



# COUNTRY OVERVIEW

# & PACKING GUIDELINES

**Nepal: Tibetan and Himalayan Peoples**  
**Fall 2024**



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# COUNTRY OVERVIEW

## GENERAL INFORMATION

Kathmandu is a busy city where both modern and traditional lifestyles live side by side amidst ancient Hindu and Buddhist shrines, stupas, and temples. From this program base, students gain access to a rich array of academic resources throughout the Kathmandu Valley and beyond. Such resources include monastic universities; youth workers and teachers; traditional Tibetan medicine clinics; various NGOs; political organizations of the multiple Himalayan ethnic groups; and the refugee camps, increasingly depleted.

The program examines the diversity of Himalayan societies, with special emphasis on the Tibetan experience and identity. Through thematic lectures and field work, students explore issues of cultural preservation, religious revival, and sub-regional geopolitics and are challenged to consider the contemporary and historic linkages connecting different Himalayan, mountain communities. Questions of self-identification and recognition, as well as issues of diaspora, exile, and migration, are important topics for consideration in this program.

Time outside the program base, on excursion to Tibetan settlements in Nepal is a major component of the program. Excursions enhance understanding of Tibetan and Himalayan cultural traditions and the recent refugee and exile experience, from a range of vantage points and perspectives.



## CLIMATE AND GEOGRAPHY

There is a wide variation of climate regions in the places the group could travel, ranging from the heat of the plains to the permanent snowfields of the Himalayas. The valleys and foothills of the south-facing Himalaya, where most of your program takes place, are more temperate. Some parts of your program could take place in areas of high altitude. Temperatures at higher altitudes can be quite cold, especially at night.

### [Kathmandu]: AVERAGE HIGH/LOW TEMPERATURES (°F)

FEB	MAR	APR	MAY
67/39	77/45	83/53	86/61
SEPT	OCT	NOV	DEC
83/66	80/56	74/45	67/37

## DIET

SIT Study Abroad provides experiential learning opportunities where students become embedded in their host community. As such, we strive to accommodate serious food allergies where possible but simply cannot ensure that all dietary restrictions or non-medically mandated diets can be accommodated.

Students are encouraged to participate in the local food culture as a central aspect of daily life. By trying to replicate your diet at home you may miss out on an important part of your host culture. Due to the unique living and learning community central to all SIT programs, we cannot separate food and eating communally (including with your host family) from the program experience. Please consider local diet seriously when selecting your program of choice. Your admissions counselor is a great resource in better understanding the local diet.





Mealtimes throughout the semester are roughly comparable to the U.S., although dinnertime may be on average a bit later at 7 or 8 p.m. Diets tend to include rice, lentils, vegetables, dumplings (both vegetable and meat), and various meat dishes. In general, it is easy to eat a vegetarian diet throughout the semester, while vegan and kosher diets can prove more challenging.

## SAFETY, SECURITY, AND HEALTH

Maintaining good health is essential to having a successful study abroad experience.

SIT recommends doing your own research to stay up to date on [CDC guidelines](#). It will be critical that you educate yourself about the potential health and safety hazards that may exist in your areas of travel and make informed decisions about what preventative measures to take prior to departure. SIT encourages students to have an informed discussion with your doctor and/or a travel clinician about what vaccines and other prophylactic medication you should receive.

Consider your normal routines for maintaining your physical and mental health & wellbeing. How might your program impact your ability to continue these routines? With this in mind, SIT strongly recommends bringing a full semester's supply of prescription medication(s). Getting a prescription filled outside of one's home country is very difficult, if not impossible. Equally challenging is receiving medication from home by mail. Therefore, students should bring an entire semester's worth of medication with them. Students are also advised to bring several extra inhalers and/or Epi-pens if prescribed.

Students should speak with their health care provider and/or a travel clinician and consult [CDC guidelines](#) regarding required and recommended immunizations and country regulations. Students participating on programs that require the yellow fever vaccine, will receive a signed and stamped "yellow card" after getting vaccinated, known as the International Certificate of Vaccination or Prophylaxis (ICVP, which can be printed here). It is important to bring this card with you when traveling to the program. SIT recommends that students insert this document into their passport so that it is easily accessible when requested by immigration

officials. Even if yellow fever is not a requirement for your program, it is good practice to bring a copy of your immunization record with you, including your Covid 19 immunization card(s).

