



Join C4C and experience Nepal through:

- ✓ Orphanage children
- ✓ Trekking
- ✓ Sharing Jesus Christ among Eastern religions

Don't waste your life,  
live it by giving God ALL the glory!

# Mission: Nepal



Clockwise from top left: 1. Chhoringin (right), 16 years old, who accepted Christ and was hungry to learn more about the Truth, as her Buddhist grandmother prayed fervently with her prayer beads. 2. Our audience while sharing Gospel bracelets in Thehe. 3. Trekking back into Simikot, Humla. 4. Some familiar faces signing songs from VBS at the orphanage in Kathmandu.

Web site: [www.ClimbingForChrist.org](http://www.ClimbingForChrist.org)

E-mail: [info@climbingforchirst.org](mailto:info@climbingforchirst.org)

“...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”— **Philippians 1:6(NIV)**

### Visas

Visas are obtained upon arrival.

Orphan Team: US\$25 for 1-14 days tourist visa.

Trek Team: US \$40 for 15 days – 1month for tourist visa.

Bring **CASH** to pay and **two passport size photos**. All paperwork is at airport.

### Currency

Exchange Rate: US\$1 = 97.1 rupees (as of 8/8/13)

Personal spending money: Bring US currency to exchange while in Kathmandu. US \$100 bills will give you the best exchange rate. Note: All bills must be printed in 2006 or after. No old bills.

ATM: There are ATMs in the Kathmandu area, but it is best to have cash on you.

### Vaccinations

Before travelling to Nepal be sure to visit a travel clinic or see a doctor to ensure you have the following vaccinations updated: Measles/ Mumps/ Rubella (MMR); Tetanus/ Diphtheria; Polio; Hepatitis A; Hepatitis B; Typhoid. Malaria prophylaxes are NOT needed in the areas where we will be working.

### Travel Insurance

Travel insurance is very important! Check your health insurance and send us the following information: Health insurance company name, policy number, and phone number. *Please note that Climbing For Christ will not pay for any insurance or medical treatment you may require as a result of your participation in the mission trip.*

### Time Difference

In Kathmandu the time will be 9 hours and 45minutes ahead of US Eastern Time.

### Electricity

Due to low water in the Himalayas, there is less electricity being generated from the hydroelectric plants. To preserve its electricity, Kathmandu allows every section of the city certain hours of power. There will be specific times each day that you will have power. You should then shower and do what things you need electricity for. The rest of the time you will rely on your headlamp.

### Food & Water



Dahl Baht



Momos

The main Nepali dish is Dahl Baht, which is eaten twice a day. Dahl Baht is rice with a lentil curry soup poured over it. Usually potatoes or cauliflower are included. Another famous dish is the delicious Momo. Momos are like pirogues, but stuffed with meat, and you can dip them in a mild/hot spicy sauce. Nepali food is very good!

Water: Drink ONLY bottled water, or while trekking, filtered water. Team leaders will carry filters.

## Weather

### Kathmandu:

Month	Mean Temperature	
	Daily Minimum	Daily Maximum
Oct	60 F	80 F

### Humla:

Month	Mean Temperature	
	Daily Minimum	Daily Maximum
Oct	20 F	75 F

A basic rule in Nepal is it's warm in the day in the sun, but inside the houses are really cold.

## Squatty Potty Etiquette

The Asian squatty potty: This toilet is a porcelain hole in the ground. You will find a spout, bucket of water, and dipper to "flush" with. Squatty potties are not meant to have toilet paper put down them. Use the trash can that is nearby! Stand on the place where there are "foot rests" and squat down. Don't make the mistake of putting your feet outside the edges of the porcelain structure; it doesn't work as well. Hold onto all of your clothes, squat, and do your business.



## Gear List

- Passport and money
- 4-season sleeping bag (at least 0-degree)
- Thermarest or similar sleeping mat
- Hiking boots
- Fleece jacket
- Down jacket
- Warm hat and gloves (liners and shell)
- Trekking pants (2 pair)
- Trekking shirts (2)
- Mid-weight long underwear tops/bottoms
- Underwear
- Socks (at least 2 pair with liners for trekking)
- Backpack
- Headlamp with one extra set of batteries
- Water bottles
- Personal toiletries
- Snacks
- Bible
- Camera
- Diamox (for trekkers)

For travel/non-trekking/around town:

- Pants
- Shirts
- Underwear and socks
- Sneakers or shoes

## Suggested Reading

- *True Religion* – By Palmer Chinchin
- *Radical* – By David Platt
- *Before You Go – A 40 day Devotional* – By Jack Hempfling.
- *Little Princes* – By Conor Grennan

## Nepali 101

Hello – **Namaste**

Christian greeting - **Jaimashi**

Thank you – **Dhanyabaad**

What is your name? **Taapaiko namm ke ho?**

My name is Sally. **Mero naam Sally ho.**

I am from America. **Mero desh America ho.**

How are you? **Custo hun a huncha?**

No – **Chhaina**

Yes – **Ho or chha**

Elder sister – **Didi**

Good – **Teacha**

Water – **Paani**

Cold – **Chiso**

Hot – **Taato**

Tea – **Chiyaa**

To eat or to drink – **Khaanu**

1 – **Ek**

2 – **Dui**

3 – **Din**

4 – **Chaar**

5 – **Paach**

6 – **Chha**

7 – **Saat**

8 – **Aat**

9 – **Nau**

10 – **Das**

## Before You Go

Return the following to

[info@climbingforchrist.org](mailto:info@climbingforchrist.org):

- Acknowledgement of Risk
- Certificate of Physical Fitness
- Paper copy of passport
- Travel insurance information
- Membership Profile
- Note: This paperwork is emailed with Team Update.

## Cultural Sensitivity

a. Use your right hand always. Your left hand is used for the bathroom.

b. Men should not go shirtless. Shorts are acceptable, but long pants are better. Women are recommended to wear long skirts or pants. Legs are very sexual, so avoid wearing shorts and short skirts.

c. Public display of affection between a man and a woman is unacceptable.

Kissing, cuddling, or hugging in public is absolutely discouraged.

d. "Nepali Time" is real! Everything is approximate. Be patient. Everything will happen

e. The best way to honor the Nepali culture is to ask questions and watch and learn how they do things.

	HUMLA	NEPAL(AVERAGE)
AREA	5,565km <sup>2</sup>	147,181 km <sup>2</sup>
POPULATION	50,858	2,64,94,504
PER CAPITA INCOME	\$178	\$377
LITERACY RATE	22.8%	60%
CHILD MORTALITY RATE	300/1,000	48/1,000
CHILD MALNUTRITION	65%	29%
LIFE EXPECTANCY	54	69