

Nepal Key Info

Langtang Volunteer Trip

Flagstaff International Relief Effort

BEFORE YOU LEAVE

Payments and Deposits

A \$400 non-refundable deposit is due by **August 20, 2017**. With your deposit, we require the following documents:

- **Copy of passport**
- **Copy of flight schedule**
- **Signed liability release** (available on our website and also on page 4)
- **Proof of emergency travel and evacuation insurance** (more information on page 3)

Full payment is due by **September 15, 2017**. If you cancel our trip after paying the deposit, you will be provided with a tax deductible receipt. Prices include all in-country expenses including meals, lodging, permits, Nepal and American guides, porters and transportation. These prices do not include flights to and from Nepal, room upgrades, alcohol, extended stays or tips for guides. All rooms are shared room with two people per room. Single room upgrades are available an additional \$200. These prices do not include flights to and from Nepal, emergency travel and evacuation insurance, room upgrades, alcohol, extended stays or tips for guides.

Flights

When booking your flights make sure you check your arrival date, if you are coming from the US you will likely miss an entire day or two due to the time change. The return trip will be the opposite and you will likely arrive on the same day you left Nepal.

Please note the new U.S. law preventing electronics in airplane cabins from several Middle Eastern countries. A few of these countries are very common transit points for flights to Kathmandu including Doha, Qatar and Abu Dhabi, Dubai.

Extended Stays

Nepal is a beautiful country with so much to see, it is worth taking the time to explore it if you can. If you are considering extending your stay on either end please make sure you are in Kathmandu on the necessary dates and know that your payment does not cover any extended stay costs.

Passport, Visa and Arriving

Americans can get a 30-day visa upon arrival in the airport. It is recommended to bring two passport photos and \$40 cash. You can get the form on-line before you leave or at the Kathmandu airport. A 90-day visa is \$100. There are also a few automated kiosks at the airport. But it slows down the process and adds another line for you to stand in. If you bring your own paperwork, you can just get right in the line to pay for your visa.

We highly recommend preparing the paperwork in advance. You can fill out the form on [Nepal Department of Immigration website](#). Follow all the instructions provided.

When you begin your travels you should receive a luggage tag, hold on to this! When you exit the airport a police office will check to make sure your luggage tag matches your luggage to prevent theft.

When you exit the airport, a FIRE representative will be holding a sign with your name on it.

Guide Books and Language

Lonely Planet is a good guidebook for the rest of Nepal, but it does not cover very much info on Langtang (although their 2017 version might remedy this). A phrase book could be helpful, but as of a 2011 census, there were reported 123 different dialects in Nepal. It is not difficult to pick up keywords and phrases because many people speak English and are happy to help you with the language. The main word to know is “Namaste,” their greeting.

IN NEPAL

Money

If you plan to shop or buy snacks or beer, you will of course need money. There are ATMs in Kathmandu. If you are bringing money to exchange you should do this in Kathmandu. Once you are in Langtang, there is no way to get or exchange money. There is a place to exchange money in the airport.

Food

The food is not bad if you are happy to eat pasta or rice. The diet is very far from balanced, but there are ways get the nutrients you need. They try to make foods that foreigners are familiar with such as pizza or chow mein, and sometimes it is a great success and sometimes not. If you are concerned about getting what you need, you can either bring food (but beware of the weight in your luggage, as well as liquid foods in your carry-on) or go to a grocery store in Kathmandu.

Lodging

You will have four nights in Kathmandu (two on either side of the trip). This will be the nicest lodging of the trip. Once in Langtang or trekking into Langtang, you will be staying at guest houses. The guest houses vary greatly from one to the next. Hot showers are a luxury--sometimes you will get lucky and get one, sometimes the hot water will have run out just before you, and sometimes all you get is a bucket of warm water. The bathrooms will sometimes be attached to the room and sometimes shared between all the guests. The rooms are usually built to accommodate two people so you will likely be sharing with one other volunteer.

Toilets

You need to be comfortable not using a toilet. You will usually have a hole in the ground (or a squat toilet), some places have a western style toilet, but you might just have to find a bush at times. Toilet paper is not provided, so bring your own and never put it in the hole, there will be a bin near the toilet to put toilet paper in. There is also usually a bucket of water to “flush” with, always flush. This trip is a lot like one long camping trip.

Weather

The weather in Kathmandu will be warm, in the highs in the 70-80° Fahrenheit. In Langtang high will be between 30-50° Fahrenheit. The weather can change dramatically from day to day this time of year. It can rain, snow, or have bright blue skies. The temperatures are likely to drop below freezing at night, but it will warm up during the day. Nepal is very unpredictable, so it is best to be prepared for anything.

Phone Calls and Internet

Both of these can be found in Kathmandu easily but are basically nonexistent in Langtang, only in the case of an emergency will these be available.

HEALTH

Emergency Evacuation and Travel Insurance

Emergency travel and evacuation insurance is required and we need proof before . We recommend [Travelers Emergency Network](#), although there are many different companies and plans to choose from. See [this page from the U.S. Department of State](#) for more options.

