

## **Frequently Asked Questions**

### **Before Departure**

#### **When and how should I get my visa?**

There are three ways to get your visa:

- 1) Apply online : You can apply for your visa online at Online Services ([nepaliport.immigration.gov.np](http://nepaliport.immigration.gov.np)). Keep in mind, this application is only valid for 15 days. Complete it and print it at home. Once you arrive at the airport, you'll pay for your visa at the bank counter and then get it stamped at the immigration desk.
- 2) At the self-service (Visa Kiosks) machines at Kathmandu airport  
You can fill in your visa information at the automated machines upon arrival. After that, go to the bank counter to pay for your visa, then have it validated at the immigration desk. You can pay in euros or other currencies like CHF, CAD, etc. The bank will give you the exchange rate of the day.
- 3) Prepaid online visa  
You can also pay for your visa online in advance, so all you need to do upon arrival is show your receipt and passport. However, this currently requires a Nepalese e-banking account.

*We can handle this process for you for a service fee of USD 10 per visa (in addition to the visa cost: USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days: Nepal ETA Visa Processing.*

*To proceed, we require a colour scan of your passport and a passport-size colour photo.*

#### **Which address should I put in Nepal on the visa application?**

##### **Adresse in Nepal**

BASE CAMP Trekking & Expeditions

P. O. Box 3491, Kumari mai marg, Lazimpat, Kathmandu, Nepal, Postal code: 44600

Tel: (+977 1) 45 11 504 / 45 15 573



## **Do I need an Indian visa if I transit through Bombay or New Delhi without leaving the airport?**

If all your flights are booked together, your luggage will usually be checked through to Kathmandu, so you won't need a transit visa. A transit visa is only required for long layovers, if you need to change terminals, or if your flights are booked separately (meaning you must collect and recheck your luggage).

You may also need a transit visa if you have a flight between two Indian airports before flying to Kathmandu, such as taking a domestic flight from Chennai or Mumbai/Delhi (for example, for travelers from Réunion).

**Note:** For all airlines, be especially careful not to pack power banks or batteries in checked luggage—they should go in your carry-on. Also, fill out the forms for these batteries correctly. Luggage with undeclared batteries may take several days to reach Kathmandu.

## **How many passport size photos should I get?**

Bring 4 passport-size photos — enough for your trek permit and to get a Nepalese SIM card.

## **I want to buy a Nepalese SIM or eSIM to stay in touch with your family and friends...**

To buy Sim card you will get it in the airport, in Thamel (a tourist area) or near to your hotel location. Just take your Original Passport and 1 Photo with you.

## **Should I exchange Nepalese rupees or US dollars before arriving in Nepal?**

You don't need to exchange money before your trip, as you can pay for your visa in US dollars, euros, or other currencies at Kathmandu airport. However, if you like, you can bring a small amount of US dollars to cover immediate expenses once you arrive in Kathmandu.

## Is emergency, medical, and evacuation insurance mandatory? Can you provide it?

Repatriation insurance, helicopter evacuation from the place of illness/accident to Kathmandu, as well as medical coverage on site, is mandatory. We cannot insure property or persons outside Nepal, and there is no third-party liability coverage.

Please note that not all bank card insurance policies cover certain mountain rescue helicopter evacuations, so you must check carefully and send us your insurance certificate.

In the absence of valid insurance, we will not be able to advance the costs incurred for a helicopter evacuation without a guarantee of reimbursement.

If necessary, we suggest taking out comprehensive travel insurance, for example with our partner CHAPKAASSURANCE at the following link: <https://www.chapkadirect.fr/> or with AXA (personal travel insurance).

It is important to verify that the policy includes a sufficient altitude limit (5,000 m, except for expeditions) and adequate coverage for helicopter rescue costs (6500\$).

## Will airport transfers be arranged by your agency?

If you arrive on the official start day of your trip with our agency—meaning your first night has been booked by us—one of our transfer staff will meet you at the airport and take you to your hotel.

If your first night in Kathmandu has not been booked by us and you have arranged your own hotel, we are unfortunately unable to provide the airport–hotel transfer for logistical reasons. In that case, you will need to ask your hotel to organize the transfer or take a taxi.

The same applies on departure: if your last night has been booked by us, a transfer agent will accompany you to the airport. If it was booked independently, you will need to arrange the transfer through your hotel or take a taxi.

## Do I need vaccinations? Do I need malaria treatment?

No vaccinations are mandatory. However, a booster for the BCG (tuberculosis) vaccine is recommended, and vaccinations against typhoid, Japanese encephalitis, and hepatitis A are advised.

Malaria treatment is only necessary if you plan to travel to the Terai region in southern Nepal between June and September (during the monsoon season).

Rabies is present in Nepal. A preventive rabies vaccine can help avoid the first (and most expensive) injections in case of an animal bite, but it does not replace the full treatment that must still be completed locally.

