2020

Dear MWA Pilgrim,

Thank you for your interest in this compassionate endeavor.  
Our trip begins in Kathmandu on **Wednesday, September 23rd**. **We will begin our program at 4 PM** with a welcome and orientation at the Rokpa Guest House in Boudha near the Boudha Stupa. Please be sure to give yourself plenty of time to arrive comfortably and check into the hotel in advance. You may want to also consider arriving a day or two earlier to recover from jet lag.

Our trip will conclude on **Monday, October 19th - This is the day to fly home**. Please plan to spend the entire duration of the trip with the group. This fosters building and maintaining a tight-knit community. In this way, we give and receive support for each other on this profound journey.

If you choose to add extra days before or after your trip, this must be arranged by you, and is not included in the cost of the MWA program. However, if you would like some recommendations, we are happy to oblige.

Nepal requires that you obtain a visa to enter the country. Make sure your passport has at least six months before the expiration dates from when you are traveling. You can obtain a visa upon arrival at Kathmandu’s Tribhuvan Airport. The fee is $40.USD; bring small bills or exact change. On your visa application, please indicate that the purpose of your trip is tourism. Your temporary Nepal address is: Rokpa Guest House, Rokpa GH Road, Gokarneshwar Nepal. Phone number +97714479705.

Nepal does not require any immunizations for entry into the country. We recommend that you consult with your own health care provider who can address your individual health care issues and make appropriate recommendations for treatment and safe travel. For everyone, it is recommended that you seek medical advice at least six weeks before traveling. It is important to be in good health and physically fit for the trip you are planning to go on.

**International medical insurance with emergency evacuation coverage is required for everyone.** You can purchase affordable medical coverage from *IMG, International Medical Group* http:// www.imglobal.com/en/index.aspx. They can also cover trip-cancellation.

**Here is a check-list for what we will need to receive from you by mail or email on or before July 15th:**

* **Trip payment paid in full.**
* **Copy of your international medical and evacuation insurance**
* **Copy of your passport in order for us to arrange your flight to Humla**
* **Copy of your international flight itinerary**
* **Signed Waiver & Release Form**
* **Completed Medical Form**

Please do not hesitate to let me know if you have any questions.

We are excited to meet you in person and looking forward to sharing this profound journey with you.

All the best,

Jan McCracken, *trip manager*

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