BASIC INFORMATION

Schedule

Spring 2017 Trek dates: March 22 to April 6
Fall 2017 Trek dates: October 24 to November 8

Application

The online applications for the treks is available at the following link:

Spring 2017 trek application:
https://form.jotform.com/himalayanhealthcare/hhcspring2017trek

Fall 2017 trek application:
https://form.jotform.com/himalayanhealthcare/fall2017trek

In advance of submitting the application, you will need to prepare the following documents to upload:

1. A medical certificate, completed and signed by a physician (enclosed)
2. A copy of your professional license (if applicable)
3. A current curriculum vitae or resume
4. A letter of recommendation from your current or most recent employer
5. Photocopy of the inside cover of your passport

Cost

The cost of each trek is $3,100 for all participants, including medical professionals, those in training and non-medical participants. This covers all expenses except airfare to Nepal, hotel accommodations in Kathmandu and personal expenses.

A deposit of $1,100 is due upon registration, with the balance due at least one month prior to the trek. The deposit will be submitted via PayPal as part of the above application. Applicants may pay via credit or debit card without signing into PayPal if preferable.

Contact Information

To obtain specific trek information, please contact:

Anil Parajuli
Co-Founder, Himalayan HealthCare
anilhhc@gmail.com

Other Information

Nepali immigration information, including visa requirements, is available at:

http://www.immi.gov.np

Please review US State Department information regarding Nepal at:

http://www.state.gov/r/pa/ei/bgn/5283.htm

http://nepal.usembassy.gov/

http://travel.state.gov/travel/cis_pa_tw/tw/tw_927.html

TREK ITINERARIES (subject to change)

Sample trek itineraries are downloadable from the HHC website (*reports and publications*).

Dhading Trek (Tipling and Lapa)

Travel to the area takes a full day of driving, followed by 3 to 4 days rigorous trekking to reach the medical clinic. A typical itinerary is:

Trek Duration: 12-13 days Departing and returning from Kathmandu
Trek Destination: Tipling, Sherthung, Jharlang and Lapa Village, Ganesh Himal (NW of Kathmandu, close to Tibetan border)
Trek Starting Point: Parbati Kunda (Gompa), nine to ten hours drive from Kathmandu
Trek Ending Point: Trishuli Bazaar (2,700 ft.)
Highest Point on Trek: Phangsang Pass (14,000+ ft.)
Mountain Ranges: Ganesh, Langtang and Manaslu Himal

MEDICAL CERTIFICATE
(To be completed by a licensed physician)

To the physician:

Your patient has signed up to participate on a medical trek to Nepal sponsored by Himalayan HealthCare, Inc. Your patient will be trekking into remote areas where medical facilities are non-existent and evacuation may be delayed for several days.

IT IS IMPERATIVE THAT YOU COUNSEL YOUR PATIENT ON THE APPROPRIATENESS OF THE TRIP THEY HAVE SELECTED AND PROVIDE US WITH ANY INFORMATION THAT WILL ASSIST OUR LEADERS IN MANAGING A MEDICAL EMERGENCY IN THE FIELD.

We request that you conduct a thorough physical examination of your patient, after reviewing the nature of the trip (description of trek detailed below), the environmental conditions on the trip, the patient's age and past medical history will indicate that you should evaluate some or all of the following: cardiovascular and respiratory status, peripheral circulation, blood pressure and any potentially debilitating problems (e.g. gall bladder disease, kidney stones, asthma, active ulcer, colitis, hernia, pilonidal cyst, back problems). Lab data might include a CBC, urinalysis, blood sugar, BUN or creatinine, resting cardiogram. Testing of pulmonary function, a recent chest x-ray and an exercise EKG are appropriate if history indicates. A published protocol for cardiac evaluation of travelers to high altitude is enclosed for your review.

If you have any questions concerning the difficulty and environmental conditions on this trip, please contact Dr. Robert McKersie, President of Himalayan HealthCare, Inc. at president@himalayanhealthcare.org or (978)-289-3380. Thank you for your cooperation.

Name_____

Trip Date _____

Description of Trek:

Moderate to strenuous hiking, averaging 7-8 hours per day of sustained walking, altitudes up to 16,000 feet, carrying a light daypack.