## What are the temperatures in Nepal according to altitude and season (Day and Night)?

emperatures in Nepal vary a lot depending on altitude and season. In general, days are pleasant and sunny, while nights can get cold—especially at higher elevations.

- Low altitudes & cities (Kathmandu, Pokhara – 800–1,400 m):
  - Spring & autumn: around 20–28°C during the day, 8–15°C at night
  - Winter: cooler days, 5–10°C at night
  - Summer/monsoon: warm and humid, up to 30°C+
- Mid-altitude trekking areas (2,500–3,500 m):
  - Daytime: 10–20°C in spring and autumn
  - Nighttime: 0 to 5°C, sometimes below freezing
- High altitude (above 4,000 m):
  - Daytime: 5–10°C in good weather
  - Nighttime: often below 0°C, colder in winter

Spring (March–May) and autumn (September–November) offer the best balance: clear skies, mild days, and cold but manageable nights. Winter is colder but quieter, while summer brings heat at low altitude and rain during the monsoon.

## What can I bring for the agency team?

Chocolate, cured meats, cheese, or local specialties from your region are perfect gifts. Small, tasty treats are always appreciated by the team!

## I'm planning to make donations to schools, what's the easiest way to do this?

If you want to give larger quantities, it's best to buy them locally in Kathmandu, so your donation also supports the local economy. Otherwise, you can bring a few items from home, like school supplies, clothes, or small gifts, which are always appreciated!

## Should I bring euros or USD?

The best option is to bring euros or USD and exchange them in Nepal, there are plenty of Money exchange counters in Thamel. You can also pay for your Nepal visa in euros, when you arrive at the airport.

## Is it better to withdraw money on site with a bank card?

You can withdraw cash with a bank card, but the fees are around 4\$ per withdrawal (500 NPR) in addition to any bank charges. For larger withdrawals of 250–300\$, fees can sometimes be double, depending on the ATM.

## Are Nepalese airlines reliable?

According to the Kathmandu Post on July 21, 2017:

“After years of back-and-forth negotiations between experts, the ICAO (International Civil Aviation Organization) finally declared Nepal a safe destination in terms of aviation safety for both domestic and international flights.

Nepal has met ICAO safety standards—and even exceeded them—with a compliance rate of about 66%, higher than the 60% required. Nepalese airlines are now authorized to fly in European airspace, which helps boost tourism and allows travel companies to offer more diverse and cost-effective itineraries.

While Nepalese airlines remain on the EU blacklist, this ICAO recognition will help lift those restrictions over time. The EU restrictions only officially apply to landing at European airports, not domestic flights.”

Domestic flights in Nepal are extremely reliable. In nearly 20 years of operating, we have not had any incidents. We avoid small “low-cost” Nepalese carriers and book flights with major local airlines like Buddha Air or Tara Air, which ensures safety and reliability.

## Why should I bring a swimsuit or flip-flops?

A swimsuit is listed on the gear list in case your hotel in Kathmandu has a pool, or if you want to take a dip in rivers or hot springs during your trip (access to swimming spots depends on your itinerary).

Flip-flops are useful in lodges for showers and to give your feet a break from trekking shoes—light, simple, and comfortable.

## Can I buy water locally? Should I bring water purification tablets?

The best approach is to bring a reusable water bottle, fill it with tap water at lodges, and use purification tablets (like MICROPUR) to make it safe to drink. You can buy these tablets in almost any shop in Kathmandu. Use one tablet per liter of water and plan for at least 2 liters per day.

In the cities, it's better to stick with bottled water.

## How much luggage am I allowed?

For your international flights, please refer to the airline's conditions.

For domestic flights in Nepal:

- Kathmandu – Pokhara/Chitwan/Biratnagar/Nepalgunj: 20 kg checked baggage + 5 kg carry-on per person
- Kathmandu – Lukla / Kathmandu – Tumlingtar / Kathmandu – Phaplu / Pokhara – Jomsom / Nepalgunj – Juphal / Nepalgunj – Simikot / Nepalgunj – Jumla: 13 kg checked baggage in total.

Extra weight may be charged on-site at around \$1–1.5 per kg, depending on the airport. Travel light for domestic flights—these limits are strict and common on small mountain aircraft.

## Tips:

Tipping in Nepal is common and really appreciated—it's like giving a smile that costs nothing but makes everyone happy!

- Normal treks or tours: about \$6 per person per day
- High-altitude treks (above 4,500 m): about \$9 per person per day

It's a simple way to show thanks for all the hard work, especially in the mountains where conditions can be tough. Even a little extra can make their day!

Most agencies pay their staff fairly, but tips help support the team and their families, it's a small gesture that goes a long way.