If you have any questions, please reach out to the [Student Health Office](#).

Politically, Nepal is in a state of transition. In recent years and decades political jockeying has sometimes taken place on the streets in the form of protests, *bandhs* (a strike where transportation is halted and people do not generally go out), and curfews. SIT programs have



run in Nepal for over 50 years and our local networks are quite strong. We carefully assess the situation on the ground throughout the semester, through the Academic Director, local experts, the U.S. Consulate, and many other contacts in Kathmandu who help to analyze the political situation with an eye on student safety and academic integrity. During orientation and throughout the semester, SIT provides students with thorough security briefings. In addition, we have contingency plans in place that can be enacted quickly should an emergency arise. Students will be responsible for remaining thoughtfully cautious in their behavior, maintaining a low profile, and adhering to program rules and the Academic Director's advice during their time in Nepal.

You need to be in good physical condition for the strenuous demands of trekking. You do not need to be an Olympic athlete; however, if you plan on conducting your ISP outside of urban areas, beware that Nepal lacks roads in the more mountainous regions and the only way to get to many places is by foot.

Because of its topography, the Kathmandu Valley can sustain high levels of pollution, fog and smog. Students with asthma and/or allergies may find that the environment exacerbates these allergies. It is therefore recommended that you make sure to bring extra medication and talk to your doctor about self-care during the program.

Malaria is very rare in the Kathmandu Valley due to its altitude; however, if you plan to travel to low-lying parts of Nepal or South Asia after the program, you may need to consider malaria medication. Consult a travel medicine specialist in the U.S. for advice.

Cases of dengue fever, previously not found in the Kathmandu Valley, during the post-monsoon month of September have in recent years increased. You are advised to avoid mosquito exposure by using repellent (which you can bring with you, or DEET free formulas are easily available locally) and wearing long sleeves and pants.

You might consider browsing the website of one of Nepal's foremost Western medical clinics, the CIWEC clinic in Kathmandu. CIWEC has been at the forefront not only of treating travel-related and tropical illness for nearly two decades, it has also been in the lead in medical research on gastrointestinal parasites and altitude-related sickness. They have an excellent website that gives information specifically on health recommendations for Nepal: [www.ciwec-clinic.com](http://www.ciwec-clinic.com)

## HOMESTAYS

As many SIT Study Abroad alumni will tell you, the homestay experience can be one of the most rewarding and most challenging aspects of the program. We hope you will come prepared for the experience and committed to moving beyond cultural immersion as you begin to question, distinguish, and analyze the host culture vis-à-vis your own culture and come to a deeper understanding of both.

Family structures vary in every culture. SIT Study Abroad values the diversity of homestay families, and your family may include a single mother of two small children or a large extended family with many people coming and going all the time. Additionally, please bear in mind that, in many countries, the idea of what constitutes a "home" may be different from what you expect. You will need to be prepared to adapt to a new life with a new diet, a new schedule, new people, and new priorities and expectations.

Each program's homestay coordinator will be responsible for placing students in homestays. These placements are made first based on health concerns, including any allergies or dietary needs, to the extent possible. **Please note: in order to ensure the best fit for students and families, SIT may make final adjustments to homestay placements after student arrival in country. Therefore, SIT will not provide information about**

**your homestay family before you depart for the program.**



On this program, you will be staying in one main homestay. The main homestay of the program takes place in Kathmandu for approximately six weeks. In addition, you may also stay in one or two short rural homestays during excursion. You'll eat breakfasts and dinners with your family, which will range in size from two people to five or six (families may expand or deplete throughout your time, depending on work and school obligations). House sizes range from a few rooms to several rooms on more than one floor.

## OTHER ACCOMMODATIONS

Group accommodations throughout the semester will vary between hotels, guesthouses, and dorm stays. The quality of the hotels and guesthouses will range from moderate to extremely basic.

