

HEALTHY TRAVEL

- If you are wondering about **vaccinations**, here are links to CDC guidance for [Nepal](#) and [India](#).
- If you have one, please remember to bring your **yellow International Health Certificate** with you. If you don't have a certificate, a **list of the vaccines you received** and the date you received them will do. Nobody checks this document at immigration upon arrival or anything like that. It's just good to have in the unlikely event that you require medical attention on the trip. A doctor will want to know what kinds of vaccines you have received.
- Other items to remember are **medical and travel insurance cards** and any **medications** that you need (along with a list of the generic names of these medicines).
- With the ongoing construction in Kathmandu, dust levels can be pretty high. Combine that with pollution from traffic and the air quality is often quite poor in Kathmandu. We recommend bringing a few **N95 masks** — they'll help combat air pollution exposure and can come in handy for preventing the spread of Covid or colds.

It can take the stomach a day or two to adjust to your new environment, even when you do everything right. It's just like that sometimes. If you are a fan of **probiotics**, you might start taking some a few days before departure. In the past some participants have carried a shelf-stable probiotic with them or some grapefruit seed extract, both easily obtained at health food stores. We just offer this information in case it's of interest, but it's up to you.

To help BOOST your immune system:

- vit C, vit D and Zinc are great additions to your daily routine – starting at least a week prior to your departure to Kathmandu.
- Athletic Greens (and similar) are good options to consider.
- Grapefruit seed extract has been found helpful for maintaining a happy belly — a drop in your water before meals. Also good for boosting immunity.

Expect to be jet lagged. We're going to get ourselves on a good movement and eating routine that should help us fall into the rhythm of life here, but it's a long haul for many of you coming from North America and Europe, and it's normal to feel the effects of jet lag. Many swear by the homeopathic remedy NO JET LAG to reduce or eliminate jetlag. If you like homeopathics, it might be worth trying. You can tell us if you think it really works or not!

Consider paying for airport lounge access to help ease the jet lag and effect of long travel - especially if you have a long layover. For ~\$50 you often get a hot shower, a tasty buffet, an open bar, and a quiet and relaxing atmosphere. Some even offer massage services. Highly recommended!