

Checklist

Below are things that you will need to organise in preparation for your Nepal Expedition. Keep this list close at hand, as it will help you to prepare:

To do immediately:

- Pay the \$500 deposit to secure your spot, completing PART 1 APPLICATION FORM
- Include Four (4) Passport Photos.
- Apply for a passport if you don't have one already

To do by 23 October (2 months before departure):

- Book your flight to Kathmandu and then let the AAA office know of your details
- Take out travel insurance – let the expedition office know details
- Apply for a Visa according to the length of time you are in Nepal

Send to the Expedition Office by the end of OCTOBER the following:

- The balance of your Expedition Fee before departure
- A photocopy of the main page of your passport
- Completed Medical Form PART 2 of the APPLICATION FORM – after filling this in with your GP – including medical history of any conditions

To do before you depart Australia:

- If you wish to hire a Down Jacket or Sleeping Bag –send an email to the Expedition office by 23 November
- Arrange appointment with GP for vaccinations, health check and any medications which need a prescription etc and the medications list
- Check you have everything on the equipment list recommended for your Group (including the Expedition MANUAL)
- Read your Expedition MANUAL!
- Let family know about communications in Nepal
- Get extra passport photos (at least 2) – bring these with you, in case your passport goes missing as well as a copy of the main page of your passport (the one with photo) just in case!