Please comment on any medical or psychological conditions, which would limit participation in the above trip. We ask that you document (on additional pages if needed) any past, existing or potential health conditions, even minor ones):

Please continue on the next page, sign and date.

How long have you known the patient?

Do you feel that further examination by a specialist is indicated?

If so, what kind of specialist?

Applicant named above has been examined on (date) _____ and was found physically and mentally qualified to participate on Himalayan HealthCare, Inc. medical trek as described above.

Name and Address of Physician

Phone (___) _____

Examining physician's signature X _____

Date of exam _____

SUGGESTED APPROACH TO EVALUATION OF INDIVIDUALS FOR TREKKING OR HIGH ALTITUDE TRAVEL: All persons over 50 years of age should have a thorough medical history, physical examination, electrocardiogram and chest X-ray (if not recorded within the past 5 years). Four general categories of individual should be evaluated as follows:

1) Asymptomatic without evidence of coronary disease, no risk factors for coronary disease. Risk category: LOW. Treadmill is optional.

2) Asymptomatic, with one or more risk factors for coronary disease. Treadmill test indicated.
   a) Treadmill test negative or minimally positive. Risk category: LOW.

   b) Treadmill strongly positive: thallium scan indicated.

      (i) Thallium scan normal. Risk category: LOW
      (iii) Thallium scan strong positive. Risk category: HIGH. Coronary arteriography indicated.

3) Known coronary artery disease, such as history of prior infarct, ECG evidence of prior infarct, history of unstable angina, presence of stable angina, prior bypass surgery or angioplasty. Treadmill indicated.

   a) Treadmill test strongly positive. Risk category: HIGH
   b) Treadmill test negative or minimally positive. Risk category: LOW.

4) Age less than 50 years.

   a) One or more risk factors for coronary disease. Treadmill test optional.
   b) No risk factor for coronary disease. Treadmill test not indicated.

DEFINITIONS FOR ABOVE GUIDELINES:

1. Risk factors for coronary disease increase the possibility for coronary disease:

   - Family history (sudden death, infarct, angina before 55 years in family members).
   - History of or presence of hypertension.
   - ST segment depression of any magnitude in the resting electrocardiogram; and
   - Prior episode of chest pain.

2. Treadmill test negative or minimally positive: patient can walk $\geq$ 9 minutes (through Stage 3 Bruce protocol) without chest pain and with $\leq$ 1 mm ST

segment depression.

Strongly positive treadmill test: patient walks ≤ 6 minutes (Bruce protocol) and has either chest pain and/or ≥ 2 mm ST segment depression.

4. Risk categories:

- LOW RISK: minimal risk for a coronary event (angina, infarct, sudden death over 5 years of 2-4%; and
- HIGH RISK: substantial risk for a coronary event in 5 years of 1-\10-20%; requires coronary arteriography.

Hultgren HW: Coronary heart disease and trekking. J. Wilderness Medicine, 1990; 1:154-161.

HEALTH RECOMMENDATIONS FOR TRAVELERS TO NEPAL

Please Read This Material Before Trip Departure

Official Health Data

Requirements

Yellow fever: A yellow fever vaccination certificate is required from travelers coming from infected areas.

Reportable Disease Status

Cholera: Officially considered infected. Infection reported in these districts: Baitadi, Jhapa, and Kathmandu.

Malaria Information

Risk areas: Malaria risk exists throughout the year in rural areas below 1,200 meters in the Terai districts: Dhanusha, Mahotari, Sanahi, Rautahat, Bara, Parsa, Rupendehi, Kapilvastu and especially along the border with India. There is no risk in Kathmandu. Chloroquine resistance is confirmed in all risk areas.

Data
(1987) indicate 27,000 reported cases annually. WHO reports risk is predominantly in *P. vivax* form with *P. falciparum* accounting for 15% of cases.

Protective measures: CDC recommends that travelers visiting risk areas undertake chemoprophylaxis with mefloquine in addition to personal protective measures. NOTE: Some persons using mefloquine may experience vomiting, dizziness, vertigo or fainting. Therefore, caution should be exercised while driving or operating machinery. If you experience unexplained anxiety, depression, restlessness or confusion, stop taking mefloquine and consult your physician immediately.

Country Description: Nepal is a developing country with extensive facilities for tourists; facilities vary in quality according to price and location.