## TRANSPORTATION



In Kathmandu, you will mostly travel by public transportation or on foot. Taxis are widely available and reasonably priced. Students should expect traffic and pollution related to the traffic in Kathmandu. The Nepal program center does not provide bikes for student use, but bikes can be

cheaply rented nearby. However, many students prefer to walk given the chaotic nature of the streets in Kathmandu, which are narrow and frequently unpaved.

Outside of the larger cities, there are many locations in Nepal that are only accessible on foot. To get to excursion locations, students will likely fly within Nepal and then travel by bus and on foot. You should be prepared to walk in areas of high altitude, and while you do not need to be an Olympic athlete, you should be in good physical shape. Alternative transportation, such as offroad jeeps or horses, will be arranged when necessary.

## COMMUNICATION

While you may want to be in regular communication with friends and family from home during the term abroad, please bear in mind that different time zones, unreliable phone lines, and changing program activities can complicate communication.

It's important to be clear with family and friends about your availability during the term. Many students recommend making an appointment to call home or to receive a call. You should also consider the impact of constant communication with friends and family at home on your cultural immersion.

## PHONES AND E-MAIL

As part of SIT's commitment to student safety and security, all students are required to have a working cell phone capable of making and receiving both local and international calls, including a data plan so that your phone is operational when you are away from wifi. If needed, during orientation SIT Study Abroad staff can assist students in setting up a local SIM card, and how to acquire minutes for calls, texting and data. Full compliance with this policy is expected.

In Kathmandu you'll find wireless internet in cafes everywhere, but not always when we're on excursion. The service can be slow and frustrating, even in a fancy café.

Keep in mind the time difference when calling or receiving an international call: Nepal is 10 ¾ hours ahead of EST, 9 ¾ hours ahead during Daylight Savings Time (April-October).

The SIT program center provides intermittent and unreliable internet access during posted hours. Wireless Internet at SIT's program house is

available from 8am-4pm on weekdays. Internet access will not be available during classes and lectures.

If you don't have a computer, it is now difficult to find a computer to rent in Kathmandu. Internet cafes as such are obsolete in Kathmandu, so it is better to bring your own laptop.

Students will not have access to a printer/scanner machine at the SIT program house, but any of these can be used easily at local print shops.

## MAILINGS

Unlike receiving a package here in the US, receiving a package at your program site is usually **expensive** and **problematic**. Customs agents must inspect all packages and you, as the recipient, are responsible for duty and storage fees. In addition, there are cases of items being lost in the mail or taking so long to reach the recipient that the recipient is nearly back in the US by the time the items are received. For these reasons, sending packages should be done only for emergency situations. Additionally, sending valuables is highly discouraged.

For this program, **DHL, FedEx, and UPS services are available in country**. Despite cheaper prices, reliance on the US Postal Service is not advised due to delays and unreliability. When given the option, it's always a good idea to send packages certified and with a tracking number that allows the sender to track the package.

If it is necessary for someone to send you mail then posted letters and packages should be sent to the following address:

**Student Name**  
c/o World Learning – Nepal Branch  
Box 23923  
Boudha, Kathmandu, Nepal

## MONEY

In addition to tuition, SIT Study Abroad program fees cover room and board throughout the program. When room and/or board are not taken with the group, students will be given a stipend to cover related expenses. SIT will cover daily commuting costs, if any, and excursions that are part of the normal program itinerary. During the ISP period, students will receive a stipend for basic room and board only, based on the cost of living at the program base. **Any domestic travel, interpretation services, or supplies necessary for the ISP are**



**the students' responsibility.** Please plan accordingly.

This semester will require Nepali rupees. Nepal is generally inexpensive, although inflation rates are rising steeply. It is possible but difficult and expensive to transfer or wire funds to Nepal. Please do not bring travelers' checks, as these are no longer legal tender in Nepal.



It is best to rely on cash, credit cards, and ATM debit cards. It is also possible to get cash advances, in rupees, against a MasterCard or Visa, but only in limited amounts per day. ATMs are widely available in Kathmandu and can be relied upon to withdraw significant amounts of rupees.

Upon arrival, you will incur some expenses **immediately**. These include:

**\$50** cash for your one-month tourist visa, payable upon entry at the Kathmandu airport. Remember to bring a passport photo to attach to your visa application on arrival, if you haven't completed the electronic application in advance of arrival.

