

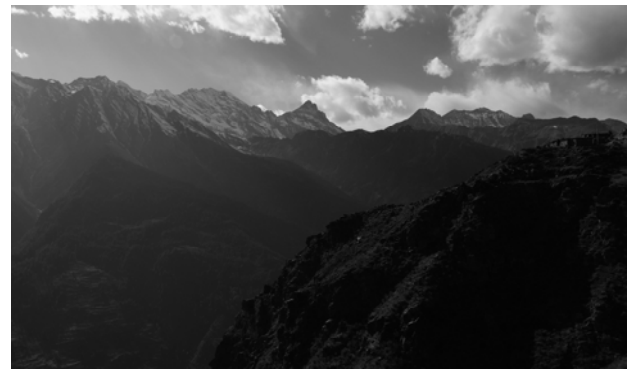


Join C4C and experience Nepal through:

- ✓ Orphanage children's eyes
- ✓ Trekking in the Himalaya Mountains
- ✓ Sharing Jesus Christ among Eastern religions

**Don't waste your life.
Live it by giving God ALL the glory!**

Mission: Nepal 2014



Going where others cannot or will not go and sharing Christ with the unreached.

Web site: www.climbingforchrist.org

E-mail: info@climbingforchrist.org

Welcome to Mission: Nepal!

Flights & Visas

Team will gather in a hub city for training and then depart. Flight information will be included in trip details.

Visas are obtained upon arrival. US\$25 for 14days tourist visa.

Currency

Exchange Rate: US\$1 = 80 rupees (as of 4/1/2012)

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 later.

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.

Time Difference

In Kathmandu the time will be 10 hours and 45minutes ahead of US Eastern Time.

Health Insurance

Health insurance is very important! Check your health insurance plan and send us the following information: Health insurance company name, your policy number, and plan 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.*

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.

Kathmandu

Size: Kathmandu Valley is 19.56 square miles and the population density is 19,500 people per km². The population of Kathmandu Valley, which is comprised of five sister cities, is 5 million people, as estimated in 2011.

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. Sometimes potatoes or cauliflower are added. Another famous dish is the delicious Momos. Momos are like pirogues but stuffed with meat, and you can dip them in a mild/hot spicy sauce. Nepali food is delicious, and momos are popular with C4C teams!

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

Weather

Warm in the day when in the sun. Inside houses are cold.

Month	Mean Temperature	
	Daily Minimum	Daily Maximum
Nov.	7.4°C 45°F	22.7°C 73°F

Gear List

- Bible and journal
- Passport and money
- 4-season sleeping bag (at least 0-degree)
- Thermarest or similar sleeping mat
- Hiking boots
- Waterproof jacket and rain pants
- 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)
- Daypack
- Headlamp with one extra set of batteries
- Water bottles - 2
- Personal toiletries
- Snacks
- Camera
- Diamox (for trekkers)

For travel / non-trekking days / around town:

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

Practical Packing

For efficient traveling in Nepal, **pack everything in a duffle bag**. You will **NOT** need a trekking backpack because everything will be carried by porters or donkeys. A duffle bag is easier for daily packing and repacking, and easier for porters to carry. Bring a daypack for carrying your water, personal items and snacks for the trek.

Nepali 101

Hello – **Namaste**
 Christian greeting – **Jaimashi**
 Thank you – **Dhanyabaad**
 What is your name? **Taapaaiko 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**

Squatty Potty Etiquette

The Asian squatty potty is a porcelain hole in the ground. You will find a spout, bucket of water, and dipper to “flush” with. Do not put toilet paper down them; use the trash can that is nearby! Stand on the spots 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.

Before You Go

Return the following to info@climbingforchrist.org:

- Acknowledgement of Risk
- Certificate of Physical Fitness
- Paper copy of passport
- Travel insurance information
- Membership Profile

Cultural Sensitivity

A. Always use your right hand for eating, when shaking hands, and in all social settings. Your left hand is reserved 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, so relax! Our demanding, fast-paced Western schedules are NOT the norm in Nepal. Be patient. Everything will happen in God’s perfect timing.

Suggested Reading

- *True Religion* – By Palmer Chichen
- *Radical* – By David Platt
- *Before You Go: A 40-Day Devotional* – By Jack Hempfling.
- *Little Princes* – By Conor Grennan
- *Love Does* – By Bob Goff