Entry Requirements: A passport and visa are required. A tourist visa for a stay of up to 30 days is issued at Kathmandu Airport upon arrival and costs $40. Visas can be extended in Kathmandu for stays of up to three months. Visitors seeking such visa extensions are required to present official exchange receipts amounting to $20 per day for the period of the extension sought. For other

types of travel, the visa must be obtained in advance.
Travelers can obtain additional information by contacting the Nepali embassy or a consulate in their own countries. See http://www.immi.gov.np for more information.

Medical Facilities: Medical care is extremely limited. Any serious illness may require evacuation to the nearest adequate medical facility (usually Bangkok). Doctors and hospitals expect immediate cash payment for heath services.
Medical insurance is not always valid outside the country of issuance. Supplemental health insurance which specifically covers overseas treatment and evacuation to the nearest adequate medical facility is useful. Additional information on health problems can be obtained from the Centers for Disease Control's international travelers website at http://www.cdc.gov/travel/.

Information on Crime: Petty crime, especially theft of personal property, is common. While acts of violent crime in Nepal are rare, several recent attacks against lone foreign trekkers have been reported. The loss or theft of a U.S. passport abroad should be reported immediately to local police and the nearest U.S. embassy or consulate. Useful information on safeguarding valuables, protecting personnel security and other matters while traveling abroad is available at http://travel.state.gov/travel/tips/safety/safety_1180.html.

Drug Penalties: Foreign citizens are subject to the laws and legal practices of the countries in which they are traveling. Penalties for possession, use or trafficking in illegal drugs are strictly enforced. Convicted offenders can expect jail sentences and fines.

Additional: Check with your own government for information about embassy locations in Nepal and the possibility of registering with your embassy while in Nepal.

General Background Information

Nepal is a country in south-central Asia. It borders India and shares Mount Everest with Tibet. It covers 56,827 square miles (147,181 sq. km) and has a population of 27 million. Kathmandu is Nepal's capital. Nepal contains the Mahabharat Mountains and the Himalayan Mountains, with average heights ranging between 8,000 and 14,000 feet (2,400 and 4,300 meters).

There are three general regions in Nepal, and each one differs in climate. The Himalayan region has long, harsh winters and short, cool summers. The hill and valley region has a cool, wet climate during the summer, and winters are dry and cold. The Terai region is more moderate than the other two.

Winter, which is from November to March, brings average temperatures of 66º F (19ºC) in the south and 55º (13 º C) in the north where the mountain ranges are. Temperatures in the summer (April to June) range from 70 º F (21 º C) to 82 º F (28 º C). Annual precipitation averages 70 to 75 inches (178 to 191 cm) in the east and 30 to 35 inches (76 to 89 cm) in the west. The most rain falls in the Terai region where the weather is best described as being "subtropical monsoon" and rainfall is heaviest from July to mid-October.

Health Precautions

General Cautions

Recent medical and dental exams should ensure that the traveler is in good health. Carry appropriate health and accident insurance documents and copies of any important medical records. Bring an adequate supply of all prescription and other medications as well as any necessary personal hygiene items, including a spare pair of eyeglasses or contact lenses if necessary.

Drink only bottled beverages (including water) or beverages made with boiled water. Do not use ice cubes or eat raw seafood, rare meat or dairy products.
Eat well-cooked foods while they are still hot and fruits that can be peeled without contamination. Avoid roadside stands and street vendors.

Swim only in well-maintained, chlorinated pools or water known to be free from pollution. Wear clothing, which reduces exposed skin, and apply repellants containing DEET to remaining areas. Sleep in well-screened accommodations. Carry anti-diarrheal medication. Reduce problems related to sun exposure by using sunglasses, wide-brimmed hats, sunscreen lotions and lip protection.

Specific Concerns

AIDS occurs. Blood supply may not be adequately screened and/or single-use, disposable needles and syringes may be unavailable. When possible, travelers should defer medical treatment until reaching a facility where safety can be assured.

Immunizations

These recommendations are not absolute and should not be construed to apply to all travelers. A final decision regarding immunizations will be based on the traveler's medical history, proposed itinerary, duration of stay and purpose for traveling.

Cholera: Although limited in effectiveness, vaccination may be appropriate for persons living and/or working in less than sanitary conditions for more than 3 months where medical facilities are unavailable. Vaccination may also be appropriate for travelers with impaired gastric

defenses who are planning an extended visit or being exposed to unsanitary conditions. Vaccination is not advised for pregnant women, infants younger than 6 months old, or persons with a history of severe reaction to the vaccine.

