Nepal: Himalayan and Buddhist Peoples

Country Overview & Packing Guidelines
Spring 2027

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, through one excursion to India and one within Nepal, and places special emphasis on the Himalayan 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 migration, are important topics for consideration in this program.

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



School for International Training
1 Kipling Road, PO Box 676
Brattleboro, VT 05302-0676 USA
P: 888 272-7881
F: 802 258-3296
studyabroad@sit.edu
studyabroad.sit.edu

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

LOCAL CUSTOMS

Kathmandu is a diverse capital city, and you will be interacting with both Nepali and Himalayan communities. At orientation and throughout the semester, you will learn about the range of cultural similarities and differences in different communities. In general, you can greet people with hands folded as in prayer or (more so in Himalayan communities) an open palm and a *namaste* (in Nepali) or *tashi delek* (in Tibetan). Handshakes and hugs are becoming more common as greetings in urban areas, or when interacting with foreigners. It's important to remember that physical contact, especially among people presenting as opposite genders, should be avoided or limited.

In Himalayan communities, people tend to introduce themselves slowly, and may not share a lot of personal information the first time you meet. You can integrate with locals by asking people if they've had breakfast, lunch, dinner, or tea (depending on the time of day) when you meet.

LOCAL DIET



Participating in the local food culture is a central aspect of daily life in country. Special or restricted diets may not always be fully understood by your host family, although they may have previously hosted a student with similar dietary restrictions. By trying to replicate your diet at home you may miss out on an important part of your host culture.

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. Gluten free diets are possible to accommodate, though special arrangements need to be made for those who avoid all gluten cross-contamination.

Note: if you have special dietary needs, including allergies, please inform the office of Student Health, Safety & Wellbeing prior to the start of your program (studenthealth@sit.edu). We will advise you on realistic expectations about avoiding or incorporating certain foods within the program context.

MEAL PLANNING

Homestay families generally provide breakfast and dinner during the week and breakfast, lunch, and dinner on the weekend. This is a wonderful opportunity to enjoy traditional meals and immerse yourself in the local culture.

The estimated cost for meals not provided during the program is based on the cost of modestly eating out or buying groceries to prepare your own meals, when cooking facilities are available. If you plan on eating out regularly, you should budget more money. Exploring local food is one of the highlights of living abroad, so give yourself room to savor the experience.

Please remember to budget at least **$630** for your meals not provided during the semester, primarily those during your ISP period. For a breakdown of your program's estimated out-of-pocket expenses, please see the table in the Money section of this document.

SAFETY, SECURITY, AND HEALTH

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

SIT recommends you do research prior to departure about the health, safety, and security specifics of the country(ies) you plan to visit. Consult the U.S. Department of State website and search their Countries and Areas Archive for international travel information and current travel advisories for each country. Search the Center for Disease Control Traveler's Health page to see travel health notices and vaccine requirements and recommendations for any country(ies) you plan to visit.

SIT recommends doing research ahead of time to stay up to date on 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. You should also reference the Health, Access, and Identity information on your program's webpage.

If you have any questions, please reach out to the Student Health, Safety, & Wellbeing Team. Students are thoroughly briefed on safety considerations during in-country orientation and are updated throughout the semester if and when circumstances change. For information regarding safety and security, emergency communications, SIT policies, health and personal property

insurance, and general program tips, please read the Safety, Security, and Health document and Student Handbook on your program's predeparture page.

HOUSING

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.**

We seek to foster increased cross-cultural understanding in students by immersing them in local culture through daily life in a new family and community. Students are expected to assume roles as family members, respecting and following host family norms around communications, visitors, and activities of daily living.

On this program, you will be staying in one main homestay with a family from Kathmandu's Himalayan community. 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). Families typically live in apartments, ranging from a few rooms to several rooms on more than one floor. Expect to make some adjustments, such as conserving water, taking bucket showers, or using squat toilets. Most homestays will not have a washing

machine, and most students either do laundry by hand or at a local laundromat. You will have your own room in your main homestay but may share a room with other students in rural homestays during our excursions. Internet is not a guaranteed commodity in homestays, and you may find that many families use shared Wi-Fi, which may be slow and unreliable. Mobile data is not very expensive in Nepal, and you should be able to get a strong connection using your cellphone as a hotspot.

