

## 2020 BI-K Nepal Packing List

The following list is based on team experience in Nepal. Please know this is a very complete list. Packing additional items only adds unnecessary bulk and weight to be carried around. Keep in mind that you may want to leave a little room for souvenirs to bring home.

Mid-June is the start of the monsoon season so it is very likely to rain in the evening and possibly during some days. It will be hot and humid.

Laundry services are available and are inexpensive (\$1 per kilo of clothes) but require at least 24 hours to complete (more if it rains – they air dry clothes). It is best to have at least 2 or three days' worth of project clothes for that reason.

### **ESSENTIAL: MUST HAVE BEFORE DEPARTURE**

- 1 large backpack or suitcase to get everything to and from Nepal. We will be traveling through multiple airports, on buses, etc. You should be able to carry all of your stuff yourself.
- 1 daypack or backpack, ~25 liters. This will be used nearly every day for hauling personal items to and from projects as well as during the trek. It should have a wide waist strap for the trek.
- 1 pair of strong hiking boots/shoes (well broken in) for the trek.
- 2 one-liter water bottles for daily use. Wide mouth versions are easier to clean and to add electrolyte powders to. It is possible to buy these relatively inexpensively in Pokhara. You should have at least one to travel to Nepal with.
- 1 sleeping sheet for the tea houses along the trek.
- Light waterproof and windproof jacket with a hood. Breathable material if possible since the temperature is typically hot.
- 1 pair of sports shoes or sneakers for daily use.
- 1 pair of sandals for time off. (Optional) Ankle or heel straps are best as there are considerable tripping hazards on roads and sidewalks.
- 1 pair of flip flops/thongs/crocs for showers.
- 2 to 3 pairs of light weight pants -- at least one full-length. Hiking type pants work well, especially if they have zip-off legs.
- 2- 3 pairs of shorts.
- Your BI-K sweatshirt/t-shirt
- 4 T-shirts (6 max!) – NOT tank tops. Synthetic are better than cotton.
- 1 Long-sleeved (cotton or polypropylene) shirt for evenings (mosquito protection)
- 4 pairs of socks (wool or synthetic -- NOT cotton) suitable for trekking.
- 4 pairs of light socks for your sneakers.
- Underwear – 6 days' worth. Quick drying travel type are best.
- Headscarf / bandana / baseball cap for walking or working in the sun.

- ❑ Hat, wide-brimmed. The sun gets very hot during the day when working outdoors or on trek. You will want to be able to shade your face and the back of your neck.
- ❑ Sunglasses make sure they offer 100% UV protection.
- ❑ Towel - a quick-drying travel towel is best. This will be needed for the trek.
- ❑ If your backpack doesn't have a rain cover, water proof liners or plastic bags to protect things inside your pack.
- ❑ Flashlight & batteries. A headlamp is really useful. Extra batteries (one set) should be sufficient.
- ❑ Personal money, ~\$200 for snacks, souvenirs, etc.
- ❑ Any prescribed medication you need during your trip. Make sure it bears your name, why you need it, and dosage. **\*\*ALL MEDICATION, including over-the-counter meds, MUST be declared to chaperones PRIOR to departure.\*\***

### **For project days**

- ❑ Old clothes that you don't mind getting dirty, covered in paint etc. 2-3 sets of work clothes are recommended.
- ❑ Closed toe shoes that will also be subject to getting paint on (sneakers or hiking boots are good).

### **ESSENTIAL, BUT CAN EASILY BE PURCHASED WHILE EN ROUTE OR IN NEPAL**

- ❑ Toilet Kit including shampoo, toothpaste, toothbrush, a bar of soap, hair brush, hand sanitizer, and face wipes. Best to bring things in "carry on" sized packaging, so we can avoid checking bags when possible. Many of these things can be purchased in Pokhara.
- ❑ Sun screen – 50+ - enough for three weeks.
- ❑ Insect repellent. Natrapel is a good natural product. However, if you are particularly attractive to bugs we recommend something with DEET. Treating clothes with permethrin is advised.
- ❑ Hand Sanitizer – A small bottle will work and can be refilled by BI-K/GVI when needed.
- ❑ Kleenex/tissues, travel size.

### **OPTIONAL/NONESSENTIAL ITEMS THAT WILL DEFINITELY GET USED**

- ❑ Travel pillow for plane (can also be used on the trek). Inflatables are great as they use much less space.
- ❑ Electrical adaptor to convert both socket style and voltage if necessary (Type C). Mostly used to charge phones ;)
- ❑ Snack bars/snacks for hiking.
- ❑ Electrolyte tablets or powders to add to water bottles.
- ❑ Deck of cards / Uno cards / small games.
- ❑ Wipes for when a shower is not available.