## Can you give me an estimate of extra expenses outside what's included?

### Extra expenses for meals and services:

Meals not included: About 1,000 NPR per meal in touristy restaurants, but you can find simpler meals for less, around 800 NPR per meal.

### Optional costs on trek:

#### Everest / Makalu / Kanchenjunga region

- 1 beer: 500–1,000 NPR (depending on altitude)
- 1 shower: 300–500 NPR
- Battery recharge: 200–500 NPR
- Internet: 300–500 NPR

#### Annapurna / Mustang / Langtang / Manaslu region

- 1 beer: 450–900 NPR
- Hot shower (if paid): 200–400 NPR
- Battery recharge (if paid): 100–500 NPR
- Internet: 100–500 NPR

Tips: Remember to give a reasonable tip if you're happy with your trekking team—this is shared among guide, assistant, porter, and cook.

Note: Prices are indicative and can vary depending on location and altitude.

## Upon arrival:

### Where will the airport pickup take place?

A transfer agent will be waiting outside the Kathmandu airport entrance, holding a sign with your name on it.

### How can I exchange money when I arrive in Nepal?

You'll find plenty of currency exchange offices all over Kathmandu, including at the airport, but airport rates are usually not very favorable. Since we'll pick you up at the airport, you don't need cash immediately—it's better to wait and exchange your money once you're in the city.

### Who should I contact in case of a emergency?

International flight changes or issues:

Contact **Raju on WhatsApp: +977 9848 86 57 05**, or the office at **+977 1 4511504**.

- Lost luggage: Contact your insurance and file a report with customs.
- Lost or stolen documents: Contact the French Embassy in Kathmandu (keep a photocopy of your passport). From a local phone, dial 01 (within the valley) or 00977 (from abroad), then call 4512332 or 4522774.
- Problems during the trek (accident, altitude sickness, etc.): Notify your guide (we'll provide their number).
- If no one meets you at the airport despite a scheduled transfer: contact Raju +977 981 8613161 or Sujana +977 9843518139.

Keep these numbers handy—they'll make dealing with any unexpected situations much easier.

### Where can I rent or buy gear in Kathmandu?

You can rent trekking gear in Kathmandu, especially in Thamel, the main tourist area. Rentals include sleeping bags (for different temperatures), Dawn Jacket, and many more the expeditions materials. For Crampons you can buy Spikes at 10\$ easily found in Thamel. **You can also request us for renting the trekking and expedition materials.**

You can also buy trekking clothes, down jackets, pants, t-shirts, etc. at reasonable prices. The choice depends on the quality you want.

Buying in Kathmandu can be convenient, you'll find everything from brand-name items to budget or second-hand gear, and sometimes you can even resell items afterwards. Just keep in mind that not everything is genuine, so quality can vary depending on the shop, but most items still serve their main purpose (like keeping you warm).

## **During the trip**

### **Can I leave my belongings at the agency or hotel, during my trek?**

We cannot store personal belongings at the agency, as there's a lot of foot traffic and we don't have the space or security to keep everyone's items safe. However, you can leave your extra luggage at your Kathmandu hotel for free before your trek and pick it up when you return (especially if you're staying at the same hotel).

**Make sure your bag is locked with keys when you leave it at the hotel store room.**

### **About the lodges, do we sleep on mattresses?**

In the lodges, you'll have beds, but they follow the Nepali standard, usually wooden bed frames with a simple mattress on top (not spring or slatted beds).

Rooms in lodges are not heated, only the common areas are warm. That's why we recommend bringing a sleeping bag rated for at least -5°C for your treks, so you stay comfortable and warm at night.

### **During the trek, how is lunch managed?**

Meals are usually served in lodges or small restaurants along the trail between trekking stages. and the stage like crossing high passes or where there is no lodge and restaurant then your guide will prepare you a packed lunch.

### **Are there mobile network signals and electricity along the trek?**

Network coverage isn't always reliable and can even be nonexistent in some areas, so it's best not to count on it too much. You'll have Wi-Fi in some lodges, but not all, and sometimes it comes at an extra cost if the lodge doesn't have solar panels.

Electricity works the same way—there's usually power in the lodges, but if there are no solar panels, charging your devices or getting hot water for showers may cost extra.

### **Regarding the daily trek duration, does it include breaks or just walking time?**

The walking times shown in the itinerary are for guidance only. They are based on a comfortable, steady pace suitable for average trekkers. Individual times may vary depending on your speed, weather, and rest stops.

### **Can I donate my trekking gear to a guide or trekking staff member?**

Of course! YES

### **Are the guides trained to handle altitude sickness?**

Yes! They have received official training from French mountain rescue specialists from Haute-Savoie. This ensures they're well-prepared to handle altitude sickness and any emergencies on the trek.