Hepatitis A: Immune globulin (IG), or Hepatitis A vaccine is recommended for all susceptible travelers, especially as length of stay increases. IG is particularly important for persons who will be living in or visiting rural areas, eating or drinking in settings of poor or uncertain sanitation, or who will have close contact with local persons (especially young children) in settings with poor sanitary conditions.

Japanese encephalitis: Consider vaccination if staying a month or more in the southern lowlands (Terai) from July to December, especially if travel includes rural areas. Also, consider if staying less than 30 days during that period and at high risk (in case of epidemic outbreak or extensive outdoor exposure in rural areas).

Meningitis: Meningococcal vaccine is recommended for travelers to Nepal. Pregnancy is a relative contraindication to vaccination, and the vaccine should not be administered to children younger than 2 years old.

Polio: A one-time booster dose of OPV or IPV is recommended for travelers who have previously completed a full primary series of OPV or IPV (3 doses of vaccine, 2 months interval between first and second dose, and 6-12 months interval between second and third dose). Pregnancy is a relative contraindication for administration of IPV and to a lesser degree to OPV. If immediate protection for a pregnant woman is required, OPV is recommended. Refer to CDC guidelines for persons who have not completed the primary series.

Rabies: Pre-exposure vaccination should be considered for persons staying longer that 30 days who are expected to be at risk to bites from domestic and/or wild animals (particularly dogs), or for persons engaged in high risk activities such as spelunking or animal handling. Need for vaccination is more important if potential exposure is in rural areas and if adequate post-exposure care is not readily available.

Typhoid: Vaccination should be considered for persons staying longer than 3 weeks, adventurous eaters, and, those who will venture off the usual tourist routes into small cities, villages and rural areas. Importance of vaccination increases as access to reasonable medical care becomes limited. Contraindications depend on vaccine type.

Note: All standard vaccines (i.e., MMR, Td, DPT, influenza, pneumococcal, etc.) should be kept up-to-date as a matter of good health practice unrelated to travel. One-time measles booster is recommended for persons born after 1956.

Disease Risk Summary

The general lack of basic public sanitation and sewage management pose major health problems in all parts of Kathmandu and Nepal.

Insect-borne illness:

- Encephalitis (Japanese type) - common (hyperendemic; annual outbreaks begin in July following the monsoon rains [May-July] and primarily affect southern areas below 2,500 feet [765 meters])
- Leishmaniasis (visceral) - prevalent
- Sandfly fever - prevalent

Food-borne and water-borne illness: common throughout the area, in particular cholera and other watery diarrheas, (especially during the monsoon season from July through September), the dysenteries, typhoid fever, viral hepatitis, and helminthic (parasitic worm) infections.

- Brucellosis – common
- Echinococcosis (hydatid disease)- common
- Poliomyelitis - prevalent

Other hazards:

- Rabies in animals is a hazard in most areas.
- Trachoma - common

PERSONAL EQUIPMENT LIST

Note that this is a complete list, suitable for the more demanding treks in Nepal (Dhading has snow during the spring trek). Trekkers should use their own judgment in packing and should feel free to consult with HHC about packing choices.

Footwear
Medium weight hiking boots, good quality, well water proofed, new laces
3 pairs lightweight socks
2 pairs heavy socks, wool/polyester, worn over lightweight socks
1 pair running type shoes, or sandals

Underwear
4 (or more) pairs regular underwear
1 pair long underwear, light/medium weight, polypro or capilene tops & bottoms

Outerwear
Pile jacket, full zip is best for temperature regulation
Synthetic fill vest (optional, but recommended)
Outer shell, wind/rain protection, with hood, gore-tex or similar, big enough to go over everything
Wind/rain pants or bibs, gore-tex or similar
Note: the layers above work much better than a single huge parka

Pants
1 pair walking shorts, supplex nylon or similar 2 pairs long hiking pants, one should not be cotton

Shirts
3 cotton Tee shirts (or more)
1 long sleeve shirt, lightweight
1 long sleeve shirt, warm

Head
Baseball type sun hat or brimmed hat, for sun and Rain
warm ski hat
Scarf or neck gaiter

Hands
1 pair light or midweight gloves

Pack
1 daypack, approx 2,000 cu in, padded straps etc, a couple of outside pockets 1 big duffle bag, ballistic nylon, heavy duty, big enough for everything, lockable
Note: everything has to fit in this bag.

