**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.