**\$250** cash, handed over during orientation, for your student visa, re-entry permit, and Tribhuvan University registration.

**\$100** cash, also handed over during orientation, to cover the costs of required reading materials in country.

Thus please note that you will need to have **\$400** cash total ready to part with in your first days of the program.

Students often enjoy shopping for the many fine handicrafts made in Nepal such as Tibetan carpets and high-quality Pashmina products. Credit cards are widely accepted in major stores. Most students spend an average of \$100–\$350 on gifts and souvenirs. Other personal expenses outside of gifts/souvenirs could be taxi rides, coffee, extra waters, outings with friends at non-program times etc.

Check current exchange rates:

<http://www.oanda.com/currency/converter/>

If using a debit and/or credit card, you should contact your bank and/or credit card companies regarding your travel plans. If you don't inform these

companies that you will be away, they will often assume the card has been lost or stolen and will put an immediate hold on the card. You should also check on costs of withdrawal, as these costs vary and can sometimes be very expensive. Renewing and receiving reissued credit and debit cards while on the program will be an expensive and highly inconvenient process. Before you leave for your program, please check the expiration dates on your cards to ensure that they will not expire while you are abroad. It is also very important that you make photocopies of all your debit/credit card information and leave them with someone you trust in case your card(s) is/are lost or stolen.

Following are suggestions for spending money during the program, including estimates for textbooks, ISP-related expenses, medical expenses, personal spending, and gifts. Figures are based on recent student evaluations, though individual spending habits vary widely and **these costs are averages**.

A suggested total amount of money to budget ranges from **US \$1,000 to \$1,300**. To determine where you might fall in this range, please examine your spending habits during a typical semester at your home school and consider any exceptional expenditures you may have on the program, including special travel costs for your planned ISP or a specific personal expense.

Please budget approximately:

<b>Personal spending (from past student suggestions):</b>	<b>\$450</b>
<b>Books, printing, supplies:</b>	<b>\$45</b>
<b>Up-front medical costs:</b>	<b>\$50</b>
<b>Potential ISP/Internship travel expenses:</b>	<b>\$300</b>
<b>Visas:</b> (three-months tourist visa & student visa & Tribhuvan University fee)	<b>\$300 (cash)</b>
<b>Required Reading Material:</b>	<b>\$100 (cash)</b>
<b>Typical Internet café usage:</b>	<b>\$55</b>
<b>Estimated total:</b>	<b>\$1300</b>

## VISITORS AND FREE TIME

**SIT strongly discourages and will not provide support for any visitors to students during the term**, due to the rigorous nature of the program and the disruption that such visits cause in program flow and group dynamics. Students should be sure that relatives and friends are aware of this policy and that visits are scheduled for dates after the formal conclusion of the program. Students will not be excused from program components to attend to visitors. See the Attendance and Participation section of the [Student Handbook](#).

Please note that any visitors during the course of the program must plan their own independent accommodations; SIT Study Abroad homestay families can accommodate only their assigned student and, due to cultural and contractual understandings with SIT, should not be asked to host students' guests.

During the program, students follow an intense schedule of classes and field-based learning assignments, even during the ISP. Free time for pursuing an independent interest or hobby during the program will be limited. Your admissions counselor can advise you about particular interests you may have. For example, if you must keep in shape for your next athletic season, or if you play a musical instrument and want to know whether to bring it, we can help you to understand your schedule and any concerns or limitations that may exist. Please note that you will not have a long break during the program, such as Thanksgiving or Spring Break.

SIT Nepal closely monitors the security situation in the country. Students should be prepared to have limited areas in which they can conduct their ISPs based on security considerations and ability to support students in remote areas.

## INDEPENDENT TRAVEL

Further details regarding the current independent travel protocols can be found here:

<https://studyabroad.sit.edu/admitted-students/policies/independent-travel/>





# PACKING GUIDELINES

## LUGGAGE

Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad. A backpack or duffle bag is essential as your main piece of luggage. Your pack should be comfortable to wear and to carry significant distances. We will each be responsible for our own luggage – keeping organized as we unpack and repack our belongings as well as carrying whatever we bring ourselves. Keep this in mind when you are packing. Sturdy baggage tags are helpful so your luggage is easily recognizable as we travel together.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the “General Health Tips” section in the [Safety, Security, and Health](#) pre-departure document.)

