

Nepal Trekking & Mountain Safety Checklist

Decide the shape of your trip

- Confirm your dates for Nepal; keep one backup date if possible.
- Make a realistic 12-day route, including arrival and departure time.
- Pick your two must-do experiences and leave some free time.
- Check holidays, weekly closures and major local events.
- Review typical seasonal conditions and daylight hours before fixing outdoor plans.
- Agree on a per-person budget covering transport, stay, food, activities and contingency.

Book and verify

- Compare the final price and total travel time from your origin to Nepal.
- Use the exact ID or passport name on every transport booking.
- Check cancellation and refund rules before paying.
- Confirm stay dates, room type, taxes and check-in time.
- Check the neighbourhood after dark, access to transport and distance from key plans.
- Pre-book only capacity-limited activities; leave ordinary sightseeing flexible.

Documents and money

- Check every travellers government ID or passport before booking.
- Save offline copies of IDs, tickets, insurance and bookings.
- Carry a paper copy of emergency contacts and the first stay address.

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Documents and money

- Keep a backup payment method separate from your main wallet.
- Carry two payment methods separately and only a sensible amount of cash.
- Check ATM, card conversion and dynamic currency conversion charges.

Health, safety and communication

- Check current health and weather advice for the destination.
- Pack prescription medicines in original packaging, with extra for delays.
- Carry a small first-aid kit suited to your activities.
- Save local emergency numbers, a nearby clinic and the insurance helpline.
- Share the itinerary, accommodation and check-in plan with a trusted contact.
- Download offline maps and pin accommodation, transport points and medical help.

Pack for the actual itinerary

- Choose clothing by day and activity; remove duplicate just in case items.
- Pack comfortable footwear you have already worn.
- Carry suitable protection from sun, rain or cold.
- Keep medicines, documents, valuables and one change of clothes in hand baggage.
- Label luggage inside and outside without displaying a home address.
- Pack chargers, power bank and the correct electrical adapter.

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Transport-day checks

- Check tyres, spare wheel, brakes, battery, lights, fluids and wipers.
- Carry licence, registration, insurance, emission certificate and roadside assistance det...
- Download the route and mark fuel, charging, food, toilets and safe rest stops.
- Plan a meaningful break at least every two hours and avoid ambitious night driving.
- Check toll balance, parking restrictions and road closures before departure.

Traveller-specific preparation

- Name one booking coordinator and one backup contact.
- Confirm rooming, payment responsibilities and cancellation rules in writing.
- Share the final itinerary in one place and set meeting points for free time.
- Record dietary, accessibility and emergency information privately.

Activities and destination checks

- Verify trail difficulty, altitude profile, permits and guide requirements.
- Test boots and backpack before departure; never start a long trek in new footwear.
- Carry navigation backup, headlamp, whistle, layers, water treatment and emergency calories.
- Know altitude illness signs and turn-around rules before ascending.
- Confirm meal timing, house rules, access instructions and respectful local etiquette.

Final 24-hour check

- Recheck live transport status, weather alerts and provider messages.

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Final 24-hour check

Charge devices and power banks; download tickets, maps and entertainment.

Confirm documents, medicines, wallet, keys and essential hand baggage.

Share final departure and arrival details with the chosen contact.

Check windows, appliances, deliveries and home security before leaving.

Leave enough time to travel calmly rather than depending on a perfect journey.