

Nepal

Flight details

Fly Dubai

	Date	Depart		Arrive	
Outbound	7 th February	Dubai	12:25	Kathmandu	18:15
Inbound	14 th February	Kathmandu	19:15	Dubai	22:55

*Flight timings are subject to change dependant on flight scheduling at time of booking

Visa

Please use the below information as a GUIDE only and refer to the Nepalese High Commission before applying for a visa. You should apply for a tourist visa which costs approximately \$25 and must be obtained from your nearest Nepali Embassy or Consulate. Do not complete the online application as you will still need to apply upon entry for a visa. A letter will be provided by the Camps International team. Nationalities exempt: China, Brazil, Russia and Thailand and some other South Asian countries such as India, Pakistan, Sri Lanka, Bhutan, Bangladesh

Documents needed;

- Passport (at least 6 months validity from date of return)
- Passport photo in digital format
- A copy of passport
- No objection letter from sponsor

Vaccinations

Your doctor or travel clinic is the best person to consult about vaccinations and travel health. We would recommend consulting a medical professional several months before your expedition.

The following vaccinations are usually recommended:

- Typhoid
- Hepatitis A and B
- Diphtheria/Tetanus

Additionally, the following vaccinations may also be recommended:

- Cholera
- Rabies
- Japanese Encephalitis

Further information about vaccinations and travel health and can be found on the NHS website <https://www.fitfortravel.nhs.uk/destinations/asia-east/nepal>

Whilst we have varying talents in the office, we are not medical experts so we must insist that you seek professional advice from a doctor on all of the above. Most decisions are based on personal medical history, which they will have access to.

Behaviour

Code of Conduct

Due to the nature of the expedition environment it is essential you follow the instructions given by the staff accompanying you, failure to do so can endanger yourself and your team.

Therefore, if there is any behaviour that breaks the code of conduct whilst abroad, then the accompanying staff do have a warning system which they will implement. This could mean that you may miss out on certain parts of the expedition – and no-one wants this to happen! If the behaviour does not improve or escalates after being administered a warning, then we do have the right to send home a student at their parent's cost.

FAQ's

Do I need a sleeping bag?

No

Do I need to get a visa before travel?

Yes, we ask that all students travelling get their visa in advance, this needs to be done at your local Nepal embassy. We will ensure your teacher has the documentation that you need for the visa application but please check with the embassy beforehand to ensure that you have everything you need before making the journey.

How much validity do I need on my passport?

You need at least 6 months validity left on your passport from the date you arrive back home.

What will the food be like?

There will be a variety of both western and Asian style dishes throughout your expedition. All meals will be nutritionally balanced and include fruit. Most dietary requirements can be met, but please ensure you disclose these before travel to allow our in-country team to plan and prepare for your arrival.

Will there be bugs and insects?

More than likely, they come with being in the great outdoors! We recommend you carry insect repellent with you that contains DEET and cover up with long sleeved tops and trousers in the evening.

What is the accommodation like?

It will be camping or in hotels, arranged to ensure male and female students have separate accommodation. There will also be communal social and dining areas. Accommodation is basic but clean and comfortable.

Do I need to take anything for the water sport activity?

Yes, a pair of shoes that you don't mind getting wet! Water/wet shoes are the most ideal but not a necessity if you do not own any.

Do I need to give my height details to Camps International?

Yes, this is very important to ensure that you are given the right sized bike for the mountain biking activity.

How much spending money do I need to take?

We suggest a maximum of \$80 - \$100 spending money. This can be in US Dollars or Nepalese Rupee.

What type of bag can I take my luggage in?

We recommend a duffle or backpack style bag, please try to avoid suitcases with wheels due to the nature of the expedition.