Please check the current requirements of the Transportation Security Administration (<http://www.tsa.gov>) as well as those of the airline on which you are flying for domestic and international baggage restrictions.

## CLOTHING GUIDELINES



Nepalese and Tibetans have high standards for how they dress and will expect the same from you. Since you will be living with communities in urban and rural Nepal, it is important to dress nicely and present yourself as neat and well-groomed at all times. Your favorite torn and worn clothes should stay at home. Also, remember to bring at least one

“dressy” outfit for important appointments, homestay family events, or evenings out.

Clothing is inexpensive in Nepal, and you are encouraged to wear local styles (with legs and shoulders covered). It is best to pack planning to purchase some things here. Your Kathmandu families will not mind if you wear Western styles, including pants. In fact, many of them will be sporting fashions that you are used to seeing in the U.S.

Shorts and tank tops (unless a jacket or short is worn over) are culturally inappropriate **always**.

**Women:** Many women find local dress (like *kurta salwars* or *chubas*) to be very comfortable and have some made for use throughout the semester. In Kathmandu, young women wear pants frequently, including jeans, but do ensure that they are clean and well-tailored. You may have little privacy during your time in Nepal, especially while in your homestays, so bring something to sleep in as well, such as baggy shorts or leggings/sweatpants with a top.

**Men:** Clothing should be neat and clean. Again, local clothes are inexpensive and comfortable. Jeans and khakis should not be ragged, faded or patched. Shorts are associated with manual labor in Nepal. **You will not be permitted to wear shorts either in Kathmandu or on excursion.** As you will come to know, much emphasis is put on appearance in Nepali and Tibetan culture. A shirt will look better than a t-shirt, and trousers will make a better impression than jeans. However, you may want to bring comfortable shorts for sleeping or exercise.

**Shoes:** It is very important to have a comfortable pair of boots or walking shoes. Lightweight boots and walking sneakers are perfectly fine – it is not necessary to have heavy-duty hiking boots but remember that we trek to villages in the mountains. Make sure the shoes fit and are suitable for cold and rain. You should also have a pair of comfortable and tough sandals.

In Nepal, you will usually be expected to remove your shoes upon entering a home or other building. Most homes provide house sandals or slippers for guests. Previous students have recommended that you bring (or plan to buy) plenty of thick socks to

keep your feet warm when the weather is cool since homes do not have interior heat.

An important reminder (since this is a common misconception among prospective students): **your semester is not a long trek around the Himalayas so you must bring clothing other than hiking gear.** In addition to time in rural areas, we will spend a lot of time in cities and small towns so bringing comfortable and “smartly casual” clothes in addition to trekking outfits is best. Excellent trekking gear of every description is available in a multitude of retail outlets in Kathmandu, often at far lower cost than in the US.

Because you will be traveling between many different latitudes and altitudes, you will wear both warm and cold weather clothes during your semester. **Layers are best** – warm jacket, rain/wind protection (both these items are widely available in Kathmandu), wool sweater or fleece, long underwear, etc. Students from previous semesters recommend lots of underwear (including quick-dry long underwear, not cotton) and socks. You don't need to bring everything for every climate. Remember: you can easily obtain inexpensive clothing everywhere.

Regarding laundry, you will need to check with your homestay families about the availability of water **BEFORE** you do any washing at home. If you cannot or would rather not do laundry at your homestay, there are cheap “Laundromats” located near the SIT program house, and most likely near to your homestays.

**Water:** Water purification equipment is not essential to bring with you, as boiled and filtered water is available at our Program Center in Kathmandu, and iodine solution can be easily obtained for trekking and village stays. You may need to purify your drinking water at some point in the program, and it is easy if you have your own filtration or purification system. Many students find iodine or chlorine pills to be most convenient, and iodine or chlorine solution is available in Kathmandu and is inexpensive. If you plan on using iodine solution you should bring a dropper bottle that does not leak.

If you plan on going into the mountains during your ISP or trekking after the program, you may want to

rent equipment in Kathmandu rather than bring it with you.

