

CHITWAN NATIONAL PARK EXTENSION

KIT LIST & FREQUENTLY ASKED QUESTIONS

Kit List

You will have packed most of the kit required for your main challenge already, but here's a **simple list of key items** to remember. Any extra items which are not essential for your trek, should be kept in a separate bag so that they stay dry and clean and left at the hotel while out on your challenge.

✓	Kit & Clothing	✓	
	Light shoes/walking boots/trainers		Malaria tablets
	T Shirts		Camera in plastic bag
	Light trousers		Wash kit and wet wipes
	Shorts		Wide brimmed sun hat
	Fleece or jacket		Binoculars
	Long-sleeved shirt		Insect repellent
	Raincoat		Water bottle
	Underwear		Small day pack (25lts)
	Sunscreen and lip salve		Head torch

Can I leave a kit bag for the extension at the hotel when I go on the main challenge?

We recommend that you leave a separate bag at the accommodation in Kathmandu, with your clean clothes and extra kit, while you embark upon your main challenge. It wouldn't be advisable to carry this extra weight with you. Your separate bag will be kept in a hotel luggage room. We advise that you do not leave any valuables in this bag and keep items of value on you at all times.

What is the accommodation like?

You will stay at comfortable 3* hotels during this trip extension, in a twin-share room. In Chitwan National Park, you will stay at the traditional Nepalese, Royal Park Hotel. There is a restaurant and bar onsite at the hotel. If this hotel does not have any rooms available, we will find a suitable alternative for the group. If you are travelling alone, you will be paired up with someone of the same sex and similar age. You can always let us know nearer the time if you wish to share with a particular person, if you have not already done so.

Can I request single accommodation?

There may be a limited number of single rooms available at the hotel, subject to request and at an additional cost (on a first-come, first-served basis). Please contact us as soon as possible if you would like to request this.

Who will accompany the group on this challenge?

Our **in-country guides** will look after you for the duration of this trip extension. The guides are very knowledgeable about the flora and fauna you encounter, and will do their utmost to make sure you experience as much as possible of their wildlife, scenery and culture. It is rare for a Discover Adventure Trip Leader to join you on the trip extension, as they will be accompanying the main group returning to the UK.



What are the transport arrangements?

You will travel in a **pop-top 4x4** vehicle which is ideal for game viewing, as well as a dug-out canoe on the Rapti River.

What will the weather be like?

Weather conditions are warmer than you will have experienced in the mountains; although it can be hot and humid during the day (with temperatures over 25°C), it can still get quite chilly at night.

What will I be eating and drinking?

Please refer to the trip extension itinerary for details on which meals are included. At the hotels, breakfasts are likely to be **buffet-style**, with a variety of both hot and cold options, tea, coffee, juice, cereals cakes, eggs and meats. When lunch is provided, you will be given a **packed lunch box** to take out on safari with you. Evening meals at the hotels may be served to the table or on the buffet, with options including traditional Nepalese food with lots of vegetable dishes, rice, soups and stews.

I have a specific dietary need; will there be enough for me to eat?

Being vegetarian, gluten free, dairy free or having other dietary requirements is usually not a problem provided you **let us know well in advance** just as you would do so for your main challenge. Once again, let your guide know if you feel you're not eating enough and bring a few extra snacks with you if you know that there are lots of foods you cannot eat.

What about toilets?

Toilet facilities won't be like home. There are no toilet facilities except for at lunch and back at the hotel so there may be occasions when you need to go whilst out. You will need to take wet wipes, nappy sacks and paper in order to make sure you leave no trace. These can then be discarded at the next stop. You may see toilet paper discarded by others, but please do not be tempted to do likewise. We feel strongly about minimising our environmental impact.

What if I have any issues during the trip?

Our local guides are very experienced and work very hard to ensure your trip runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems during the trip extension **please talk to the local guides and give them the opportunity to explain or rectify things while they are able**. They are all very approachable!

If you run into any difficulties while on this trip and need to contact **Discover Adventure**, you will be given an **out-of-hours** telephone number to **call in an emergency** prior to the departure.

How much money will I need to bring with me?

Any meals which are not included in the cost of this trip are stated on the trip extension itinerary, so you will need to set aside spending money to cover this. Aside from these meals, you will not need a great deal of spending money while you are on this extension, other than a small amount for any drinks you may wish to buy and any souvenirs you'd like to purchase.

What do you recommend for crew tips?

The local crew work hard for the duration of this trip extension and it is great if we can show our appreciation in the form of a tip. The guide is **around \$30 per participant** which can be given to the lead guide and is split out between each of the local crew, including any drivers. This is of course at your discretion.

When will the meeting arrangements for the trip extension be confirmed?

Following your main challenge, as the rest of the group prepare for their return flight, your leader will confirm the meeting arrangements so you will know where and when to meet on the morning of your Chitwan National Park extension.



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Do I need travel insurance?

As part of your booking conditions, it is compulsory that you ensure you have adequate travel insurance cover which must be extended to cover the entire period. Participants residing in the UK can purchase insurance through our website with Insure2Travel via [this link](#); otherwise you are able to source your own cover with a company of your choosing.

What if this trip does not meet minimum numbers?

This trip requires at least 2 people to operate. If this minimum number is not met by 4 months prior to the trip departure, we will be in touch to inform you that the extension will have to be cancelled. If this is the case, you will be refunded in full for any payments made towards the trip extension to date.

Can I ride an elephant to view wildlife?

Riding an elephant used to be the main way to view wildlife at Chitwan, and it is still possible to do so. They are also used to help keepers combat poaching, and play their part in protecting this incredible National Park. Despite this, we ask our customers not to ride them. As a tour operator committed to responsible tourism, we have signed the **Elephant Friendly Tourism pledge** with WAP (World Animal Protection). We cannot prevent you from opting to do this, but we are committed to making our customers aware that the use of elephants in tourism, and how they are trained and treated, is a recognised issue in worldwide tourism, and avoided where possible by responsible operators.

Can I extend my flights in addition to the trip extension?

As part of the trip extension cost, your return flights will be automatically changed, however if you wish to extend beyond this and travel on afterwards independently, a further £75 fee will be charged (plus any additional fare increases where relevant). You will need to make this clear on the trip extension form at the time of booking.

How can I find out more about the requirement for vaccinations?

You will need to ensure that you have the vaccinations required for this trip prior to travel, noting any additions to the vaccinations you may have been advised to have for your main challenge. As we are not qualified Medical Professionals, we advise you to read the guidance and information on the www.fitfortravel.nhs.uk website. Always consult your local GP or travel clinic for the latest health advice, as they are aware of any updates in World Health Travel requirements.



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