



Biophysics and Physiology of High-Altitude Mountaineering

Makalu Basecamp Document Checklist

TRAVEL DOCUMENTS

- Passport with enough blank pages for stamps/visas valid for at least 6 months from arrival date
- Nepali Tourist Visa (Can be purchased in airport upon arrival in Kathmandu with cash for \$15 to \$100 USD depending on length of stay 15 to 90 days). Our course is a minimum of 17 days, so you will need at least a 30 day tourist visa.

AIRLINE TICKETS

- Roundtrip airline tickets from your home airport to Tribhuvan International Airport in Kathmandu, Nepal (KTM) arriving no later than Tuesday, April 23rd, 2019 and departing no earlier than Friday, May 10th, 2019 (Airfare varies day-to-day; however, it tends to increase in the few weeks prior to departure. We recommend booking airfare at least six to eight weeks in advance to secure the best fares and flights. Roundtrip economy tickets from most major US airports to KTM can be found for \$950 to \$1600 USD. Flights typically have one to two stop-overs and due to changes in time zones you will likely arrive in Nepal two calendar days after leaving the US).

TREKKING DOCUMENTS

- Copy of trekking insurance policy to cover emergency medical evacuation in Nepal. (Many companies can provide a short-term policy that covers helicopter evacuation in the event it is medically necessary. Most policies are about \$100 to \$150 USD and can cover other contingencies of your trip. One reputable insurer is [World Nomads](#))
- TIMS Card (Trekking Information Management Systems Card) is required for trekking and costs NRs. 1,000 (approximately \$8.48 USD). A photocopy of your passport, Nepali cash, and a color passport size photo of you is needed. We will help you get your TIMS Card in Kathmandu after you arrive and check in to your hotel.
- Color passport photo of yourself (required for TIMS Card)
- Color photocopy of your passport



MONEY

- Credit/Debit/ATM cards are accepted in many locations in Kathmandu; however, you will want to have Nepali Rupees to use on the trek and in smaller towns and markets. Withdrawing Nepali Rupees from ATMs in Kathmandu and Khandbari are good ways to get a reasonable exchange rate. US dollars can also be exchanged in hotels and banks.
- Have at least \$100 to \$200 USD to pay Nepali Visa fees and cover any incidentals that you may encounter.
- You ought to have at least NRs. 10,000 to NRs. 20,000 during the trek for additional snacks, beverages, souvenirs, or other items that can be purchased at teahouses and lodges in addition to tips for porters/guides.