Sleeping Bag rated at about zero F., nights at altitude are cold. (*Outfitter supplies pads and tents.)*

Other:

1 Medium size towel

A complete change of clothes (and a small bag to leave them in)

2 Water bottles, Nalgene is best, wide mouth preferred, 1 liter size

Pee bottle; suggest different shape from water bottle, narrow neck is better, less chance of spillage (practice at home)

Swiss Army knife, with scissors & tweezers

Head lamp, and lithium batteries are best, no need for high-tech halogen bulbs flashlight, pocket sized

Sunscreen, minimum 25 spf

Chapstick(s) with sun block

Sunglasses, and extra prescription lenses or contacts (very important)

Miscellaneous Travel Items:

Neck pouch to carry passport while traveling Passport, photocopy of passport 4 extra passport size pictures for visas and permits

Money belt

A horseshoe shaped inflatable pillow

Granola bars, peanuts, etc. and a liter or two of bottled water, diary

List of postcard mailing addresses

A couple of books (paperback)

Personal kit, toothbrush, etc.

Personal Medical kit with:

Pepto Bismol, Advil, Band-Aids, Betadyne swabs, moleskin (for blisters), antibiotic ointment, gauze pads, tape

Immunizations: (based on IAMAT recommendations)
Hepatitis A and Hepatitis B vaccines, Typhoid, Meningitis, Tetanus, Polio (adult booster if you've never had one)

NEPAL: GENERAL INFORMATION

Last Updated: January 2012

COUNTRY DESCRIPTION: Nepal is a developing country with extensive tourist facilities, which vary widely in quality and price. The capital is Kathmandu. The country has come out of a Maoist insurgency and the constituent assembly has been elected to write a new constitution.

ENTRY/EXIT REQUIREMENTS: A passport and visa are required. Travelers may obtain visas prior to travel or purchase fifteen-day multiple-entry visas ($25), one-month multiple-entry visas ($40), or three-month multiple-entry visas ($100) upon arrival at Tribhuvan International Airport in Kathmandu and at the following land border points of entry: Kakarvitta, Jhapa District (Eastern Nepal); Birgunj, Parsa District (Central Nepal); Kodari, Sindhupalchowk District (Northern Border); Belahia, Bhairahawa (Rupandehi District, Western Nepal); Jamunaha, Nepalgunj (Banke District, Mid-Western Nepal); Mohana, Dhangadhi (Kailali District, Far Western Nepal); and Gadda Chauki, Mahendranagar (Kanchanpur District, Far Western Nepal). Visas and information on entry/exit requirements can be obtained from the Embassy of Nepal at 2131 Leroy Place NW, Washington, DC 20008, telephone (202) 667-4550 or the Consulate General in New York at (212) 370-3988.

Tourists may stay in Nepal no longer than 150 days in any given calendar year.

Travelers occasionally report immigration difficulties with Chinese authorities when crossing the Nepal-China border over land in either direction. Chinese authorities often require American and other foreign tourists to organize "group" tours through established travel agencies as a pre-requisite for obtaining visas and entry permits into Tibet. U.S. citizens planning to travel to Tibet from Nepal may contact the U.S. Embassy in Kathmandu for current information on the status of the border-crossing points. Travelers may also wish to check with the Embassy of the People's Republic of China in Nepal for current regulations on entry into Tibet

Visit the in-country Embassy of Nepal or the nearest consulate website. Visit http://www.nepalembassyusa.org/ for the most current visa information for US citizens.

In an effort to prevent international child abduction, many governments have initiated procedures at entry/exit points. These often include requiring documentary evidence of relationship and permission for the child's travel from the parent(s) or legal guardian not present. Having such documentation on hand, even if not required, may facilitate entry/departure.

SAFETY/SECURITY: Since May 2006, the Maoist insurgency in Nepal that began in 1996 has stopped. In spite of the cautions by the various governments around the world, Nepal is officially declared a safe destination to travel. All businesses are open and the airlines, roads and trek destinations are functional. Please check with your embassies or consulates for any cautions.

