

Printable Packing list for Volunteering in Nepal

In every case a backpack will be more useful and practical than a suitcase in Nepal. Many of the volunteering sites are reached by foot or motorbike, therefore it is easier when you have a backpack you can carry. Pack light and practical, but don't leave important things behind. A personal advice is to not renounce on things that are important for your own wellbeing, which make you feel comfortable and make your life easier. Whether this is one of your favourite pullover, a tablet, your camera or 5 pairs of underwear. There will be moments where you feel exhausted and might wish to be in your comfortable bed at home, small things can help you in these moments and make you feel better.

Below you can find a subjective packing list, some things you might not need, some other might not be on the list, which are important for you. Most of the flights allow 20kg for international flights, some however just allow 15kg. Therefore, check properly what you booked to avoid unnecessary costs. Nevertheless, I suggest to keep your luggage at around 15kg, since you will have to carry it for some parts as well as experience have shown that you will enlarge it with one or the other thing you might find on the way.

Clothing:

- ☐ 1-2 Long pants (*depending on the season you are coming, easy to wash and to dry, preferably hiking pants and one light pant*)
- ☐ 1 Short pant (*long enough to cover your knees, or shortly above, depending on the field of work and the season 2 might be needed*)
- ☐ Belt
- ☐ 1 Rain Jacket
- ☐ 1 thick winter jacket (*multifunctional if available for colder nights and days*)

- ☐ 3-5 T-shirts (*covering your shoulders with no big décolleté, consider having thin long arm shirts instead of short arm for extra protection against the sun and the mosquitos*)
- ☐ 2 Sweaters, pullovers
- ☐ 1 Pyjama or comfortable clothes (*for free time and the night, after work*)
- ☐ 1 nice shirt, skirt, blouse or dress (*if you should be invited somewhere*)
- ☐ Sport clothes (*optional, if you plan to go hiking or running etc.*)
- ☐ 2 pair of shoes (*Hiking boots, sneaker or every day comfortable shoes*)
- ☐ 1 pair of Flip Flops (*for showers, hostels, in houses*)
- ☐ 4-7 pair of underwear (*pants & socks, you will most likely have to wash your clothes by hand, how often is up to you*)
- ☐ 1 swimming pant or bikini (*in case you have to shower outdoors, or if you might go to a hot spring, lake etc.*)
- ☐ 1-2 Travel towels (*don't take full size towels with you, travel towels are easy to wash, to store and to dry, bring one big and one small*)
- ☐ Scarf, gloves and hat (*in some parts it can get pretty cold, be prepared for low temperatures*)
- ☐ Multifunctional scarf (*can be used as mask in Kathmandu against the dust or smell*)
- ☐ Optional thermal underwear (*if you plan to hike, this will be an essential*)
- ☐ Optional: tights, leggings

Essentials:

- ☐ Dry bags (*for dirty and clean clothes, to keep them separated and protect them from water*)

- ☐ Spork (*in some cases, street food it can be very useful to have your own cutlery*)
- ☐ Ear plugs
- ☐ Bottle and water purifying pills
- ☐ Washing powder, soap (*for your clothes*)
- ☐ 2-3 small lockers for hostels, doors etc.
- ☐ Small transparent bags for liquids on flights
- ☐ Tissues (*the best are reusable cloth tissues*)
- ☐ Hat or cap
- ☐ sunglasses
- ☐ *Optional: Neck pillow, Eye mask, Clock/alarm clock, Compression bag, pacsafe*

Toiletry:

- ☐ Toiletry bag (*the best is one you can hang, since in very few places you will actually find a shelf to place it*)
- ☐ Toothpaste & toothbrush
- ☐ Razor
- ☐ Brush
- ☐ Deo
- ☐ Shampoo & Shower gel (*2 in 1 to save weight or a soap*)
- ☐ Sunscreen
- ☐ Nail clipper, tweezer, cotton swabs
- ☐ Hand cream
- ☐ Tampons or Menstruation cup
- ☐ 1 roll of toilet paper
- ☐ *Optional: Lotion, make-up, skin care, face cream etc.*

Survival Kit:

- ☐ Lighter
- ☐ Safety pins and sewing kit
- ☐ Backpack clips
- ☐ Duct tape
- ☐ Small rope
- ☐ Carabiners
- ☐ Batteries
- ☐ Emergency wire
- ☐ knife
- ☐ *Optional: Multitool (to fix certain things)*

Electrical devices:

- ☐ USB-drive, flash drive or external hard drive (*with working materials, your personal documents, for picture storage etc.*)
- ☐ Power bank (*you won't have everywhere at any time electricity and sometime the voltage of the electricity can fluctuate and damage your devices, therefore charge your power bank and with it your devices, best are solar power banks, which can be charged with the sun*)
- ☐ Adapter (*around the world adapter*)
- ☐ Tablet or Laptop + charger+ keyboard etc.
- ☐ Smartphone or phone (*without simlock + charging wire*)
- ☐ Mp3 player
- ☐ Camera + battery pack + bag + SD card + USB wire
- ☐ Flash light (*preferably head lamp*)
- ☐ Luggage weight (*for your flight and your laundry*)
- ☐ *Optional: hair dryer, kindle etc.*

Documents:

- ☐ Passport (*valid for at least another 6 months*)
- ☐ Flight tickets or check-in details
- ☐ Visa application form or other visa documents
- ☐ Copy of your travel insurance
- ☐ Credit card
- ☐ International or home driving license
- ☐ Passport pictures (*better more than less*)
- ☐ Screen shots or copies of booking arrangements
- ☐ Address of your first place of stay
- ☐ Numbers and addresses of insurances, emergency numbers, banks, doctors etc.
- ☐ International student card
- ☐ Medical cards, vaccination pass, allergy pass
- ☐ Copies of all important personal documents (*also pdf copies online (cloud, drive etc.) and/or on flash drive, laptop, hard drive*)
- ☐ *Optional: Travel guides, travel dictionary, notebook or diary*

Travel pharmacy:

- ☐ Personal needed medication
- ☐ Contact lenses and cleaning lotion, glasses etc.
- ☐ Pain killers
- ☐ Wound ointment
- ☐ Plasters and bandages
- ☐ Pills against inflammations
- ☐ Disinfection spray or sanitizer
- ☐ Pills against diarrhoea
- ☐ Repellent
- ☐ Medicine for flue/cold, like sprays, lozenges
- ☐ Malaria medication

- ☐ Purifying pills
- ☐ Eye drops
- ☐ Electrolytes

For more information, jump to the Health section, where you will find a more detailed list for your medical preparations.

Working Materials:

- ☐ Clothes which can get dirty (*if you are working in the field of reconstruction*)
- ☐ Books, charts, handouts etc. printed or on a flash drive (*for the field of education*)
- ☐ Medical goods, gloves, masks, clothes (*for the field of health*)

Handluggage:

- ☐ folder with travel documents, including passport
- ☐ Bottle
- ☐ Hand Sanitizer
- ☐ Tablet
- ☐ Some medicine
- ☐ Travel Journal
- ☐ Wallet (*with enough money in USD for the visa fee*)
- ☐ wires and chargers
- ☐ camera
- ☐ earplugs
- ☐ Tampons or menstruation cup
- ☐ wet wipes
- ☐ tissues
- ☐ neck pillow
- ☐ eye mask