

ESSENTIAL INFORMATION

NEPAL & TIBET: FROM THE JUNGLE TO THE ROOF OF THE WORLD

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of one (1) blank visa page for entry and exit stamps.

A tourist visa is required for U.S. and Canadian passport holders for entry into Nepal.

There are currently two options available as outlined below. A&K recommends a visa on arrival.

Visa on Arrival: A tourist visa can be obtained on arrival at Tribhuvan International Airport (KTM). The current fee for a multiple-entry visa valid for 15 days is USD \$30. A multiple-entry visa valid for 30 days is USD \$50. All fees are subject to change without notice and must be paid in cash in U.S. dollars. Carrying two passport-size photos is also recommended.

Visa Stamp: A visa stamp in your passport can be obtained either by applying directly to a Nepalese consulate or through a visa processing service. While there are additional costs involved in using a visa service, this option is available for guests who prefer assistance in the visa process.

Tibet Permit / China Visa: Travellers entering Tibet from Nepal should be aware that a Tibet permit/China visa must be obtained in Kathmandu prior to your arrival in Tibet. In order to obtain the pre-authorization arrangements to obtain these documents locally in Kathmandu, please complete the "Important Tibet Permit/China Visa Information for Travellers Entering Tibet from Nepal" form included in your pre-travel materials and return it, along with a scanned color copy of the identification pages of your passport to A&K's Downers Grove office by email at operations@abercrombiekent.com. If you do not have a copy of this form, please contact A&K so that one can be sent to you.

Note: Please do not apply for a China visa ahead of time. If you have an existing China visa in your passport, this will be canceled by the Chinese Embassy in Kathmandu. If you are continuing on in Mainland China after visiting Tibet, please provide A&K with a copy of your flight itinerary, hotel contact information and exact dates of travel to ensure that, if required, a separate China visa be obtained for you. The standard China visa obtained in Kathmandu is a single-entry visa valid for between 10-15 days.

On arrival in Kathmandu, you will need to have the following documentation on hand to obtain your Tibet Permit/China Visa:

- Original passport (must be the same passport as passport photocopy submitted to A&K prior to departure).
- Two (2) full-color, passport-sized photos. Photos should be 48 mm tall x 33 mm wide.
- The visa fee is USD \$200 per person in cash for U.S., Argentine and Brazilian passport holders, USD \$175 for Canadian passport holders and USD \$115 for all other nationals. Bills should be crisp, new currency. Currency that is more than several years old and/or extremely wrinkled, torn or faded bills will not be accepted. Visa fees are subject to change without notice.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

YELLOW FEVER VACCINATION & MALARIA PREVENTION

A yellow fever vaccination is only required to enter Nepal and Tibet (China) if you are arriving from, or have transited through, a yellow fever-endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it. If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

You may be travelling to an area of malaria transmission. We strongly advise that you speak with your doctor or travel clinic regarding your itinerary, individual risk assessment and options for mosquito bite prevention and antimalarial drugs. We recommend filling any prescriptions before you depart.

LOCAL HEALTH & SAFETY PROTOCOLS

High altitudes are a feature of travel in Nepal and Tibet. You may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

CASH & CREDIT CARDS

In Nepal, cash transactions can generally be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted on a limited basis, mainly in the larger shops, hotels and restaurants. Access to ATM machines is available in Kathmandu but limited in rural areas.

In Tibet, cash transactions should be made in Chinese renminbi. Major credit cards have limited accepted for goods and services. Access to ATM machines is limited to a few locations in Lhasa and Shigatse.

OF SPECIAL NOTE: INTERNET RESTRICTIONS IN TIBET, CHINA

Please be aware that, due to government regulations, certain internet websites are not accessible in Mainland China, including Tibet. Currently blocked sites include, but are not limited to, Google, Gmail and Facebook.

PACKING LIST & BAGGAGE RESTRICTIONS

On flights within Nepal and China, each passenger is limited to one piece of checked baggage with a maximum weight of approximately 44 pounds (20 kilograms) in Economy Class and approximately 66 pounds (30 kilograms) in Business Class. For carry-on baggage, passengers are limited to one piece of baggage with a maximum weight of approximately 11 pounds (5 kilograms) in both Economy and Business Class.

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to collect and manage your luggage for you.

Clothing

The varied topography and high altitudes of Nepal and Tibet create weather conditions which can change radically in the course of the day and evening. Choose versatile, casual clothing that can be layered if the weather requires. Smart casual attire is appropriate for evenings. Formal clothing is not necessary.

Temples and other religious sites require modest dress to enter. Guests are advised to pack clothing that covers knees, shoulders, and upper arms for select visits. You may be required to remove shoes when entering sacred sites.

- Casual slacks
- Polo shirts, casual short-sleeve shirts or blouses
- Sweater or lightweight jacket
- Comfortable walking shoes with traction
- Brimmed hat for sun protection
- Personal garments
- Swimwear/cover-up
- The mountain roads of Tibet are very rough. An inflatable pillow or stadium cushion can help soften the bumps.
- Walking shorts
- Long sleeve shirts or blouses
- Long comfortable skirts for women
- Lightweight raincoat or poncho
- Sleepwear
- Socks
- Foldable umbrella for rain protection and sun shade
- Women may want to wear a supportive sports bra.

Other Recommended Items

- Face masks and hand sanitizer
- Sunglasses
- Simple first-aid kit
- Extra eyeglasses/contact lenses
- Charging cables for electronics
- Sun block and insect repellent
- Prescriptions and medications (in their original bottles and/or packaging)
- Smartphone
- Global travel adapter

Optional Items

- Small LED flashlight
- Lightweight binoculars
- Foldable walking stick
- Small daypack or fanny pack

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

TIPPING GUIDELINES

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey.

	All Small Group Journeys and Pre/Post Tour Group Extensions	Tailor Made Journeys
Resident Tour Director or Group Extension Guide	\$15 per person, per day	Not applicable
Local Guides	Included	\$20 per person, per day (full day)
Drivers	Included	\$10 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag

Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.