U.S. citizens are advised to consult the U.S. Embassy in Nepal's website at http://nepal.usembassy.gov for up-to-date information on the latest security information. A link to the Embassy's website is provided in the Registration/ Embassy Location section below.

CRIME INFORMATION: Although the rate of violent crime is low in Kathmandu relative to that in comparably sized cities, minor street crime does occur in Kathmandu as well as in other areas frequented by foreigners. To avoid being victimized, visitors should avoid walking alone after dark and carrying large sums of cash or expensive jewelry. In addition, visitors should consider exchanging money only at banks and hotels and limiting shopping to daylight hours. Valuables should be stored in the hotel safety deposit box and should never be left unattended in hotel rooms. Travelers should be especially alert at or near major tourist sites, where most pick pocketing occurs. Passports and cash should be carried in a protected neck pouch or money belt--not in a backpack. The loss or theft abroad of a passport should be reported immediately to local police and to the nearest Embassy or Consulate. If you are the victim of a crime while overseas, in addition to reporting to local police, please contact the nearest Embassy or Consulate for assistance. The Embassy/Consulate staff can, for example, assist you to find appropriate medical care, to contact family members or friends and explain how funds could be transferred. Although the investigation and prosecution of a crime is solely the responsibility of local authorities, consular officers can help you to understand the local criminal justice process and to find an attorney if needed.

U.S. citizens may refer to the Bureau of Consular Affairs home page at http:// travel.state.gov/ for ways to promote a trouble-free journey. The pamphlets are available by mail from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402, via the Internet at http:// www.access.gpo.gov/su_docs.

MEDICAL FACILITIES: Medical care is limited and is generally not up to Western standards. But centers like the CIWEC (Canadian) Clinic and Nepal International Clinic have international physicians. Serious illnesses often require evacuation to the nearest adequate medical facility (in Singapore, Bangkok or New Delhi). Illnesses and injuries suffered while on trek in remote areas often require evacuation by helicopter to Kathmandu. Your travel agent will help.

MEDICAL INSURANCE: The Department of State strongly urges travelers to consult with their medical insurance company prior to traveling abroad to confirm whether their policies apply overseas and whether they will cover emergency expenses such as helicopter rescues and other medical evacuations. Medical insurance plans seldom cover health costs incurred outside the country, unless supplemental coverage is purchased. Many travel agents and private companies offer insurance plans that will cover health care expenses incurred overseas, including emergency rescue services such as medical evacuations. Helicopter evacuation from within Nepal to Kathmandu typically costs between $3,000 and $10,000. An air ambulance medevac to Singapore costs in excess of $55,000. Uninsured travelers who require medical care overseas often face extreme difficulties. When consulting with your insurer prior to your trip, ascertain whether payment will be made to the overseas healthcare provider or whether you will be reimbursed later for expenses you incur. Some insurance policies also include coverage for psychiatric treatment and for disposition of remains in the event of death.

U.S. Medicare and Medicaid programs do not provide payment for medical services outside the United States. When making a decision regarding health insurance, Americans should consider that many foreign doctors and hospitals require payment in cash prior to providing service and that a medical evacuation on commercial airlines to the U.S. may cost in excess of $50,000. Useful information on medical emergencies abroad, including overseas insurance programs, is provided in the US Department of State's website at http://travel.state.gov/travel/tips/health/health_1185.html.

OTHER HEALTH INFORMATION: Please check with your country's health ministry for vaccinations before traveling to Nepal. For information about outbreaks of infectious diseases abroad, consult the World Health Organization's website at http://www.who.int/en. Further health information for travelers is available at http://www.who.int/iht.

For US citizens, information on vaccinations and other health precautions may be obtained from the Centers for Disease Control and Prevention's hotline for international travelers at 1-877-FYI-TRIP (1-877-394-8747) or via the CDC's web site at http://wwwn.cdc.gov/travel/default.aspx.

TRAFFIC SAFETY AND ROAD CONDITIONS: While in foreign country, citizens of developed nations may encounter road conditions that differ significantly from their own. The information below concerning Nepal is provided for general reference only, and may not be totally accurate in a particular location or circumstance.

Safety of Public Transportation: Poor Urban
Road Conditions/Maintenance: Poor Rural
Road Conditions/Maintenance: Poor
Availability of Roadside Assistance: Poor

Please ask HHC or HHC recommended travel agents to help rent a mobile phone if you are traveling to destinations outside of Kathmandu.

