



Volunteer Packing List & Information

As you pack, keep in mind the following information:

We are living in the forest. Prepare for an outdoor life, with clothes and supplies that will make you comfortable in all weather. You'll be outside, walking, and working. If you are able to carry your own luggage it will make things easier, though if you need to bring a suitcase that is also okay. We want you to be as comfortable as possible while living in nature.

Cultural appropriate dress. Nepali society is comparatively conservative and traditional. Out of respect, we ask both men and women to please cover shoulders, chests, hips, and knees while in the community. We are more flexible with the rules at our volunteer camp, so you can also bring shorts and clothes to wear when at our Camp. [Read more about culture and etiquette in Nepal.](#)

Weather. September/October: the monsoon rains linger at night but the days are really sunny. November: little to no rain, but is chilly in the evenings into the mornings, bring warm clothes. December /January: temperatures range from 30°F (-1°C) to 50°F (10°C). February: still cold, but sunny during the days. March/April: nice and warm. May: the days are getting warmer and it's starting to rain a bit in the afternoon. June: starts to rain everyday and temperatures are warm. July/August brings daily heavy rains, so prepare for working and having fun in the mud!

Electricity. We have electricity 90% of the time, with occasional outages. We have a back-up system to keep us connected even when the region's power goes out. We cannot support heavier usage like hair dryers or electric razors, so please leave those at home.

Water. We have filtered water at our project site. We use Sawyer Filters and local "candle filters" to filter the fresh spring water. **Bring a reusable water bottle.** If you plan to travel independently or go for long hikes in Nepal, a personal water filtration system (UV pen, Sawyer filter, Iodine tablets) can be useful, but you will not need this at our Camp. We have running water, but it is a limited resource. We have showers and a place to hand-wash your clothes, but please help us to save water! Bring your own natural soaps whenever possible.

Our camp's environmental impact. Out of respect for the land and the high level of volunteer traffic, we ask everyone to only use non-toxic products at our camp. Many products are labeled "biodegradable" these days, but please make sure it is a product you would happily put on your favorite plant. We also request that you bring as little plastic waste as possible.

A note for LADIES. To reduce our waste, we ask that you use reusable/washable menstrual cups or pads instead of disposable or "biodegradable" products. Our favorite cups are: [Diva Cup](#), [Lunette](#), and [Ruby Cup](#). Our favorite washable pads are [Gladrags](#), [Lunapads](#), or lovely lady pads which are made by Nepali women! We have cups available at our Camp for purchase and these products are also available in Kathmandu.

If you absolutely cannot use a reusable option, we ask that you take your waste products with you when you leave.

Need more information? [why millennial women should ditch tampons and pads for menstrual cups](#)

Shopping for supplies in Kathmandu. Almost anything can be bought in Kathmandu, Nepal, so if you have a few days in the city you can prepare to make purchases there. This includes warm clothes, hiking gear and boots. If you choose to shop for gear in KTM we suggest local brands: Sonam Gears and Sherpa or international brands: Mountain Hardwear, Marmot, and North Face.

SIM Card and Wi-Fi. While we do have WiFi at our project site for emergencies, we do not provide wifi to short-term volunteers. To stay connected to friends and family while visiting our Camp, we highly recommend that you travel with an unlocked phone and get a local SIM card (~\$10) at the airport when you arrive or in Kathmandu. We recommend Ncell or NTC - a 20GB data pack is about \$5/month and it costs about \$.01/min to call the US. If you have a smartphone, download the app to browse data plans.

If you are on a budget, you can pack minimally (see the Bare Necessities below) or find used items or borrow items from friends. You can always ask us if we have what you need at our Camp. Many people leave items behind and we may just have extra.

The Bare Necessities

Gear:

- Backpack or suitcase
- Headlamp, [Luci light](#) or your phone light for walking at night
- Reusable water bottle
- Work gloves (well-made, strong material that fits you well)
- Towel

Do I need to bring my own camping supplies?