Other useful recommended items are a pocketknife (remember to put it in your checked in luggage), small luggage locks, and a flashlight or headlamp. You can easily buy these items in Nepal, as well as notebooks, pens and pencils.



## EQUIPMENT

Bring a good, comfortable sleeping bag. If you are sensitive to the cold, it's worth investing in a warmer bag that goes **below 0°F**. Down is preferable. Again, sleeping bags can be bought (or rented) for very reasonable prices in Kathmandu itself. The program will provide tents and other camping gear if needed, so you do not need to bring your own.

## COMPUTERS AND OTHER ELECTRONICS

It is highly recommended that you bring a laptop computer. If you bring a laptop, it is your personal property and responsibility. Before leaving home, remember to back up your computer to the cloud or on a hard drive that you leave at home to safeguard all your data in case your computer is lost or stolen. It is also recommended that you insure your computer, smart phone, and other valuables for full coverage in the event of loss or theft. SIT is not responsible for theft, loss, or any duty tax you may have to pay when you enter the country.

You must also carry a separate flash drive or hard drive where you can manually backup the contents of your laptop, especially before making any journey. Please do **NOT** expect to be able to rely on a tablet. WiFi is not reliably enough available to



make a tablet a viable option for day-to-day assignments etc.

If you don't have a computer, you cannot any longer rent computer time in Kathmandu in order to type your ISP/Internship paper. You will be able to find access to the internet/e-mail only on your own device at cafes with wifi in Kathmandu.

Past students in Nepal have been happy to have their laptops. Once you have decided to bring a computer, you should be aware of the instability of the electrical current and the possibility of theft. Above all, back up your hard drive regularly, especially before any journey, including your initial travel from the USA.

Please see the following website for information about electricity, voltage and electrical adapters. <http://www.worldstandards.eu/electricity/>. If you plan to bring electrical equipment, you will need to bring a voltage adapter and plug converter. The electrical current in Nepal is 220v, AC 50 Hz. The plug types used are C and D and can be purchased in Kathmandu.

## GIFTS

As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. We suggest one or two gifts that the whole family can enjoy. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee. Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

Bring a small pocket-sized album with photos of your family, home, neighborhood, school, holidays, etc., as these are invaluable in breaking the ice when meeting your homestay families. When selecting photographs to share with people you meet in Nepal, you should remain aware of attitudes regarding dress and

displays of affection between men and women. Nepalese and Tibetans will generally dress in their finest outfits when having their pictures taken. It may be taken as a sign of disrespect rather than informality to appear disheveled or untidily dressed. In addition, pictures of boyfriends and girlfriends should be tasteful and somewhat conservative.

## WHAT YOU CAN AND CANNOT OBTAIN IN COUNTRY

Prescription eyeglasses can be made quickly and affordably in Kathmandu, with or without your existing prescription.

Most toiletries and health supplies such as shampoo, soaps, band-aids, razorblades, and toothpaste are widely available. However, skin cream, moisturizers, lip balm, hair conditioner, and deodorant are limited in selection, so bring your own if you prefer a particular brand. Sunscreen products are not widely available.

Pepto-Bismol is a good treatment for mild GI issues, such as traveler's diarrhea, and is unfortunately not available in Nepal. You are encouraged to bring Pepto-Bismol tablets or other non-antibiotic treatments for GI issues such as Acidophilus tablets (yogurt culture) or activated charcoal. Electrolytes/ORS (oral rehydration salts) are available in tasty flavors in USA.



Stayfree pads are widely and cheaply available, while OB tampons are only available at supermarkets in large cities. Tampons with plastic applicators are not available in Nepal. Re-usable pads and silicone menstrual cups are now also available in Nepal and highly recommended!

Vitamin supplements are available but of lower quality and dosage than those found in the U.S., so you may want to bring those with you.

