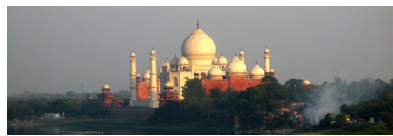







Adventure in Comfort







At most hotels porters will be available however there will be occasions when you will be required to carry your own bags. We therefore suggest that you pack as lightly as possible. We recommend keeping the weight of your bags between 10 and 15kg.

Essentials

Before you go





- ☐  Passport & visas
- ☐  Flights
- ☐  Travel insurance
- ☐  Recommended vaccinations & medications

Luggage

- ☐  One main piece of luggage; a small to medium durable bag with wheels is recommended.
- ☐  Day pack to carry water bottle, camera etc.
- ☐  Bags should be lockable for checking in and out of hotels.
- ☐  Pack as lightly as possible and leave room for shopping. If you know you are a big shopper we recommend bringing a back-up foldable travel bag to keep them stored in the vehicle.










Valuables & Documents

Don't bring anything you don't want to lose eg. jewellery. Use hotel safes when available.

- ☐  Passport
- ☐  Travel insurance policy
- ☐  24 hr emergency travel insurance contact and policy number
- ☐  Flight e-tickets










Travel Checklist




- ☐  Vaccination certificate
- ☐  Required visas
- ☐  Cash, Debit & Credit Cards
- ☐  US\$400 contingency fund in cash
- ☐  Passport photos; x 1 for entry into Nepal and some spare
- ☐  A print out of your Tour Notes
- ☐  International & country driving licence if needed
- ☐  Photocopies of your travel documents
- ☐  Money belt or pouch worn inside your clothing

Clothes

It is surprising how cold it can get particularly in the mornings and evenings between November and February so a mixture of lightweight clothing and warm layers is recommended so you can peel the layers off as the day proceeds and put them back on as sunset approaches. Lightweight clothing should cover the knees and shoulders; brief shorts, tight fitting clothing etc should be avoided by both men and women so as not to cause offence to the local people. Long clothing in the evening also offers protection against bites and stings particularly from mosquitos. Include some dull colours for national parks.










- ☐  Light casual travelling clothes
- ☐  Good fleece; esp. Dec / Jan when a wind proof jacket, gloves and hat are also recommended particularly for early morning game drives and other excursions.
- ☐  A set of smart casual clothes for evenings out
- ☐  Swimwear
- ☐  Underwear
- ☐  Sleepwear
- ☐  Head scarf for women for visiting places of worship

Footwear






- ☐  Sandals or thongs ("flip-flops")
- ☐  Comfortable walking shoes/boots
- ☐  Socks incl. 1 pair of long socks to tuck your pants in when jungle walking










Other

- ☐  Sturdy water bottle (1 litre)
- ☐  A small personal first aid kit (bandaids / plasters, ibuprofen, aspirin, imodium, prescription drugs, antiseptic cream, rehydration sachets etc)
- ☐  Sun protection: Sunhat & sunglasses, High factor sunscreen & lipsalve
- ☐  Insect repellent
- ☐  Toiletries
- ☐  Padlocks / cable locks
- ☐  Electrical adaptor
- ☐  Alarm clock device (watch / phone etc)
- ☐  Small towel

Recommended

- ☐  Lightweight waterproof jacket with hood
- ☐  Camera, phone, charger, extra memory & spare batteries; you will be able to recharge in your hotel but handy to have a back-up. There are also 12V/240V charging facilities on our vehicle.
- ☐  Head torch/flashlight with spare batteries & bulbs; standard sizes of round 1.5V AA batteries are widely available en-route.
- ☐  Extra pair of sight glasses or contact lenses
- ☐  If you have any electrical equipment that takes unusual batteries, spare batteries should be brought as well.

Optional

- ☐  Binoculars; bring a nice pair, you won't regret it.
- ☐  Travel pillow
- ☐  Personal entertainment; books, music, games notebook, diary and pens etc
- ☐  Anti-bacterial gel / Wet wipes
- ☐  Washing soap for underwear
- ☐  Travel mug for early morning drives
- ☐  Photos or postcards of your home country/family/pets to share with locals