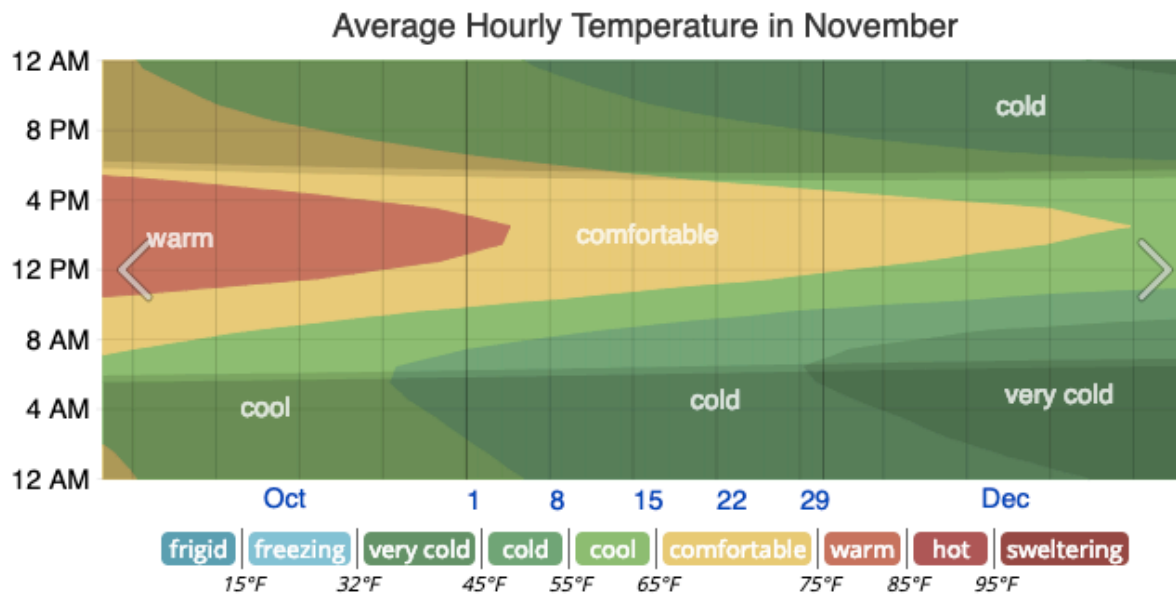




WEATHER



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

Weather Conditions

November happens to be the best month for visiting Kathmandu. In Nepal, the month of November is characterized by daily high temperatures rarely falling below 66°F or exceeding 80°F and daily low temperatures rarely falling below 40°F or exceeding 54°F. Chances of rain in November are slim.



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 for relaxing in the evenings
- ▶ “Smart casual” attire for meetings & site visits (keep shoulders and knees covered)
- ▶ Sun hat or cap
- ▶ Socks
- ▶ Sleep wear
- ▶ Fitness attire, bathing suit for the hotel
- ▶ Sandals & flip flops for the hotel
- ▶ Waterproof jacket or poncho
- ▶ Small umbrella
- ▶ 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.**