## Do the guides carry oxygen or medication for severe altitude sickness?

We provide medications like Diamox to help prevent altitude sickness. In severe cases, the safest treatment is always to descend quickly, and helicopter evacuation is available if needed.

For treks above 5,000 m, we can provide portable oxygen bottles (960 ml). We also have Gamow bags for emergencies, but they are bulky and not very practical, so we usually reserve them for larger groups of more than 8 people, as using them requires an extra porter.

### After the trip

*Please share review/ feedback about your trip to help us improve our services, what you enjoyed most, and anything you think could be better. also you can send us your photos! we will use those in website and social media platforms with your copyright authorities.*

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## Acute Mountain Sickness (AMS)

Everyone reacts differently to altitude, and it's almost impossible to predict who will be affected or how. Altitude sickness can happen to people in excellent physical condition as well as those less fit, it's not an exact science.

The key to a safe and enjoyable trek is proper acclimatization. That's why our itineraries are carefully designed to give your body the best chance to adjust to higher altitudes. Still, altitude-related issues can occur. Reduced oxygen can cause anything from mild shortness of breath (usually nothing to worry about) to more serious problems like pulmonary or cerebral edema (severe AMS).

If symptoms progress to nausea, dizziness, or vomiting on top of shortness of breath, immediate action is required. This is why we require all clients to have evacuation insurance and train our guides to handle these situations. Serious cases of AMS are extremely rare, affecting less than 1% of our trekkers. Quick intervention and a small descent usually prevent complications.

Having a good level of fitness also helps your body cope with lower oxygen. Below 3,500 m, there are virtually no major physiological risks, so mid-altitude treks are generally safe. Always report any symptoms to your guide rather than keeping them to yourself. At night above 3,500 m, it's also helpful to raise your head slightly with a pillow or extra clothing to improve comfort and breathing.



## How does the visa and permit process for Tibet work?

Regarding visas and permits for Tibet, there are three possibilities. The procedure differs depending on whether you travel via China or Nepal, since Kathmandu–Lhasa is the only international route to Tibet; all other train or flight connections are domestic (within China).

### – If you travel via Nepal:

In this case, the visa must be obtained in Kathmandu after the Tibet permits have been issued, as the permits are required in order to obtain the visa.

Outside China, permits can only be issued in Kathmandu. Therefore, the visa process in Nepal can only begin upon your arrival there, once you have your passports and the permits in hand. The procedure takes 3 working days. Any Chinese visa obtained elsewhere (i.e., not a Tibet group visa) will be invalid at check-in for the flight to Lhasa or when crossing the border.

This means you must spend time in Kathmandu and have at least 5 participants in a group to obtain it (note that flights to Lhasa operate only on Monday, Wednesday, and Friday).

### – If you do not travel via Kathmandu but transit through China:

In this case, you must apply for your Chinese visa independently in advance through the Chinese embassy or consulate closest to you. These will be standard Chinese visas. After that, the Tibet travel permits are obtained and must be delivered to you at your transit point to Lhasa (Chengdu, Kunming, Beijing, or elsewhere), either handed to you in person at the airport during transit or at your hotel if you spend a night in China outside Tibet.

**Important:** You must not mention your trip to Tibet when applying for the Chinese tourist visa. You should declare a trip within China and, if necessary, provide proof of bookings and a (fictional) itinerary.

– **Until the end of 2026**, a new China Visa and Tibet Permit procedure exists for stays of 30 days or less (China + Tibet combined). You can obtain a free visa on arrival. For more information, please consult the website of the Chinese Embassy (insert link).

**Note:** This free 30-day Chinese visa is currently available until the end of December 2026. In this case, there is no need to send a scanned copy of your visa in advance; a passport scan is sufficient and allows travel from Kathmandu to Lhasa without waiting for the Kathmandu visa process, for groups of two people or more (even from Kathmandu). However, no procedure exempts you from completing the Tibet permit process on our side, which takes 3 to 5 weeks depending on the itinerary. Therefore, Tibet tours must be finalized and validated at least 40 days before departure (2 months in advance for the Kailash region).

We will send the original permits (which cannot leave Chinese territory) to your transit location in China or to the Kathmandu agency, and a local agent will hand them to you in person at the airport or at your hotel, depending on whether you stay overnight during transit.

With these permits, you will be able to board your flight to Lhasa, and the guide will welcome the group upon arrival at Gongkar Airport or at Lhasa Railway Station. (If you travel to Lhasa by train, simply print the permit in color, which we will email to you before your departure from mainland China to Lhasa, in order to board the train.)



*Didn't find the answer you were looking for?*

*Contact us, we'll be happy to help!*

*Email: [info@basecamp trek.com](mailto:info@basecamp trek.com)*

*WhatsApp: [+977 9848 86 57 05](https://www.whatsapp.com/channel/00299163111111111111)*



**See you soon in the Himalayas!**

