

# Health and Safety Measures for Travellers

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## Traveler Preparedness

### Before You Travel

- Bring self-test kits, lateral flow test kit (i.e at least one pack of seven tests)
- Bring sterile gloves, 3 pairs per traveller.
- Bring sufficient hand sanitizer for yourself.
- Bring comfortable FFP2 or K95 masks, depending on the itinerary duration, 1 fresh one per day plus 1 or 2 depending on the duration of the flight.
- Try to avoid socialising 5 days prior to departure, preferably not before 7 days.
- Choose the longest visa in case of positive test making you unable to fly (usually 30-90 days).
- Check if you have to notify your embassy? If so, print contact details.
- Make sure your insurer have a protocol and print a copy.
- At which point must you notify of a worsening situation and potentially upscale intervention or evacuation?
- Does your destination or return flight airline require Recovery Certification?
- Business class flight may be advisable, especially on crowded flights.
- You should have travel medical insurance that includes helicopter evacuation, and the travel medical company would insure that clients would be medi-vaced out in case of any illness.
- Check latest [protocol](#) dated January 4, 2021 and fill the [Crisis Management Coordination Centre](#) Form ( CMCC )

### On Arrival

- During flight – use a plastic folder that can be wiped clean to carry travel documents (PCR test result, printed copy of proof of vaccination, etc).
- Do self-test on first or second day after arrival.

### Medical surveillance

- If someone begins to show COVID symptoms, isolate them and the group to self-test immediately.
- Contact insurer and also check with nationals and expats to verify advice as most insurers have little reach beyond main cities.



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- Frequency of self-testing every 24 hrs. with PCR every 3 days.
- Each day, or when symptoms significantly change, complete a Rescue Request / Emergency Incident Record provided by NST
- Take paracetamol 400mg and ibuprofen 500mg, every 8-12 hrs. depending on symptoms.
- In case of serious symptoms: blood thinner and artery expander Dexamethasone 200mg (medical advice required).
- Thermometer – check temperature every 12 hours – potential evacuation with high fever.
- Oximeter – check O2 saturation every 12 hours – potential evacuation with O2 sat' below 95%.
- Nasal spray to ease congestion.

### Repatriation

- Check if recovery certification required – for example, antibody and antigen tests as well as PCR.
- Check time required for PCR test prior to boarding a flight and re-entry to country of origin (both can have time restrictions).
- Self-check 24 hours after arrival in home country.

### Trekkers Health and Safety Measures

#### After Arrival

- Forms of greeting that involve physical contact with the guest should be avoided.
- Check the temperature of all the passengers before boarding.
- Guest luggage sprayed with a disinfection spray after off-loading, or wiped, and all handles and corners carefully wiped with surface sanitizer.
- The use of face masks is mandatory.

#### Transportation

- Guests are asked to use the pedal trash bin to dispose of any personal hygiene item, such as tissue available in vehicle



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- Use Hand Sanitizer, sanitizing wipes and masks are available to all guests on board.
- Keep windows open in a vehicle for ventilation.
- Ensure to stay on the designated seats. No changing of the seats allowed.

### City Sightseeing Activities

- While walking ensure that social distance is maintained at all times.
- Wearing a face mask in the premises of the tourist destination is mandatory
- Tourists are recommended to carry their own sanitizer and wet wipes for personal use.
- Hands should be washed frequently with the soaps/sanitizers provided at the common places in the destination.

### During Trekking/Tour Activities

- The form of greeting in Nepal is "**Namaste**" performed by joining the palms of both hands together. Please avoid greetings that involve physical contact with the rest of the trekking group, our staff, or other people you meet along the way.
- You need to be fully vaccinated to trek with us (as our guides will be too.)
- Avoid greeting other trekking/tour guides from other company, providers and visitors with physical contact, including shaking hands. Safe distances must be respected whenever possible.
- The safe distance between the guide and guests, and between guests themselves, should be maintained throughout the trip. If this is not possible, a mask should be used and guests should be encouraged to use on too. Guests must be informed of this and whether they must bring a mask.
- When closer contact is required consider the use of face coverings
- Each trekker should have their individual equipment (e.g. pack, water bottle, trekking poles,) for the duration of the tour.
- Trekkers must sanitize hands when entering any building, kitchen, or dining facility, before starting an activity and as often as needed throughout the activity.

## During Camping

- The form of greeting in Nepal is "**Namaste**" performed by joining the palms of both hands together. Please avoid greetings that involve physical contact with the rest of the trekking group, our staff, or other people you meet along the way.
- Trekkers should keep the same tent number throughout the trek
- Trekkers should also use the same equipment (pillows, sleeping mat) throughout the trip.
- If anyone is feeling unwell with symptoms of a cold, flu or possibly COVID that they should eat meals in their personal tent.
- Trekkers must wear masks in a dining tent (they should bring their own).
- The group shall not invite other people into dining, kitchen, or personal tents.
- Limited interaction with communities when camping.
- On a camping trek, wash your hands and use hand sanitizer whenever you enter the mess tent. Avoid using a common towel for drying hands, you need to air-dry your hands after washing them.
- On a camping trek, our guides will serve snacks, meals, and tea so clients do not share common plates and utensils.
- First Aid Kits with every Leader containing extra masks, disposable gloves, soap and/or sanitizers.

## After the Trek/Tour

- Avoid the use of cash and prioritize the use of cards or other electronic means, preferably contactless, when charging and paying for services. If cash is handled, hands should be washed or disinfected as soon as possible.
- Protective materials used (masks, gloves, etc.) must be disposed of properly or throw away in designated waste bins or containers.