

# 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.

## REQUIREMENTS RELATED TO COVID-19

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 comprehensive and up-to-date country entry requirements as well as information for onward travel.

### Entry Requirements

The following are the current COVID-19 screening requirements for entry into Nepal for U.S. and Canadian residents. Requirements are subject to change.

- All travellers must present the following:
  - Original COVID-19 vaccination certificate indicating full vaccination completed at least 14 days prior to arrival. The current approved vaccines are Pfizer, Moderna, AstraZeneca, Janssen (Johnson & Johnson) and Sinovac.
  - Documented proof of a negative COVID-19 PCR test (RT-PCR, Gene expert, True NATT or WHO accredited test) taken within 72 hours prior to boarding your first flight leg to Nepal.
  - Full travel itinerary showing proof of accommodation. Copies of final documents may be utilized to meet this requirement.
  - A printed copy of the approved application and barcode generated from the online application of the Online International travel Arrival Form: [https://ccmc.gov.np/arms/person\\_add\\_en.php](https://ccmc.gov.np/arms/person_add_en.php). Only those fields noted in red with an asterisk symbol need to be filled out. Fields regarding quarantine information can be disregarded. The form should be filled out prior to travel, but after the pre-departure PCR test results are received. Barcodes are generated instantly upon completion of the form.

- Proof of travel insurance which covers emergency search, rescue, treatment, and hospitalization costs for the duration of their travel. The minimum coverage amount is \$10,000 per person.
- Vaccines and pre-departure PCR tests are not required for children under the age of 5. Children ages 5-18 are exempt from vaccine requirement but are subject to all other entry requirements.

#### Requirements for Returning Home or Onward Travel

The current cost for local testing is USD \$30 (subject to change) and can be paid by cash in local currency or U.S. dollars.

#### Guests returning to the United States

Before boarding a flight to the United States, all travellers are required to show printed or electronic proof of a negative COVID-19 viral test (PCR or rapid antigen) result taken no more than one (1) day before travel, or documentation of recovery from COVID-19 in the last 90 days.

For up-to-date details and FAQs visit [Requirement for Proof of Negative COVID-19 Test or Documentation of Recovery from COVID-19 | CDC](#). Be sure to check state COVID-19 entry requirements, as they may vary.

#### Guests returning to Canada

All travellers, including Canadian passport holders, must provide printed or electronic proof of a negative COVID-19 PCR test taken within 72 hours of boarding their flight to Canada. Additional information can be found at [travel.gc.ca/travelling/advisories](https://travel.gc.ca/travelling/advisories).

Note all guests with flights connecting through and/or continuing to other countries should check the specific COVID-19 entry requirements.

#### VACCINATIONS

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.

#### STAY HEALTHY ON THE ROAD

In accordance with local regulations, face masks must be worn in all indoor and outdoor public spaces when physical distancing of at least 6 feet (2 meters) cannot be maintained. We encourage you to bring your own masks; a supply will be on hand where needed. Note all protocols are subject to change in accordance with relevant guidelines, local regulations and conditions.

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.

### Safe Travel Essentials

Be sure to bring personal protective equipment (PPE), including face masks, travel-sized hand sanitizer with at least 60% alcohol, facial tissues and disinfecting wipes or spray.

### 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.

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

### Other Recommended Items

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

### Optional Items

- Small LED flashlight
- Foldable walking stick
- Lightweight binoculars
- 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