



Together Women Rise Journey to Nepal, October 2022

Suggested Packing List

Weather Conditions

The weather in Nepal can dramatically vary between regions and seasons. During autumn the night temperatures in the mountains often dip below freezing, making warm gear essential. October is autumn in Nepal and is a wonderful time to visit. The temperatures during the day tend to be pleasant and mild, ranging from 60 - 81 degrees Fahrenheit. The air tends to be more crisp and clear than during other times of year

Luggage & Packing

Luggage Restrictions: Please keep in mind that the per person weight allowance for your domestic flight on Buddha Airlines is limited to 20 kg (44 lbs.) for your checked luggage and 5 kg (11 lbs.) for hand luggage per person.

Essentials

- Passport (original & photocopy)
- International flight itinerary
- Completed Nepal's Covid Crisis Management Coordination (CCMC) [Arrival Form](#)
- Travel Insurance Policy & 24/7 emergency phone numbers
- Covid Vaccination Card (original, photocopy, and digital copy)
- Small bag to carry as a daypack
- Visa Submission Receipt
- Credit cards and cash (see spending guide in Country Guide)
- Flashlight or headlamp with extra batteries
- Watch / alarm clock
- Reusable water bottle
- Prescription glasses & sunglasses

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

Clothing

Nepal is a conservative country, so we recommend packing appropriately modest clothing, especially when visiting temples and Together Women Rise Grantees. More relaxed clothing can be worn around the hotels and city areas. Jeans are acceptable. We suggest wearing long pants and long sleeve tops to prevent mosquito bites when near the jungle areas.



TOGETHER
WOMEN RISE

- Breathable, loose fitting, lightweight clothing
- Light, short and long-sleeved shirts
- Breathable, baggy pants or skirts or dresses for women
- Warm layers for the cool mornings and evenings, including a light jacket, fleece or sweatshirt
- Comfortable, worn-in walking shoes
- Close toe, comfortable walking shoes that are easy to slip on and off when entering temples
- Shawl or scarf
- Exercise clothing that you can wear hiking
- Small umbrella and waterproof jacket or poncho
- Sun hat or cap
- Socks and undergarments
- Sandals & flip flops
- Sleep wear

Medical Kit & Toiletries

- Face masks
- Hand sanitizer
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste and travel sized mouth wash
- Bug spray – Picaridin, DEET and itch cream
- Prescription medication in original, labeled bottles
- Allergy medication and epi-pen if needed
- Re-hydration salts or electrolyte powder, Emergen-C
- Anti-diarrhea medication and Pepto-Bismol
- Painkillers
- Motion sickness medication (i.e. wrist bands, Dramamine, prescription Scopolamine)
- Altitude sickness medication
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes
- Travel-sized soap, and body or hand lotion
- Travel sized shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Travel packs of tissues
- Toilet paper
- Eye drops
- Contact lenses and contact lens solution
- The phone number of your favorite doctor, in case you get sick and want to speak with a trusted expert

Travel Materials

- Book or e-reader
- Journal and pens
- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Camera, extra batteries, and charger
- Binoculars
- Travel pillow
- Energy bars and snacks
- Universal plug adaptor and converter
- Chargers for all electronics
- Battery power bank / charger
- Small, reusable pouches or bags