



Air Temp
35°C (95°F)

Water Temp
20°C (68°F)

10 Nights Camping – 2 Nights Hotel

For on the River

- A pair of Chaco's or similar sandals that cover your toes and provide grip on wet rocks
- 2 Pairs of river shorts (longer in length)
- 2 swimming costume or bikini for ladies
- Rash vests to wear under your life jacket – alternative to thermal on warmer days
- Thermal long-sleeved tops and bottoms to wear under your personal floatation device. Merino wool, polypropylene or capilene is best (not cotton) on cooler days
- A baseball cap for under your helmet to keep the sun off
- A wide brimmed sun hat to protect you from the sun during lunch breaks,
- Sunglasses
- Chums for fastening your sunglasses to your head (these can be purchased from us)
- 2 x 1 Litre Nalgene / Sigg or similar water bottle. (Hydration is **Extremely** Important)
- Carabiner for fastening your water bottle to the raft. (very important as they will fall out the raft if not secured)
- Waterproof camera such as a GoPro for the 'action shots' (Helmets for GoPros can be provided)
- Waterproof sunscreen and lip balm SPF30 Minimum

Trekking, Camp and around town

- A 4-season sleeping bag, *this can be hired from us in advance. Each sleeping kit contains a sleeping bag, a sleeping bag liner and a pillow at a hire cost of £55 / \$80*
- Travel pillow (if not using ours)
- Trainers or walking shoes for wearing around camp and for the trekking parts
- Thermal top and bottoms (good to sleep in)
- T-shirts and Shorts for around camp
- Long skirt or sarong for ladies
- Trousers for around camp and walking
- Long sleeves shirts or tops
- A fleece or jumper, it can be cool in the mornings and evenings
- Light weight down jacket
- Rain Jacket
- Woolly Hat
- Underwear and socks
- Allow for extra clothes for your stay at the hotels or if you are extending your holiday
- Nepal is still colonial, and many restaurants require a collared shirt for meals

Personal items

- Glasses or contact lenses. Disposable lenses are ideal
- Toiletries, toothpaste, biodegradable soap and shampoo
- Forget the hairdryer, but we do suggest moisturizer
- Hand wipes and a small bottle of hand sanitiser
- Small pack towel
- Headlamp or head torch with spare batteries
- Any current medication you are currently taking
- Insect repellent and your Anti malaria tablets if you are continuing onto Bardia National Park (**Please seek medical advice on which anti malaria tablets to take as some can make you light sensitive and this can make you feel unwell in the hot sun**)
- Personal first aid kit. (your trip leader will also carry a first aid kit)

You will need to bring 1 passport photo for your entry into Nepal if you don't already have a visa
*You do not need to bring tents, sleeping mats,
we provide all personal floatation jackets and helmets*