OTHER ACCOMMODATIONS

Students should expect to share a room with one or more students during orientation/launch and while on excursions.

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. 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 to India or 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.

Visit our Contact & Communication page for practices on program communication, emergency communication, and home institution communication.

PHONES AND INTERNET

Cell Phone Policy

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 wi-fi. If needed, during orientation SIT staff can assist students in purchasing a local SIM card and acquiring minutes for calls, texting and data. Failure to maintain a working phone capable of making and receiving calls/texts will be considered a conduct violation and a breach of our student code.

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.

INDEPENDENT STUDY PROJECTS (ISPS) IN MOUNTAIN COMMUNITIES & RESTRICTED AREAS

A majority of our students choose to conduct their Independent Study Project (ISP) research in the many Himalayan regions of Nepal and India that do not require guides or restricted area permits, or that require only minimal fees. These locations include rich research sites such as Dharamsala, Sikkim, Spiti, and Ladakh in India, and the Kathmandu Valley, Yolmo, Lower Mustang, and Manang in Nepal.

However, some students wish to conduct research in high Himalayan regions such as the Everest Base Camp (EBC) area or Upper Mustang, which require costly permits and, in some cases, the use of licensed guides. The ISP stipend does not cover the costs of special permits or mandatory guides in such restricted areas.

Students interested in pursuing research in these specialized and higher-cost areas are encouraged to plan accordingly and to seek additional funding or scholarships to offset these expenses. We will be happy to write letters of support for external fellowships or grant applications; however, it is the student's responsibility to secure any additional funding required for these locations.

Approximate permit costs: up to $1000

INDEPENDENT STUDY PROJECTS (ISPS) REQUIRING GUIDES/CO-RESEARCHER

A majority of our students do not require guides or co-researchers during their ISP period. However, for students wishing to conduct research in restricted or high-altitude areas where the use of a licensed guide or local co-researcher is mandatory, it is important to plan for these additional expenses in advance.

Due to the limited number of students pursuing ISPs in such regions, these costs are not included in the standard program budget. Students are therefore responsible for arranging and covering any guide or co-researcher fees associated with their project.

Approximate costs for a licensed guide or co-researcher are **$300-$500 for a 15-day period**, depending on the location, duration, and nature of the research. These fees may vary based on language needs, research complexity, and travel logistics.

Students are encouraged to communicate early with program staff to determine whether their proposed research site requires a guide or co-researcher and to seek external funding or fellowships if necessary. Letters of support for funding applications can be provided upon request, but we can offer no guarantee of available funding sources or successful awards.

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. Mailing prescription medication abroad is illegal.

For this program, **DHL, FedEx, 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 via ***DHL, FedEx, or UPS***:

Student Name
c/o World Learning – Nepal Branch
P.O. Box 23923
Mobile No: 9803701404
Boudha, Kathmandu, Nepal

MONEY

This semester will require Nepali rupees. Nepal is generally inexpensive, although inflation rates are rising steeply. 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. It is possible but difficult and expensive to transfer or wire funds to Nepal. ATMs are widely available in Kathmandu and can be relied upon to withdraw significant amounts of rupees.



Students often enjoy shopping for the many fine handicrafts made in Nepal such as Tibetan carpets and high-quality Pashmina products. Credit and debit 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.

Personal lockers are available at the program house, and more valuable items can be stored in a secure program safe.

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.

We suggest that you budget between **US$1900 to $2380** for out-of-pocket costs not covered by the Tuition and Housing Fees. 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. Please carefully consider your personal spending habits when creating your out-of-pocket expense budget. Some items to consider are meals not provided by the program, textbooks, Independent Study Project or Internship-related expenses not covered by the program, interpretation services, medical expenses, personal spending, and gifts. Use the average estimates below as a guide to help you plan for out-of-pocket expenses.

Please budget approximately:

Personal spending (from past student suggestions):	500 USD
Meals Not Provided	630 USD
Potential up-front medical costs:	500 USD
Potential non-restricted area ISP/Internship travel expenses:	300 USD
Visas (one-month tourist visa & student visa & Tribhuvan University fee)**:**	350 USD
Required Reading Material & Textbooks:	100 USD
Estimated total:	2380 USD

Please note that up-front medical costs can vary widely. Though you are completely covered by SIT's travel insurance GeoBlue, which you can read more about on our Participant Insurance page, you still may need to pay up-front for medical care and then file for reimbursement.

