



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

GENERAL GUIDELINES - NEPAL / TIBET

General Guidelines / Information to Participants

Welcome to NEPAL / TIBET and we sincerely hope your stay will be exciting and memorable. With your active support and cooperation, we believe the program will be beneficial and safe.

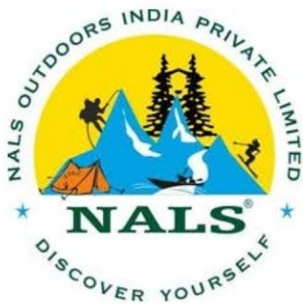
General Information

1. Outdoor programs require participants to sacrifice some of their comforts and adjust to environment that may be hot / cold / rough or wet.
2. Amenities are basic and accommodation will be in hotels or guest houses or tents (see program description)
3. Vegetarian Meals are provided in all programs of NALS
4. NALS organizes programs through alliance partners in Nepal / Tibet and has no direct role due to Government rules in force.
5. For campers in higher altitudes, toilets are a hole in the ground
6. Burning of firewood for entertainment is not allowed. As a result campfire is generally not part of our programs
7. Smoking / alcohol consumption are not permitted as it aggravates high altitude sickness
8. We have a "Leave No Trace" policy and request visitors to respect the bio-diversity.
9. NALS may be forced to re-schedule or even cancel a program due to onset of adverse weather condition, lack of access roads, social unrest or other disturbances over which we have little or no control.

Do's & Don'ts

- Do remember that this is not a holiday but an outdoor activity in off road conditions. Take care of your personal safety
- Do adhere to guidelines / safety briefings of the instructors; else it may put you or your colleague in danger.
- Do understand your limits and feel free to express your fears / inability to accomplish a task.
- Do extend a helping hand to someone in need of it.
- Do not consume drugs / alcohol as they will affect your performance and safety
- Do not bring plastics / other waste and litter them in the outdoors
- Do not make noise, especially during night as rest is crucial element in the outdoors.
- Do not indulge in friendly pranks and mischief as this will surely invite trouble and derail the objectives of the program.

<p><u>Head Office:</u> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA</p>	<p>T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in</p>	<p><u>Regd. Office:</u> 36A, Bhooma Nivas, 4th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F</p>
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Risk Awareness

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialized medical attention may not be available. Further, as we travel by cars to higher altitudes, the body does not get adequate time to acclimatize and, therefore, some of us will suffer from Acute Mountain Sickness (AMS) that ranges from minor to major complications. The Team Leader can help with minor symptoms. But for major symptoms, urgent evacuation or descent to lower altitude will be the best solution, wherein the symptoms will start disappearing. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect or aggravate your condition in the outdoors.

Some of the wild animals in this area are Himalayan Black Bear, Marmots, Deer, snakes and foxes. In case you sight some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and retreat if necessary. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parent consent and signature is mandatory for participation in our programs.

Weather:

Himalayan weather is generally unpredictable. Afternoons can be wet and cold despite bright sunshine in the forenoon. One is requested to pack light and carry warm clothing and rain protection.

Summer:	May ~ Oct Maximum Day Temperature – 28 Deg C Minimum Night Temperature – zero to minus 10 Deg C
Winter	Nov ~ Apr Maximum Day Temperature – 12 Deg C Minimum Night Temperature – around minus 10 Deg C

Visa and Documentation

Indians do not require visa for entering Nepal. However, visa and yatra permit is required from Chinese embassy. This is included in the program cost (excludes postage / courier). Documents required – Photocopy of passport with full details should reach us at least 4 weeks before the commencement of the program. Passport must be valid for at least 6 months from the date of entry into Tibet.

Currency

At present 1 Chinese Yuan = INR 11.0 approx. Currency can be exchanged in Kathmandu

Puja Materials

Camphor, Agarbhatti, Kumkum, Wicks dipped in ghee, etc may be carried by self

NALS / Nepal Guidelines / 25 Mar 2017

Page 2 of 2

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