



Paddle365

White Water Kayak Guiding & Coaching



Nepal Pre Departure Guide

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First of all, thank you for booking this Nepal Multi-River Adventure with Paddle365! We genuinely can't wait to get started on this adventure with you. This document has been put together with a few tips and tricks to help you plan your time with us and get us all going on the right foot!

Passport, Visa & Vaccinations

Passport

This should be current and have at least six months left to run from the date of your application for a visa.

We recommend carrying a photocopy of your passport at all times, along with photocopy of your insurance document.

Visa

UK passport holders may apply for their visa on arrival at Kathmandu Tribhuvan Airport. Your 15-day visa for Nepal will cost \$25usd, 30 days \$40usd & 90 days \$100usd, or the equivalent in any major currency (£ accepted), and is not included in our price. Card machines are terrible and will have queues so have a few quid in your wallet.

Among the questions on the visa application form is address of stay in Nepal. This will be at a hotel hand-picked by us for you, we normally use the Buddha garden Hotel, Thamel, Kathmandu; However we will confirm this at least one week before the course start date.

It may be asked in which activities you are participating with and who with. Please say “Kayaking” and “Rafting” with our in country partners, “Big Smile Nepal”.

Vaccinations

All travellers must attend a travel clinic and have the appropriate vaccinations done for the region. Your GP or an attendant at a travel clinic will advise you on which to get.

If you've not been to see your GP, please get them done in plenty of time! Some Vaccinations may need to be ordered in, or require several doses spread apart

over a number of weeks. The required vaccinations vary depending on the recommendation of WHO at the time.

As a bit of personal insurance on the health side, we'd very much recommend each person makes sure their immune system is strong before the trip. Eat well. Sleep well. etc etc.

Malaria

"Although Nepal is endemic for malaria, the risk for the average tourist or expatriate seems very low in Nepal. We believe that there is no malaria risk in Kathmandu, Pokhara or the mountain trekking areas. " (CIWEC Clinic Travel Medicine Center)

Please note that although lowlands of Nepal have cases of Malaria, in the hillside regions we will be visiting and in Kathmandu and Pokhara, based on the advice of CIWEC and WHO there is very little chance of contracting the Malaria virus. Should you wish to take preventative medication anyway, that is at your own discretion.

Your flight and arriving in Nepal

Please understand that our job begins and ends with your time in Nepal. We can only advise on how you get there and how you navigate bringing your equipment. There are a few good airlines going out to Nepal at the moment, some of which have great luggage policies. If you're planning on bringing your kayak, ensure you check the sports or special baggage policy of the airline to ensure they allow your boat, and at time of booking screenshot and print out the policy that was in place when you booked. If booking a boat, try to keep it as light as possible so as not to make an enemy of the baggage handlers and so that you can make a convincing display of it being easy to manage.

We'll be there to help you out of the airport and to your accommodation. When you land please spend the time going through customs getting yourself ready to move when you walk out, so that we can have a nice efficient exit from the airport carpark. Although Nepal is a generally friendly place with lovely people, there are some who will be looking to make money out of jetlagged tourists arriving

without knowing the way of things. Don't let anybody pick up your bag but you. Don't let anyone talk you into a taxi at the airport. That's what we are there for! We will meet everyone at the airport who arrives on our set arrival date. If you will arrive on different days please let us know and we'll try and be there, but if not will at least help make arrangements to have you met.

Money and Food

The currency in Nepal is the Nepali Rupee, which is usually valued near to R150 to the Pound (this may have changed since time of writing). Nepali Rupee is however a closed currency and unavailable outside of Nepal, so upon arrival in Kathmandu, you'll have to head to an ATM to withdraw currency, or to change from GBP or Dollar. Please check you are able to do this with your bank card provider.

Each person's spending has the potential to vary based on how much they would like to fill their bags with souvenirs to take home, and how big they go where it comes to dining out in town. Please remember that while everything will be provided during transit and on the river, meals outside of our time on expedition together are at each traveller's cost, along with extra snacks and drinks. This is because we see your time in Kathmandu and Pokhara as downtime and cultural exploration time, and although we'll happily arrange activities and will go to dinner with whoever wants to come, we'd prefer not to be too militant with you, and to give you a little more freedom to choose where you go and when you eat, etc. There are 5 evenings like this out of our 14 together. On town days, we will select a trusted restaurant to go to in the evening and invite any who would like to join us there. It will usually be mid budget. Not so cheap as to be a stomach risk, but not so expensive as to force an unwelcome spend. A safe bet is to budget for around 1000rp (give or take) for a good meal and drink on one of these nights.

Whilst you won't need a huge amount of money with you on the trip, our suggestion would be to hold some local currency to facilitate your snacking and drinking habits while on expedition, and for your meals out while in Kathmandu and Pokhara. We would also recommend each person keep a few GBP notes to keep about their person in reserve for unpredictable circumstances. You may

wish to budget in a paragliding experience for roughly \$120. You'll have a good opportunity to do it on the morning of day 11.

