



2011 HEALTH CAMP NEPAL

October 21nd (Friday)

Depart from LAX on Thai Airlines for 17-Hour non-stop flight to Bangkok. Thai Airline provides exceptional on-board service with three meals and snacks. Each seat has free access to a slew of movies. If you fly coach, you are entitled to two check-in bags weighing no more than 50 lbs each; business class is entitled to three bags weighing 70 lbs each. Whichever airline you choose to fly we would like you to use one of your check-in bags to haul our medical supplies and materials. Please let us know if you will be willing to let us use one of your check-in bags for this purpose. In any event, be prepared to pack and travel light.

October 22rd (Saturday)

During the flight between LAX and Thailand we cross the International Date Line and lose one calendar day.

October 23th (Sunday)

Arrive in Bangkok at 6:00 a.m. For those who choose to continue their journey to Kathmandu, your connecting flight will depart Bangkok at 10:00 a.m. (about a 3 ½ hour layover in the airport), and arrive in Kathmandu after a three hour flight. When you arrive in Kathmandu and clear customs you will need to take a taxi from the airport to your hotel; about a 40 minute ride through the city. We have tips to speed you through immigration when you arrive in Kathmandu. You will need two passport photos and \$40 U.S. for Visa to be issued at the airport. Most of the group will choose to stop in Bangkok for a day of relaxation. You can take a taxi or ride the new Sky Train to your hotel and spend the remainder of the day in Bangkok on your own. We have recommendations where to stay, eat and a great spa. Your stay in Bangkok is at your own expense. Taxi's, hotel, food and spa expenses are not included in the trip price. A typical taxi into downtown for two passengers is \$25.00 U.S. or 400 BHT. A standard room at the Sheraton Hotel with River View (recommended) will cost roughly \$165.00 plus tax. Bangkok

has hotels for every budget. A 3-hour spa massage at the best spa in town will cost about \$45.00 U.S. (Heaven on Earth!) We will be glad to show you around town and recommend places to eat. We also have a driver who can take you anywhere you wish. Tell us what you would like to do in Bangkok and we will do all we can to accommodate you or point you in the right direction. ***Remember, drink only bottled water on your trip, even on board the plane. Make sure your bottles have a secure, tight cap when opening. Do not brush your teeth, use ice or drink any water unless it is bottled water. Do not drink any shower water. Abide by these rules and your chances of getting ill will be significantly reduced.***

October 24th (Monday)

All Team Members must arrive in Kathmandu no later than today. For those traveling from Bangkok on Thai Airlines, your flight to Kathmandu will leave Bangkok at 10:00 a.m. On clear days you will have good views of Mt. Everest and the Himalayan Mountain Range. (Be sure to book (or let us book) a window seat on the right side of the plane) After you arrive in Kathmandu you will need to catch a taxi to your hotel. The remainder of the afternoon is free time for you to spend roaming the streets of Thamel, a shopper's paradise. We will have a group orientation dinner tonight at one of our favorite restaurants. Tonight's dinner is included in your package (land cost). You are on your own for alcoholic beverages during the entire trip. During our stay in Nepal please be considerate and remember to tip well. Our influence and good reputation depends on how well you treat our host country and respect local customs.

October 25th (Tuesday)

Rise and prepare to leave Kathmandu early; breakfast on your own and at your own expense. We leave Kathmandu by bus for a 5 hour scenic journey through the city and into the fresh air of the mountains to Dunche for an overnight stay in the Langtang National Park region of Nepal. You will need to pack light. If you really, really need to travel with more than 35 lbs, we can make arrangements for your extra gear to be strapped to the roof of one of our buses carrying volunteers from Kathmandu. Your bag should be waterproof. A North Face waterproof Expedition Duffle is a good bet. All the gear and clothing you leave behind in Kathmandu will be taken by our host to The Rainbow House (our orphanage) for storage during medical camp and will be brought back to the hotel upon your return to Kathmandu. **Always lock your bags.** You must take a small day-pack for camera's and personal stuff on the bus and while trekking. Warm days (70-75 degrees) and cool nights (40-50's degrees) are expected. Be sure to bring bug spray, towelets and hand sanitizer. It is strongly recommended that you pack and carry snacks for the long journey today. Also be sure to bring two bottles of water for the trip. It's a long bus ride. We will provide dinner and all meals during the medical outreach portion of the trip.

October 26th (Wednesday) Medical Camp

Our host will make you delicious cinnamon rolls for breakfast. From Dunche we trek 5-6 hours and stop for lunch along our way to Thulo Syabru where we will spend the night and set up medical camp for the following day. It is a good idea to bring energy bars and other goodies for day-time snacks. There are no 7-11's or In' N Out Burgers where we are going. The village is

located in a remote area of the mountains and primitive in every respect. ***We recommend that you bring your own toilet paper, air freshener (spray) and bug repellent for the bathrooms.*** There are no western style toilets. Large spiders are common in the outdoor bathrooms. You will definitely need a good headlamp and flashlight for night excursions to the restroom. (Breakfast, lunch and dinner are included during your participation in our medical camp).

October 27th (Thursday) Medical Camp

All day medical camp in Thula Syabru. After work, those who wish can take the 2-3 hour hike up to Manche Gompa, a three hundred year old monastery are encouraged to do so.

October 28th (Friday) (Medical Camp

The following morning we trek 5-6 hours to Thambuchet; 2-3 hours downhill at first and the rest of the day is slight climb up to flat and not very hard.

October 29th (Saturday) Medical Camp

We spend all day participating in medical camp in Thambuchet.

October 30th (Sunday)

After breakfast we pack up and trek to Tatopani where there are hot mineral baths to soak in.

October 31st . (Monday) Happy Halloween

We will spend the day in Tatapani participating in our medical outreach and then hit the hot springs for an evening under the stars.

November 1st (Monday)

After breakfast we trek to Nagthatli arriving in about 4 hours.

November 2nd (Tuesday)

Our morning in Nagthali begins by taking pictures. We are at 10,000 feet and have a commanding view of many Himalayan Snow Covered Peaks all the way to Tibet. In the afternoon we walk down to Thuman.

November 3rd . (Wednesday)

We spend the day in medical camp in Thuman.

November 4th (Thursday)

After breakfast we walk 5-6 hours downhill to Syabr Bensi then board our bus for return trip to Kathmandu. It will be a long day. After checking into your hotel, you are free to go out to dinner and celebrate.

November 5th (Friday) Kathmandu

If you choose to, you can help out with our children's dental outreach in Kathmandu. Each year we bring children from the Rainbow House (our orphanage) to the Kantipur School of Dentistry for annual check-up and treatment. Children from other orphanages are also brought to the school for treatment. We could use your help. Our volunteer dentist will have an opportunity to teach courses to dental students. If you don't want to participate in the children's dental

outreach you can visit the Rainbow House or sightsee. We recommend an excursion to Bhaktapur, now preserved as a UNESCO World Heritage site, the best medieval town in Nepal. We also recommend a visit to the Monkey Temple and Boudhanath Stupa. These excursions are on your nickel but we can certainly help you with a guide and ride. Don't leave Kathmandu without seeing these sights! **This is the official end of Rescue Humanity's Medical Outreach.** We will assist you in any way we can in order to make the remainder of your trip memorable.

Thanks for being a part of our team!!!!