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 Policy.

If a visitor does come while a program is in progress, they 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.

INDEPENDENT TRAVEL

Please read our full Independent Travel policy for our definition, guidelines and how to access our independent travel notification form. Please note that independent travel is only allowed during program free time and students will not be excused from program activities to travel. SIT is not responsible for any costs of student independent travel including logistics, preparations, cancelation fees, change fees, and any other costs associated with independent travel. We highly recommend you wait to book any independent travel until AFTER arriving on program and receiving the final academic schedule from your program.

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.



CODE OF CONDUCT AND POLICIES

SIT maintains a Code of Conduct and clear institutional policies regarding student behavior through a commitment to mutual learning and respect for others. Visit the policy page for detailed policies around academic integrity, alcohol and drug use, anti-harassment and non-discrimination, attendance and participation, credit hours, equal education opportunities, grading, housing, independent travel, prohibited activities, religious holiday observance, sexual harassment and misconduct, and withdrawal among others.

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. We recommend a small daypack, which will also be useful for short excursions when on the program.

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 Himalayan communities 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 shirt 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 Himalayan 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.

EQUIPMENT

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.

COMPUTERS AND OTHER ELECTRONICS

It is recommended that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility. It is recommended that you insure your computer, smartphone, or other valuables for full coverage in the event of loss or theft (SIT insurance does not cover personal property).

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 a plug converter, and for some equipment (such as a blender, electric razor, etc.), you may additionally need a voltage adapter. 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.

Former students have recommended calendars, picture books, postcards, music, or souvenirs from your college bookstore as gifts.

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, sunscreen and deodorant are limited in selection, so bring your own if you prefer a particular brand.

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.

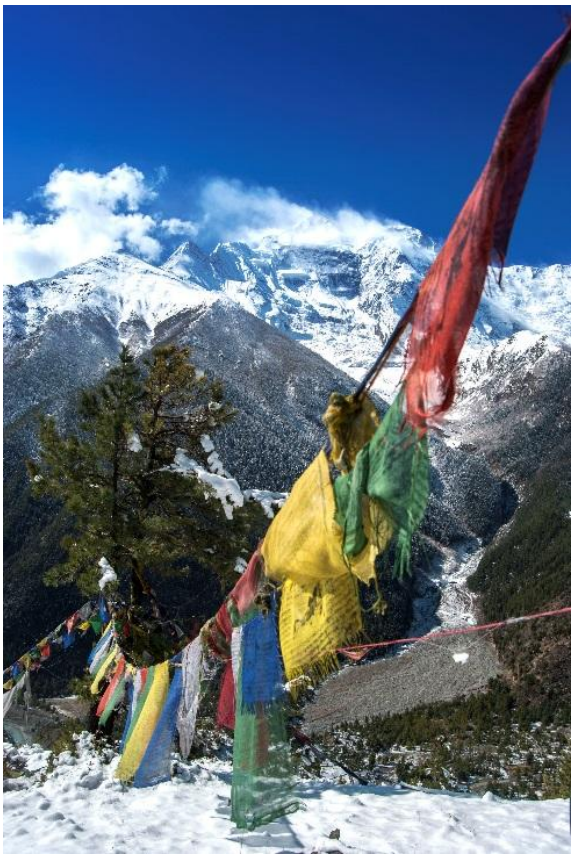
Postcards and stationery are very inexpensive in Nepal and should be purchased here. If you are very particular about the type and quality of your notebooks and other school supplies, then plan to bring them with you; otherwise, notebooks and other materials can be purchased in Nepal at a low cost.

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: https://studyabroad.sit.edu/admissions-aid/application-process/contact-a-former-student/.

Don’t miss the Packing List on the next page!



Packing List

These packing guidelines are based on suggestions from past students and your academic director. **Remember to place all valuable items and any prescriptions in your carry-on luggage while traveling and all sharp items in your checked luggage**.

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)*
- Any relevant vaccine records/documents

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/hard drive for backing up files.
- A good pair of sunglasses
- Sunscreen
- Mosquito repellant
- 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
- Students are encouraged to bring a battery-operated carbon monoxide detector

OPTIONAL

- Warm hat, scarf and gloves
- Swimming suit
- Sleeping bag (below 0º 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