

Nepal Key Info

Langtang Volunteer Trip

Flagstaff International Relief Effort

BEFORE YOU LEAVE

Dates

The dates below note the arrival and departure dates from Kathmandu, Nepal. These dates are the latest dates to arrive and earliest you should plan on leaving. Travel to and from your home country are additional to these dates.

- **Option 1: Trek/Trek:** October 26 to November 11, 2018 **\$1,800***
 - Jeep ride and trek to Langtang and back to Kathmandu
- **Option 2: Fly/Trek:** October 28 to November 11, 2018 **\$2,100***
 - Jeep ride and trek to Langtang; fly back to Kathmandu by helicopter
- **Option 3: Trek/Fly:** October 26 to November 9, 2018 **\$2,100***
 - Fly by helicopter; trek and jeep ride back to Kathmandu
- **Option 4: Fly/Fly:** October 28 to November 9, 2018 **\$2,450***
 - Fly to Langtang and back to Kathmandu by helicopter

**Prices based on a minimum of 3 people per flight.*

**Some discounts may be available depending on trip size and your trip option.*

Additional Travel Options:

- Additional days in Kathmandu without a guide - \$70 per person per day (includes food and hotel)
- Additional days in Kathmandu with a guide - \$120 per person per day (includes food, hotel, guide, and transport)
- Additional days in Kyanjin Gompa - \$75 per day (minimum 3 days) (includes food, hotel, and guide)

Details

- Prices include all in-country expenses: meals, tea, lodging, permits, entrance fees, Nepal and American guides, porters, and transportation.
- These prices do not include flights to and from Nepal, room upgrades, bottled water, soda, alcohol, extended stays or tips for guides.
- All rooms are shared with two people per room. Single room upgrades are available for an additional \$200 per person.
- We plan our itineraries to the best of our knowledge, but please know that there may be unexpected changes. We will do our best to inform you and support you, but please be flexible.
- Non-refundable deposits are due **August 1, 2018**. Deposit amounts are:
 - Option 1 - \$200
 - Option 2 - \$400
 - Option 3 - \$600
 - Option 4 - \$600
- Full payment is due **September 10, 2018**.
- With your full payment, we require the following documents:
 - Copy of passport
 - Copy of flight schedule
 - Signed [liability release](#)
 - Proof of [emergency travel and evacuation insurance](#)
 - All deposits are non-refundable.

- Our preferred method of payment for deposits and final payments is with a mailed check to: FIRE Projects, PO Box 22187, Flagstaff, AZ 86002, USA.

Please contact info@fireprojects.org or call **928-779-2288** for more information or to sign up for the trip!

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 arrive on the same day you left Nepal.

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 visas on arrival at the Kathmandu airport. A 15-day visa is \$25, 30-day visa is \$40, 90-day visa is \$100. You will NEED to have the money in US Dollars, cash to pay the visa fee. There are a few automated kiosks at the airport where you can complete the visa form and take your picture. But it slows down the process and adds another line for you to stand in. 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. To use this form you will need to also have a passport size photo with you.

When you begin your travels you will receive a luggage tag when you check in from the airline. Hold on to this! When you exit the airport a police officer 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 newest 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," the greeting in Nepal. In Langtang, it is "Tashi Delek".

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 and around the hotel if not at the hotel itself.

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 30-60° 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 \(http://travelersemergencynetwork.com/\)](http://travelersemergencynetwork.com/) , although there are many different companies and plans to choose from. See [this page from the U.S. Department of State](#) for more options.

Vaccinations

The US Center for Disease Control and Prevention recommends:

All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

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| Routine vaccines | Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot. |  |
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Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

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| Hepatitis A | CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Nepal, regardless of where you are eating or staying. |  |
| Typhoid | You can get typhoid through contaminated food or water in Nepal. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater. |  |

For more information visit their website: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/nepal>

Water

Water in the villages is abundant, but water purification is highly recommended to prevent illness that could negatively impact your trip. SteriPEN is a highly recommended brand and is known as the first and fastest UV water purifier. The device destroys viruses and bacteria in seconds. It is available at most outdoor and sporting goods stores.

Jet Lag

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 help sync you with the time in Nepal. Expect to get tired in the late afternoon and early evening.

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, give yourself at least a few days of downtime to adjust, scheduling few obligations if you can. The longer you are gone, the harder it is to adjustment.

Altitude

Langtang Village is at 12,500 feet (11,600 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.