Shots

Hepatitis A, B, Tetanus, Typhoid

You will need to be tested for TB when you return.

Water in the villages is abundant, but water purification is highly recommended to prevent illness that could negatively impact your trip.

Jet Lag

The jet lag is usually not as bad going to Nepal, especially if you arrive late at night. If you arrive late at night, it's a good idea to stay awake on the flight so that you are ready to sleep when you arrive in Nepal. This will instantly sync you with the time in Nepal.

The trip home is usually more difficult. For some reason, going backwards in time seems to make things harder. If you arrive on the West Coast in the AM, it is a good idea to sleep on the plane, that way you will be ready to start your day when it is daytime in the U.S.

The best way to deal with jet-lag is with prevention. This means make sure you are rested, well fed, and well hydrated for several days before your flight. Make sure you drink enough water when flying and stay as relaxed as possible. Stretch and walk if you need to.

When you return home, I recommend giving yourself at least a few days of down time to adjust, scheduling few obligations. The longer you are gone, the harder it is to adjustment.

Altitude

Langtang Village is at 12,500 feet (3810 meters), high enough elevation to cause altitude sickness. You should be aware of the signs and symptoms and be able to recognize them in yourself.

The first signs are a headache that keeps getting worse, trouble sleeping at night (waking up gasping), decreased appetite, feeling weak and tired, and dizziness. It pretty much feels like a hangover.

If any of these symptoms present themselves, the treatment is simply to go down in elevation. It is very important to take these symptoms seriously because they can progress to High Altitude Pulmonary Edema (HAPE) and High Altitude Cerebral Edema (HACE). Both of these are very serious conditions but easily preventable.

It is helpful to have Acetazolamide (also known as Diamox) on hand, this is a medication that can be taken as a preventative measure to help the acclimatization process or taken at the onset of symptoms. It is prescription only in the U.S. but can be found easily and cheaply in Kathmandu.

Volunteer Liability Release and Assumption of Risk
Volunteer Trip to Langtang, Nepal - October 2017
FIRE – Flagstaff International Relief Effort

FIRE and its staff and representatives hereby give notice that they are acting as agents for hotels, transportation operators, tour guides and suppliers and will not be held liable for any change or alteration of schedule due to natural causes, airline delays and changes, political unrest, illness, or other factors which are beyond their control. They assume no responsibility for the condition, operation or safety of any aircraft, vehicle, or accommodation, which may be made available to participants.

FIRE reserves the right to accept or reject any person as a trip member at any time. In the case of any inconvenience, injury, loss, or damage to clients, any extra cost in the above-mentioned situations should be borne by the clients. FIRE reserves the right to change, cancel, or re-price any portion of this trip when deemed necessary. In the unlikely event of a trip cancellation, FIRE will reimburse clients all monies due based upon the difference between the quoted trip price and the cost of services already provided.

Participants on this trek assume the responsibility to be in good mental and physical condition before the departure date, and do not suffer any condition or disability that would create a hazard for him/herself or other participants, and are responsible for studying all pre-departure information as well as obtaining all of the necessary provisions as described in the Equipment List.

I acknowledge and understand the risks of travel in remote areas where injury, delay, or unpredictable events may occur. I am aware that trip activities necessarily involve certain dangers and risks, including but not limited to: forces of nature; injuries that may be associated with exposure to the elements; injuries from indigenous fauna, flora and livestock, injuries that may be associated with hiking, backpacking, climbing and swimming; injuries that may be associated with traveling to and from the wilderness site; disease associated with international travel.

With this awareness, affirming that my participation in any activity is my own choice, and should any problems arise, and in partial payment for the right to participate in this program, I do hereby assume full responsibility for such dangers and risks, and I do expressly release and will hold harmless FIRE and its agents and associates from any and all liability, actions, causes of action, debts, claims, or demands of every kind and nature whatsoever, which I now have or which may arise from or in connection with this trip. I agree to indemnify and hold harmless FIRE for all special expenses incurred by it in connection with any injury or danger suffered by me. The terms hereof shall constitute a release and assumption of risk by me and by all members of my family, including minors accompanying me, and shall be binding on my heirs, executors, and administrators, and on those of my family. I agree that if any portion of this release of risk/liability form is found to be void, the remaining portions of this agreement will remain valid.

Let it be known the undersigned:

Name: _____

Address, City, State, Zip: _____

Contact Phone and Email: _____

...as of this date forward hold harmless the Flagstaff International Relief Effort (FIRE) from any and all claims, defenses, and/or actions that could now or in the future be brought against the association by the named, resulting from any activity done or performed by the named in direct or indirect association with FIRE, whenever or wherever said activity is performed.

Let it further be attested to that, FIRE will hold harmless the named from any actions, defenses, and/or claims that currently or in the future could be brought by FIRE against the individual whenever or wherever said activities are performed.

Signature of participant:

Signature of parent/guardian (if necessary):

Date: _____

Date: _____