In general, roads are in poor condition and lack basic safety features. Many mountain and hill roads are impassable during monsoon season (June- September) due to landslides, and are hazardous even in the best weather. Avoid travel on night buses; fatal accidents are frequent. In the Kathmandu Valley, motor vehicles, bicycles, pedestrians and animals, all traveling at different speeds, congest narrow roads. Traffic is poorly regulated, and the volume of vehicles on the roads has been increasing by 15 percent a year. Many drivers are neither properly licensed nor trained. Many vehicles are poorly maintained. Sidewalks and pedestrian crossings are non-existent in most areas, and drivers do not yield the right-of-way to pedestrians. Pedestrians account for over 40% of all traffic fatalities in Nepal.

INFORMATION FOR TREKKERS: Many formerly popular trekking routes were seriously affected by the Maoist insurgency and were no longer considered safe for travel. Since June 2006, all the popular trek destinations like the Everest region above Lukla, Upper Mustang and the Annapurna Circuit region are open to tourists.

The other popular trek are trails from Jiri (in Dolakha District), the trails to Makalu Base Camp (in Sankuwasabha District), and trekking routes in the Kanchenjunga area (in the eastern Taplejung District). The Dhaulagiri, Manaslu and Langtang trails are also popular amount the trekkers.

Trekkers are however advised never to hike alone or to become separated from larger traveling parties while on a trail.

To ease efforts to locate trekkers and make arrangements for medical evacuations, trekkers are strongly encouraged to contact their Embassy in Kathmandu for the latest security information and to register their itinerary before undertaking treks outside the Kathmandu Valley (see Registration / Embassy Location below). Trekkers are also advised to leave their itinerary with family or friends in their country and to check in at police checkpoints where trekking permits are logged.

Trekking in Nepal involves walking over rugged, steep terrain, where one is exposed to the elements, often at high altitudes. Many popular trekking routes in Nepal cross passes as high as 18,000 feet. Most embassies in Kathmandu strongly advise all citizens to exercise extreme caution when trekking at higher altitudes. Only experienced mountain travelers should tackle the Himalayas.
Trekkers of all ages, experience, and fitness levels can experience Acute Mountain Sickness (AMS), which can be deadly.

Trekkers should also be alert to the possibility of avalanches and landslides, even when trails are clear. Avalanches at the narrow gorge above Deurali on the route to the Annapurna Base Camp regularly result in the deaths of trekkers and climbers.

Avalanches and landslides caused by severe storms have killed many foreign trekkers and their Nepalese guides, and have stranded hundreds of others.

More than any other factor, solo trekking contributes to injuries and deaths. The safest option for all trekkers is to join an organized group and/or use a reputable firm that provides an experienced guide and porters who communicate in both Nepali and English. Before leaving Kathmandu, trekkers can check with their embassies or the Himalayan Rescue Association (phone 977-1-440292/440293) for good information about trail conditions and possible hazards in the high country.

AVIATION SAFETY OVERSIGHT: For US citizens only: As there is no direct commercial air service by local carriers at present or economic authority to operate such service, between the U.S. and Nepal, the U.S. Federal Aviation Administration (FAA) has not assessed Nepal's Civil Aviation Authority for compliance with international aviation safety standards. For further information, travelers may contact the Department of Transportation within the U.S. at 1-800-322-7873, or visit the FAA Internet home page at http://www.faa.gov/safety/programs_initiatives/oversight/iasa.

The U.S. Department of Defense (DOD) separately assesses some foreign air carriers for suitability as official providers of air services. For information regarding the DOD policy on specific carriers, travelers may contact the DOD at (703)-697-7288.

CUSTOMS REGULATIONS: Nepalese customs authorities may enforce strict regulations concerning importation (even temporary) into or export from Nepal of items such as valuable metals, articles of archeological and religious importance, wildlife and related articles, drugs, arms and ammunition, and communications equipment. It is advisable to contact your embassy or Nepal's Consulate General in your country for specific information regarding customs requirements.

