



WENDY WU TOURS

Suggested Packing List

HIMALAYAN ADVENTURE

Tibet to Nepal

This tour's departures coincide with the most favourable weather in Tibet and Nepal; when there is minimal rainfall to hopefully ensure the best road conditions possible. These regions experience a greater range of temperatures so you will need to consider your packing carefully. No matter what time of year, or how warm the average temperature is, sudden and unpredictable drops in temperature, snow or storms can hit on the mountain passes. There is some rain from July to September, and virtually none over the remainder of the year. The sun is also much stronger at high altitude so you will get sunburnt much more quickly. You will need to bring clothing suitable for sun exposure and mild temperatures, as well as water/windproof clothing for the possible freezing conditions.

Generally, dark coloured, drip-dry clothes are recommended. Loose fitting, lightweight cotton materials are the most comfortable for humid and warm conditions, layers of warmer clothes for cold conditions. The dress code throughout the tour is casual however, it is important that all passengers dress conservatively.

Refer to Your Travel Guide booklet or Fact Sheet about how to dress appropriately for this culture, laundry facilities available and advice about choosing your luggage.

These are averages!	April/May			October/November		
	Temp °C min/max	Humidity	Rainfall mm	Temp °C min/max	Humidity	Rainfall mm
Chengdu	13/26	MED/HIGH	72	9/22	HIGH	32
Lhasa	7/18	MED	25	-3/14	MED	13
Shigatse	2/16	LOW	22	-5/12	LOW	9
Chitwan	9/20	MED	3	5/22	MED	0
Kathmandu	11/27	LOW/MED	42	8/26	MED/HIGH	42

Here is an example of a packing list for this time of year:

- Main luggage** – with limited space during the driving sections of this trip, this must be a small [20kg or less] bag. You may also need to carry your own luggage at remote accommodations. On previous trips, our passengers have found either of the following forms of luggage to be suitable for the rigorous driving and dust of this route:
A plastic, hard shell case OR a soft case (such as a backpack or canvas bag) with waterproof protection. You can either protect contents with a waterproof cover, which are available at camping and adventure stores, or simply wrap the contents in plastic bags before packing them.
- 'Daypack'** - a smaller bag to carry with you during the day, holding all the items you need to access during the day – both while driving and sightseeing. E.g. drinking water, hat, sunscreen, toilet paper, insect repellent, camera and spare batteries, jacket.
- luggage padlocks**
- money belt** to carry passport, cash, travellers' cheques, credit cards, airline tickets, etc
- trousers** (or long skirts for women)
- shirts or long-sleeved tops**
- walking shoes and socks** – it is important to have sturdy and comfortable shoes for sightseeing every day
- sun protection** – hat, sunscreen, sunglasses and lip balm
- personal medical kit** – refer to Your Travel Guide
- antibacterial wipes** – wipes such as 'Wet Ones' to clean hands before eating or gel hand sanitiser
- water/windproof jacket**
- light jumpers or thermals** are great for layering, **gloves and scarf**
- a 'modesty shawl'** or sarong to wear in conservative areas (for women)
- torch, conversion plug and spare batteries** – batteries available to buy in China tend to be unreliable
- camera and spare film** – film available to buy in China tends to be bad quality or sun damaged
- spare glasses** – it is difficult to get any prescription lenses repaired or replaced in China
- snacks** – tea/coffee bags, milk powder or sachets, instant soups or noodles, drinking chocolate, muesli, energy or snack bars, vegemite or anything else you can't live without!
- Scarf or bandana** – useful to protect your face against dusty winds at high altitude
- 'sleep sheet' or sleeping bag** – at remote accommodations linen is provided but not always clean so bringing a 'sleep sheet' insert is a great idea. If you have a compact and lightweight sleeping bag, you could bring this too.
- Small bath towel** – just in case accommodation in remote areas do not have them.

This packing list has been compiled from suggestions by our previous passengers and our staff in China – it is a guide only.

Wendy Wu Tours recommends you check recent weather conditions before your departure.

For updated pre-departure information, news about China and more – go to our website at www.wendywutours.com.au