

# IMPORTANT INFORMATION

## VISAS

**It is the responsibility of the client to obtain their own visas.** Where possible, these should be obtained in advance. <http://www.nepalimmigration.gov.np/>

## TRAVEL INSURANCE

It is strongly advised that all clients obtain comprehensive Travel Insurance cover. Please furnish Epic with a copy of your insurance policy prior to travel, including the international dial emergency contact number.

Policies should be checked to ensure that they include ALL medical situations, including:

- Hospitalisation
- Repatriation
- Cancellation
- Loss of Baggage enroute
- Loss/breakage of valuables such as cameras

## PERSONAL LUGGAGE

Luggage is restricted to 20 kg per person in total. Excess fees may be payable should luggage exceed the allowance. Epic will provide a duffel bag for each client, sent with pre-trek documentation. You may wish to bring a small additional bag (or share one between two) to leave clean post-trek clothing at the hotel in Kathmandu.

## MEDICAL

Please consult your General Practitioner or nearest Traveller's Medical Centre for advice on medical issues relevant to your destination. Also for additional information you may wish to consult the Centres for Disease Control and Prevention website -<http://wwwnc.cdc.gov/travel/destinations/list.htm>

## COMMUNICATIONS

There are two main mobile operators in Nepal. Government run NTC (Nepali Telecom Company), and private Ncell (previously called Spice Mobile and Mero Mobile). Both operators allow tourists to buy SIM cards for about NPR200 in Kathmandu and most major towns. There are now cell phone masts installed at Gorakshep so it is possible to get 3G connectivity throughout the entire Everest Base Camp trek.

## TIME DIFFERENCE

NPT (UTC+5:45)

## PHOTOGRAPHY

The choice of the correct photographic equipment will determine the quality of your photos on holiday. You are advised to bring plenty of memory cards, your battery recharger and a spare camera battery.

## ELECTRICITY

230 V; Plugs C & D. You will need a voltage converter and plug adapter. We recommend getting a universal adapter and converter kit.

## WATER

Drinking tap water isn't recommended in Nepal. Bottled/purified water will be provided throughout your trek.

## LAUNDRY

Limited laundry services are offered at Namche and Pheriche.

## GRATUITIES

In Kathmandu and Pokhara restaurants only, tip 10% (if a service charge is not already on the bill). It is customary to tip trek staff. \$USD is the best currency to use.

Trekkers should allow a budget upward of \$300 for tips (should they wish to tip). Tipping will be coordinated by your Epic guide.