Travel Insurance

It is imperative that you take out your own travel insurance policy to cover the duration of your return journey from the UK to Nepal. Aside from the standard list of travel covers, please ensure your insurance covers you for any claims resulting from participation in white water kayaking on rapids up to grade 4, including a comprehensive rescue remuneration cover.

Annual cover is often a better bet than cover for a single trip, and can sometimes offer a better range of cover.

We have been using LV for our Nepal travel for several years, however there are plenty of other insurance providers who offer bolt-ons for kayaking and for covid-19. Read the insurance documentation fully before taking out any policy.

When you have your travel insurance documents, please be sure to send us a copy of these along with a photocopy of your Passport photo page. It is a requirement of our in-country partners that they have this information stored for all participants who take part in their adventurous activities. The information will be destroyed after successful completion of the trip. We also recommend carrying photocopies of these with you at all times.

Kit List & Packing

Boat use

We are able to offer a limited number of boats for the use of our clients on this trip for a suggested donation of \$15 per river day to the Nepal Kayak Club, or whatever you can manage. The available list as things stand currently is:

- 1 Pyranha 9r (original M)
- 2 Robson Charger
- 3 Pyranha Ripper 1 (M)
- 4 Pyranha Burn 2 (L)
- 5 Dagger Mamba 8.1

This list may change as we approach the trip. **We also will operate a Bring 2 Sell scheme. Nepal does not have an importer, so the locals are often desperate to get their hands on modern kayaks, paddles and gear. If you have a boat that you love but are thinking of replacing, why not fly it out and make Nepal its final home? Same goes for paddles and other gear. If you feel moved to make a donation, the river gods will love you forever.**

Other Paddling Kit

Your personal equipment, including paddles, should be suitable for use in white water grade 4. If you are unsure of a piece of your gear's suitability please contact us for advice.

- Kayak, complete with maximum possible air bags. Whilst the best boat is the one you're most comfortable in, Nepalese Rivers are mostly big volume and lend themselves to river-running or the longer half-slice kayaks best.
- If you plan to rent, bring your own airbags, and any extra padding (such as seat booster) that you know you can't live without.
- Paddle
- Buoyancy Aid - Please float test to manufacturer guidance if more than two years old.
- Helmet
- Dry Top - Whilst a drysuit is not generally necessary, a long sleeve dry top offers sun & wind protection, as well as additional warmth should you take a swim.
- Paddling shorts - We'd recommend having the option of a long legged thermal layer underneath for comfort and protection. Neo lined shorts are ideal.
- Spraydeck
- River shoes - We'd recommend any form of quick drying and supportive river shoe- neoprene booties will only give you trench foot.)
- Ear plugs - Ear infections are common from the warm water in Nepal. Ideally, plugs that also allow you to hear.

- Basic rescue equipment - e.g. Throwbag, carabiners, knife and safety tape.
- Small Personal dry bag - We will be carrying big sealed dry bags with space for people's equipment so you won't need to weight your boat! However, these will be inaccessible during the day on the river and you are therefore encouraged to bring a small-mid sized drybag for things you just can't do without!)

Life Extras

Top tip: Kathmandu is a buzzing hub of hiking/adventure sports equipment outlets of varying legitimacy. If you are short on camping equipment and don't mind a spot of haggling for the best deal, then relax and let the games begin!

- Passport + 2 Passport photos (min)
- Bank Card (s) - We've been through the ringer on this a few times and now recommend each traveller bring cards from two separate banks. Travel cash cards such as Monzo are easy to set up and often more reliable for travel as they have less anti-fraud safeguards. Notify banks before travel (though even that doesn't stop them blocking your card sometimes- Just bring a spare).

Top Tip: Carry photocopies of all documents and some money around your neck in a waterproof pouch, such as Aquapack, on and off the river.

- Day Rucksack (25-40Ltr) for hand luggage
- Sun cream (strong and waterproof)
- Shorts (or light weight trousers) and Shirts (But not too many. Merino t shirts are a great non-stink alternative to traditional materials)
- Clothes for travelling in.
- Sunglasses
- Dry land shoes/sandals
- Warm layers including hat and jacket for evenings. Down jackets are recommended as they pack tight and are awesome! If you arrive without one and wish to purchase one there we can point you in the direction for cheap fakes, good fakes, and good quality original jackets in Nepal that will be good value.

- Sleeping bag (a lightweight 2 season is normally enough)
- Roll matt or Thermarest
- Head torch
- A book(?)
- Small wash kit
- Personal first aid kit and medication (if required.) We recommend bringing medication for traveller's stomach illnesses. Your doctor can provide antibiotics etc. before travel, and "off the shelf" painkillers and anti-diarrhoeal tablets are always worth carrying.

We will be keeping gear on the river to a bare minimum, and therefore will leave unneeded luggage at the accommodation, or with our transport. Please consider this when deciding what and how to pack.