**Before You Go**

Get/update passport + holder
Get passport size pictures for visa
Get immunizations recommended by doctor
Get a script for Cipro, or other antibiotic
Raise money
Have your cell phone provider unlock your phone

**What to Take**

Basic Essentials
Passport + holder
2 Passport size pictures
US $30 for visa

Clothes—all synthetic
2 pair convertible pants\*
2 long sleeve shirts\*
2 tee shirts\*
3 changes of socks\*
3 changes of underwear\*
1 light weight jacket
1 puffy jacket
1 pair medium weight gloves
1 pair work gloves
1 wide brim hat
1 stocking cap
1 pair hiking/work boots
1 pair light weight shoes (optional)
1 pair shower type thongs/flip-flops
Sunglasses
Belt
\*wear one, pack other(s)

Toiletries

Toothbrush and paste
Hairbrush/comb, small mirror
Razor
Shaving cream
Bar soap
Shampoo
Nail brush
Deodorant
Camp towel—check out REI
Fingernail/toenail clippers
Sunscreen
Tissues
Eyeglass cloth
Hand wipes
Personal first aid & sewing kits

Medicines—script for antibiotic and others + over the counter types
Laundry soap
Small scissors

Equipment
Medium weight sleeping bag
Pad to lay sleeping bag on
Sleeping clothes (could be day clothes)
Light weight blanket (optional)
Headlamp
Camera
Light weight day pack
One roll toilet paper for emergency use
2 water bottles
Cell phone
Sun shower
Musical instrument, if you play
Hiking poles
Backpack or duffle to carry everything
Cards, small games, books to read (optional)

**When You Arrive**

Fill out visa application docs
Stand in line and get visa—must have US $30
Retrieve bags on lower level of airport
Meet transfer person outside baggage claim
After checking in at hotel, change money and get SIM card
Note: be sure to change Rupees into dollars before departure—can be done at airport

**On the Trail and in Chhulemu**

In hotel before departing for airplane ride to Phaplu, pack daypack with things you will need for a one day hike—porters will carry everything else
Ask permission before taking pictures of people
Along the way, do not give children candy, pencils, etc.
Universal greeting—fold your hands in prayer position and say “Namaste” Being invited into a villager’s home for tea is considered an honor, always to be accepted, and very enjoyable
Play with kids—some may be shy at first
Note: Chhulemu is at 8,500 feet altitude

**Gratuities**

Tipping is optional, of course. If you do want to tip the staff of Sherpa Mountain Adventures, the suggestion is 10% of the trek's cost to be put into a pool and divided as they see fit.