Nepal has a controlled, or fixed, currency exchange rate with the Indian Rupee. To manage this rate of exchange, the Government of Nepal requires travelers to declare either the import or export of currency. As of this writing, travelers must declare any cash currency carried that exceeds $2,000 in value by filling out a custom's declaration form. Travelers should ensure that they keep a copy of the declaration form after customs officials have put the endorsement on the form to prevent any problems upon departure. It is also illegal to possess 500 or 1,000 Indian Rupee notes in Nepal.

CRIMINAL PENALTIES: While in a foreign country, travelers are subject to that country's laws and regulations, which sometimes differ significantly from those in your country (this includes the U.S.) and may not afford the protections available to the individual under your country's law. Penalties for breaking the law can be more severe than those in your country for similar offenses.

Persons violating Nepalese laws, even unknowingly, may be expelled, arrested or imprisoned. Penalties for possession of, use of, or trafficking in illegal drugs in Nepal are strict, and convicted offenders can expect jail sentences and heavy fines.

DISASTER PREPAREDNESS: Nepal is an earthquake-prone country. General information about natural disaster preparedness is available via the Internet. The the U.S. Federal Emergency Management Agency (FEMA) at http://www.fema.gov/, has a site which might help you understand more.

CHILDREN'S ISSUES: For information on international adoption of children and international parental child abduction, please refer to your embassy.

For the U.S., please visit http://travel.state.gov/family/family_1732.html or telephone (202) 501-4444.

REGISTRATION/EMBASSY LOCATION: Most embassies strongly encourage citizens to register at the embassy or their consular section in Nepal and to obtain updated information on travel and security within Nepal.

Americans living in or visiting Nepal are strongly encouraged to register at the Consular Section of the U.S. Embassy in Nepal and to obtain updated information on travel and security within Nepal. The U.S. Embassy is located at Maharajgunj in Kathmandu, telephone 977-1-400-7200; fax 977-1-400-7272.
Citizens may also register by accessing the U.S. Embassy's home page at http://nepal.usembassy.gov/ or by e-mail at usembktm@state.gov or consktm@state.gov. Please include the following information: full name; date of birth; U.S. passport number, date and place of issuance; home address and phone number; emergency contact person's name, phone number, fax or e-mail address; travel/medevac insurance information; address and phone number in Nepal; travel or trekking agency contact in Nepal; planned itinerary in Nepal; and traveling companions' names and nationalities. Finally, please indicate to whom, if anyone, the Embassy may divulge information regarding your welfare and whereabouts in Nepal.

EMERGENCY & OTHER PHONE NUMBERS IN KATHMANDU, NEPAL (977-1):

Organization/Associations	Phone Numbers
Police (Emergency)	100,110,120
Tourist Police (Bhrikuti Mandap)	4247041/4700750
Nepal Tourism Board	4256909/4256229
Department of Immigration	4223590 / 4222453
Ambulance, Bishal Bazaar	4244121
Ambulance, Nepal Chamber	4228094
Ambulance, Paropakar	4260859
Ambulance, Red Cross	4228094
Ambulance, Maiti Nepal	4494816
Bir Hospital	4223807/ 4221988
Patan Hospital (Lagankhel)	5521034/ 5522278
Teaching Hospital (Maharajgunj)	4412707/4412808
B & B Hospital (Gwarko)	5531930/5531933/5533206
Norvic Heart Centre (International Hospital) 4258554, 4259507	
Teku Hospital (Teku)	4253395/ 4253396
AWON Kalimati Clinic (Kalimati)	4271873, 2020347
Blood Bank	4225344
CIWEC Dental Clinic (Durbar Marg)	4440100
Homeopathic Clinic (Kalimati)	4277431
Kunfen Tibetan Medical Center (Chhetrapati)	4251920
Himalaya International Clinic (Thamel)	4225455, 4223197
Nepal International Clinic (Lal Durbar)	4434642/4435357
Himalayan Rescue Association (Dhobichaur)	4440292/ 4440293
Everest International Clinic (Balkhu)	4274179
Tilganga Eye Hospital (Tilganga)	4493775/ 4493684
Homeopathic Treatment Centre	4522092
Friends of Shanta Bhawan (Jorpati)	4470181
Central Oral Health Clinic (Kantipath)	4245572
Ask me (Balaju)	2030303
Night Taxi Service (New Road)	4224374/ 4266642
Tribhuvan International Airport (TIA)	4472251/ 4470748/ 4470311
AT&T Card Access	0800-77001