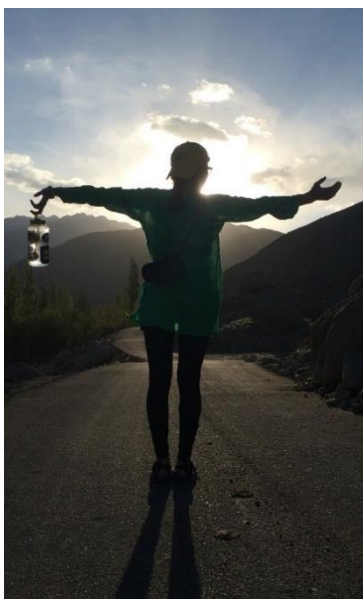
Aerogrammes and stationery are very inexpensive in Nepal and should be purchased here. If you are very particular about the type and quality of your notebooks and other school supplies, then plan to bring them with you; otherwise notebooks and other materials can be purchased in Nepal at a low cost.

NB footwear in larger sizes is NOT available in Nepal/India

## ALUMNI CONTACTS

If you have further questions, please contact your admissions counselor and/or ask an alumni contact:

<http://studyabroad.sit.edu/admitted-students/contact-a-former-student/>.



**Don't miss the Packing List on the next page!**

These packing guidelines are based on suggestions from past students and your academic director.





# PACKING LIST

## GENERAL

- T-shirts
- 1 sweater or fleece
- 4-5 pairs of socks (warm socks for the colder part of the semester are a necessity!)
- Underwear (1 week's supply)
- Long shorts for sleeping or exercise
- Hat to shield the sun
- Rain jacket
- Warm jacket/vest (for the mountains, a down jacket is recommended)
- Long underwear (1-2 sets, not cotton)
- Boots (not required) or walking shoes (waterproof and already broken in). NB footwear in larger sizes is NOT available in Nepal/India
- Sturdy sandals
- Shower shoes

## WOMEN

- 2-3 shirts with conservative necklines (i.e. no visible cleavage)
- 2-3 pairs of neat, lightweight pants (including jeans; you may consider one pair that is waterproof)
- Leggings/ yoga pants to wear under skirts or *kurtas* (long shirts/dresses traditional in South Asia).
- Long, full skirts (if you like wearing long skirts)

## MEN

- 2-3 pairs neat, comfortable pants (including jeans; you may consider one pair that is waterproof)
- 1-2 button-down shirts
- 1-2 long-sleeved shirts

## TRAVEL DOCUMENTS

- Passport
- International Certificate of Vaccination or Prophylaxis (see the [Safety, Security, and Health](#) document for more information)
- Two photocopies of your passport, stored separately from your actual passport
- Photocopy of visa (*if applicable*)

## HEALTH/TOILETRIES

- Travel-size toiletries for excursions
- An adequate supply of any prescription medication

- A list of any medications you are currently taking with the generic name of each (if there is one). To be kept separate from your medication itself, including a digital copy
- Extra contacts if used (cleaning solution is now available in Nepal)
- NB travel/quick-dry towel
- Pepto-Bismol (Bismuth Subsalicylate) tablets for non-antibiotic treatment of mild GI issues.
- Chlorine or iodine pills (or dropper bottle for iodine solution for purifying drinking water)

## OTHER IMPORTANT ITEMS

- Smart phone
- Laptop
- Visa or MasterCard for emergencies
- A memory stick/Flash drive.
- A good pair of sunglasses
- Sunscreen
- Mosquito repellent
- Camera, extra camera batteries
- Flashlight or headlamp (rechargeable or with extra batteries)
- Duffle/hiking bag as well as or instead of suitcase
- Luggage locks
- Pack cover or plastic sheet or covering for backpack during rain
- Study journal and pens
- Two water bottles
- Homestay gifts
- Photos of friends/family to share with homestay family

*Remember to place all valuable items and any prescriptions in your carry-on luggage while traveling and all sharp items in your checked luggage.*

## OPTIONAL

- Warm hat, scarf and gloves
- Swimming suit
- Sleeping bag (below 0° Celsius; we can provide rental options)
- Moleskin
- Acidophilus tablets (probiotics) or activated charcoal for non-chemical treatment of minor GI issues
- Electrolytes, ORS (oral rehydration salts)
- Novels (bring a few and trade with classmates)
- iPad or other device for internet on-the-go (please do not bring a tablet as your primary computer)
- Umbrella
- Ziploc® bags in varying sizes (useful for storage in dusty/wet environments)
- A few carabiners