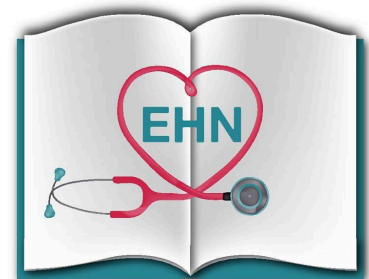




EHN NEPAL



Education & Health
Nepal

More than just a Volunteer Organization!

Certificate of Social welfare Council Registration No 38964

District Administrative Office Kathmandu Registration No: 604

EQUIPMENT / CHECK LIST

VOLUNTEER CHECK LIST

Here at EHN we know a lot of you are travel gurus and know exactly what to pack for each trip abroad! However just incase you need some tips we've formulated a check list with items that will make your trip abroad much more comfortable!

- Head torch (Wind up is best to avoid battery usage)
- Backpack (not suitcase) as you may be trekking for a few hours to your project
- Water bottle to reduce plastic waste
- Small first aid kit (See page 7)
- Good walking shoes or hiking boots to explore Nepal
- Sandals or flip flops
- Mosquito Net and Insect repellent spray
- Sun cream and hat
- Water proof jacket
- 2x Passport photos and \$25- \$100 USD for your visa (See page 4)
- Padlock for your bag
- Face mask or buff is highly recommended as their is a lot of pollution (These are readily available to buy in Nepal)
- Sleeping bag
- Swimming costume (For rafting, kayaking, elephant bathing)
- Swiss knife

If there are any items that you are unsure about please do not hesitate to contact any of the staff here at EHN and we can help you with further recommendations. If you forget anything you will have the chance to pick up any items you may need for your placement in Thamel. Please keep in mind that a lot of items purchased in Nepal can be counterfeit or low quality.

IMPORTANT INFORMATION



SAFETY

Nepal is relatively safe for tourists, though the political situation is always in flux as Nepal is still recovering from a decade of civil war. Spontaneous uprisings, riots, protests and brutal police crackdowns are frequent affairs, please be sure to avoid any public demonstrations or rallies, and stay indoors during strikes.

As with any time you wander abroad, you need to make sure you are a smart traveller and you will minimize the chance of issues arising. Kathmandu is a poor city and as a result has plenty of beggars and thieves. After dark is when most of the crime takes place, and tourists are generally on the receiving end. Be cautious when waking around Thamel at night and when taking taxis in a remote part of town. Pokhara has similar theft problems.

Don't flash large amounts money around as this makes you a good target to thieves, it is a good idea to carry a money belt around your waist, and keep only small amounts of cash in your wallet or purse. Wearing expensive jewelry may also make you a target, so keep jewelry modest and to a minimum. Make sure you don't put your bag or camera down, even for a second, and be aware of your surroundings.

On a whole, Nepalese are friendly and hospitable people. A little common sense goes a long way and will enable you to better enjoy the people and culture of Nepal.