**Packing List For Humla & Tibet**

**\*All travel items should be packed in a duffle bag** for the sherpas and horses to carry. Do not bring a hard case suitcase or a bag with wheels.

\*For the flight to Humla, we are each permitted **1 duffle bag, weighing no more than 15kgs (33 lbs.). Your daypack and sleeping bag must fit in your duffle. Carry on luggage is not permitted on this flight.** These weight restrictions are very strict for the flight from Nepalgunj to Simikot. If needed, you will be able to leave extra clothing at the hotel in Kathmandu. We will weigh all of our bags as a group at the hotel before we leave to make sure we are within the allotted weight. We recommend that you weigh your bag at home first so that this process runs smoothly and you feel confident that you have everything you need. **Please do not bring laptops, tablets, or any additional items to Humla**. We have planned this list very carefully and it really does have everything that you will need for living simply in the backcountry. In the past, the sherpas have offered to wash our clothing for a small modest fee, and this service will likely be available for us again. If you would like to bring supplies or gifts for villagers, you must discuss this with us in advance and pack those supplies in a separate duffle bag and inform us of its weight before the trip.

\*For cultural reasons, we request you do not wear tight pants, shorts or tank tops at any time.

\*The temperatures can vary greatly depending on the altitude in the mountains. Be prepared for mild to chilly weather during the day, and chilly to cold temperatures at night.

**To Bring List:**

* Plastic bags: large ziplock plastic bags and tall kitchen trash bags. The trash bags will be used to line your duffle bags and to wrap your sleeping bag in. The zip locks will be used to waterproof the rest of your gear.
* Passport / Visa. (Passport must be valid at least 6 months prior to dates of travel).
* Two photo copies of your passport.
* Four extra passport photos for restricted area permit for Humla and Tibet.
* A money belt or secure place to carry your passport, money.
* List of emergency contacts, your medications, allergies.
* Reliable headlamp, extra batteries.
* Sleeping bag (rated to 0 degrees F.)
* Hiking Boots, comfortable well-fitted, with extra laces.
* 3 pairs of wool hiking socks.
* 2 pairs of synthetic hiking pants (Wear one pair and pack the other. Avoid cotton as this is miserable if you get wet).
* Long underwear / base layers (top & bottom).
* 1 Long sleeve polar fleece or wool sweater.
* 1 Long sleeve wicking or wool shirt.
* 1 Short sleeve wicking shirt.
* 3 underwear (wicking better).
* Down jacket (800 fill).
* Woolen or fleece hat.
* Gloves (wool or fleece)
* Small daypack (comfortable padded sturdy straps).
* Water bottles that can carry 2 liters or Camelback water system.
* Wide brim sun hat, 100% UV protect sunglasses, sun screen, SPF lip   
  balm
* Rain gear (poncho / jacket, pants) Poncho can also serve as a modesty curtain. Needs to fit over down jacket for extra warmth.
* Antibacterial hand wipes.
* Toiletries: shampoo, soap, tooth paste (all travel size).
* Light / microfiber towel (quick drying).
* Watch or travel alarm.
* USD $200. in cash for gratuities to local sherpa staff (This can be exchanged into local currency as a group and will be presented as a group at the end of the trip).
* A personal small standard medical kit (or your herbal equivalent).   
  Recommendations include: Tylenol, a small amount of moleskin for blisters, a few bandaids, sunblock, lip balm, antiseptic wipes, Emergen C packets, ace bandage, knee support, small packets of tissues.
* Imodium or herbal equivalent in case of diarrhea.
* Antibiotics or herbal equivalent in case of illness. Please consult your physician or health care practitioner.
* Diamox or herbal equivalent to prevent altitude sickness. Consult your physician or health care practitioner.

**\*If you bring any prescription medication for yourself, it may not be distributed to anyone else, intended for, or left in Humla or Tibet.**

* Travel packets of bone broth or vegetable protein, or power bars.

**Optional:**

* Trekking pole(s) lightweight / collapsible.
* Sleeping bag liner (insulated).
* Camera
* Earplugs
* Journal, pens
* Iodine tablets or compact water purifier (optional since the sherpas will be   
  boiling our water which is the safest and most foolproof method for   
  purifying water).
* Outlet adaptor.

**REQUIRED: Travel Medical Insurance With Emergency Evacuation**   
**Coverage:** There are many good companies, but we can recommend IMG International Medical Group. www.imglobal.com.

**PLEASE NOTE:** We require that you purchase travel insurance, international medical insurance, and emergency evacuation coverage in order to participate on this program. It is the responsibility of each participant to ensure that they are adequately covered by insurance while traveling in Nepal and Tibet.   
We recommend that all participants consider buying trip-cancellation insurance. *We always endeavor to make your journey safe. MWA is not responsible for any cancellation of program due to any unavoidable circumstances beyond our control, such as road blockades, earthquake, landslides and snow, political unrest, cancellation of flights, delay of arrival, sickness or accident.*

**Suggestions To Stay Healthy:**

Always drink bottled water (make sure they have sealed intact caps), or water that has been boiled for a minimum of 10 minutes.  
It is important to stay well hydrated throughout the entire trip.  
Brush your teeth and rinse with bottled water / mouthwash.   
The rule with food is: **“Boil it, cook it, peel it or forget it.”**

Wash your hands before every meal and snack.  
Do not feed or pet any animal. Be aware of the possible danger of rabies with dogs, cats, monkeys and other mammals.  
Be cautious of carrying food when there are monkeys around (they can be very aggressive).  
Consider wearing compression stockings during long airplane flights. Stretch and move around occasionally on your long flights.

**Food Recommendations:**You **can** eat these:  
Meat, fish, poultry (should always be well cooked) Cooked beans/lentils  
Eggs should have hard cooked yolks  
Vegetables that are cooked and served hot  
Bread and other dry baked goods  
Fresh fruit only if you peel it yourself

**Drink Recommendations:**

Hot tea, coffee and soup (with boiled water)  
Canned or bottled soda / juice with sealed intact caps Bottled water (check for intact seals)

**Things to Avoid:**

Salads (ingredients are washed in unsafe tap water) Uncooked meats  
Raw fish and shellfish  
Tap water or water from pitchers/carafes

Dairy products  
Creamy desserts, soups or gelatins  
Fresh fruit (unless you peel it yourself)  
Food from street vendors  
No ice. No frozen drink.  
Alcohol (can be dehydrating)  
Beware of unwrapped straws (sometimes they are rinsed and re-used)

**To Help Prevent Altitude Sickness:**

Stay adequately hydrated. You need to drink lots of fluids to remain properly hydrated (at least four to six liters per day). Urine output should be copious and clear to pale yellow.

Avoid tobacco, alcohol and other depressant drugs including, barbiturates, tranquilizers, sleeping pills and opiates. These further decrease the respiratory drive during sleep resulting in worsening of symptoms.  
Eat a high calorie diet while at high altitudes.  
Remember: acclimatization is inhibited by overexertion, dehydration, and alcohol.

**Please Note:**

There are no vaccines required for travel to Nepal. Before traveling, each person is responsible for consulting their own healthcare provider who can address their individual health care issues and make appropriate recommendations for treatment and safe travel. It is important to be in good health and physically fit for the trip you are planning to go on.

**Cell Phones and Electronic Devices:**

We highly recommend for this journey that you give yourself the precious gift of taking a break from your cell phone and devices. You will want your heart and mind to be fully present for this extraordinary experience.