



TRIP PREPARATION CHECKLIST

- Current Passport:** allow at least 30 days for new Passport Application
- 4 extra Passport photos:** for Visa upon arrival
- 2 photo copies** of the first spread of the inside of your Passport
- Physician Certificate:** to ASI Office 30 days prior to departure
- Immunizations:**
<http://www.mdtravelhealth.com/destinations/asia/nepal.php>
http://www.ciwec-clinic.com/articles/immunization_advice_for_nepal.php
- Travel Insurance:** including lost baggage, trip cancellation, interruption, emergency evacuation.
- Medical Questionnaire:** to ASI Office 30 days prior to departure
- Liability Release Form:** to ASI Office 30 days prior to departure
- Traveler Form:** Flight information to ASI Office **asap**