

# ESSENTIAL INFORMATION

## NEPAL

### 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.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at [visacentral.com/abercrombiekent](https://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.

### COVID-19 COUNTRY ENTRY REQUIREMENTS & TRAVEL ADVISORIES

Nepal currently has no COVID-19 vaccination or testing requirements for entry for U.S. and Canadian residents. Visit the U.S. Department of State at [travel.state.gov](https://travel.state.gov) or the Government of Canada at [travel.gc.ca/travelling/advisories](https://travel.gc.ca/travelling/advisories) for up-to-date information.

### YELLOW FEVER VACCINATION & MALARIA PREVENTION

A yellow fever vaccination is only required to enter Nepal 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. You may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

### CASH & CREDIT CARDS

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.

## PACKING LIST & BAGGAGE RESTRICTIONS

Airlines flying within Nepal have varying baggage weight restrictions. If flying to Nepal's Chitwan National Park (Bharatpur), the small aircraft used have a maximum baggage allowance of approximately 44 pounds (20 kilograms) per person. Carry-on luggage is limited to approximately 6 pounds (3 kilograms) per person.

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

Nepal's varied topography and high altitudes 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.

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|---|--|
| <input type="checkbox"/> Casual slacks                                      | <input type="checkbox"/> Walking shorts                                      |
| <input type="checkbox"/> Polo shirts, casual short-sleeve shirts or blouses | <input type="checkbox"/> Long sleeve shirts or blouses                       |
| <input type="checkbox"/> Sweater or lightweight jacket                      | <input type="checkbox"/> Long comfortable skirts for women                   |
| <input type="checkbox"/> Comfortable walking shoes with traction            | <input type="checkbox"/> Lightweight raincoat or poncho                      |
| <input type="checkbox"/> Brimmed hat for sun protection                     | <input type="checkbox"/> Sleepwear   |
| <input type="checkbox"/> Personal garments                                  | <input type="checkbox"/> Socks   |
| <input type="checkbox"/> Swimwear/cover-up                                  | <input type="checkbox"/> Foldable umbrella for rain protection and sun shade |

### Other Recommended Items

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

### Optional Items

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|---|--|
| <input type="checkbox"/> Small LED flashlight   | <input type="checkbox"/> Foldable walking stick      |
| <input type="checkbox"/> Lightweight binoculars | <input type="checkbox"/> 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.

	<b>Tailor Made Journeys</b>
Local Guides	\$20 per person, per day (full day)
Drivers	\$10 per person, per day (full day)
Airport Transfer Drivers	\$5 per person, per transfer
Hotel Porters	\$2 per bag
Housekeepers	\$2 per person, per night
Included Meals	Included
Restaurants or Room Service on Own	10-15% unless already added