As of 2024, we are now able to provide most volunteers with non-camping accommodations in either our Nest accommodations (small private rooms) or our Dormitory. If you would prefer to camp, we also have camping supplies available. If you have your own camping gear and would really like to bring it, you are welcome to bring the supplies and set up your own campsite for privacy. Please inform us before arrival if this is your plan.

Clothing:

Remember: everything you bring will get dusty and the clothes you work may get holes in them.

Women often wear red clothes for local festivals or celebrations if you feel like dressing up!

Work

- T-shirts, long sleeve shirts, a flannel or button down
- Good pair of pants to work in (farming, building, etc.)
- Good walking shoes or strong sandals (hiking boots or sport sandals are great)
- Socks, underwear
- Sunglasses or sunhat

After Work Relaxing

- Leggings
- Comfortable, lightweight clothes that cover your shoulders and knees for community visits
- One nice shirt or outfit in case of a wedding or special event in the community (nothing too fancy)
- Yoga clothes (if you like to do yoga)
- Sandals for shower or flip flops (especially in the hot months of April - September)

Warm Clothes/Rainy clothes

- Sweatshirt, warm jacket (a very warm jacket for November - February is a good idea)
- Long underwear and base layers (November - February)
- Scarf, hat, shawl, gloves, warm socks (November - February)
- Lightweight rain jacket (June - October, sometimes March/April)

Toiletries:

We ask that you bring only natural, biodegradable products so that we can have as little impact on the land as possible.

- Toothbrush, toothpaste
- Shampoo, conditioner, soap for bathing (we have soap for handwashing)
- Comb, natural oils for body and hair (like coconut oil)
- Sunscreen
- Reusable feminine products (ie the [Ruby Cup](#))

Ladies:

To reduce our waste and limited ability to manage trash, we ask that you use reusable menstrual cups or pads instead of disposable pads and tampons. Our favorite cups are: [diva cup](#), [lunette](#), and [ruby cup](#). Our favorite washable pads are [gladrags](#), [lunapads](#), or lovely lady pads which are made by Nepali women!

Need more information? [why millennial women should ditch tampons and pads for menstrual cups](#)

NOTE: Please DO NOT bring wipes or other non-biodegradable hygiene products. If you do use these, you will need to bring them with you when you leave. Thanks!

Medicine:

We have basic first-aid supplies on hand, but please bring any medicines you think you'll need.

- Vitamin-c packets and/or multivitamins
- Diarrhea medications: imodium or activated charcoal
- Probiotics (read about [caring for your gut while traveling abroad](#))
- Basic first aid kit (neosporin, band-aids, tweezers, etc.)

Electronics:

Keep in mind that it's dusty in the village and not an ideal environment for electronics. We recommend that all personal electronics are cared for and remain in cases when not in use to encourage a long life.

- Unlocked smartphone (if interested in getting a Nepali SIM card)
- Universal charger adapter (we have international plugs at our site, but in Kathmandu you may need this)
- Laptop/tablet (only if you are coming long-term and need this)
- Camera + charger (if you are interested in taking photos)

So you've got some extra space?

Conscious Impact Wishlist:

- Strong leather work gloves
- Durable bluetooth speakers
- Construction/building tools
- Good books (in any language)
- Organic seeds
- Farming/gardening equipment

Don't bother bringing:

- anything you cannot bear to lose/break
- valuable jewelry
- non-eco-friendly products
- alcohol or drugs
- things that generate waste (tampons, disposable plastics)

Fun things to bring/share:

- snacks (sweet and savory)
- chocolate (we love chocolate!)
- crafts
- games that you like to play
- musical instruments
- stories
- skills

Community Donations:

Based on the nature of our work (rooted in sustainable development), we are unable to accept donations for the greater Nepali community. If you have supplies that you would like to contribute to the youth program or another specific project, please reach out to us directly to discuss it further.

Camp Donations:

If you bring something to our camp that you plan to leave behind, please make sure to confirm this with our team before bringing it. We do not accept general donations of clothes or supplies, but if a team member agrees to receive the donation, you are welcome to leave it behind. Thank you!