



Pre Departure Checklist

<i>Item</i>	<i>Due Date</i>	<i>Tick</i>
Check passport validity/expiry (min 6 months remaining) & Passport details given to HGA	ASAP	
Nepal Visa (this can be obtained on arrival at KTM airport and is cheaper than Australia). Get a 30-day tourist visa.)	On arrival or 1 month prior to departure	
Passport photographs 3	Prior to departure	
Travel insurance taken out and details to HGA	1 month prior to departure	
Medical checkup completed and the Medical form returned to HGA	1 month prior	
Vaccinations	As advised by doctor	
Existing medical conditions to HGA	One month prior	
Personal gear checked against checklist	One month prior	
Flights booked to arrive in KTM	ASAP	

Flight information to HGA	ASAP	
Deposit \$10%	1 week after booking online	
Final Trip payment due	7 weeks prior	
Wear in boots	At least 2 weeks prior to trip	
Training requirements read and the program commenced	As required	
Australian or USD currency	Prior to departure	
Waiver Form filled in & returned to HGA	1 month prior	
T-shirt size given to HGA -if not already given on booking form	1 month prior	