



Responsible Traveler Code of Conduct

We're not going to lie: we're going to remind you of the basics of respectful travel... but with our warmest smiles! Before you head off, here are some simple gestures for an even richer adventure, full of wonderful encounters and leaving no trace:

- Bring your waste (batteries, plastics, etc.) back to the city: let's work together to keep the mountains clean and preserved.
- Prefer short showers and report any water leaks: every drop counts.
- While hiking, stay on the trails and do not pick flowers or plants.
- Avoid wood fires at high altitude: bring warm clothes instead.
- Use biodegradable soaps to protect the rivers.
- Eat local, buy local: Nepali cuisine is delicious, and local crafts directly support families.
- Do not give sweets or money to children: this encourages begging and harms their health.
- If you want to help, talk to us: we can guide you towards useful donations to reliable NGOs.
- Be curious, respectful, and open: a smile, a few Nepali words, a kind look... it makes all the difference.
- On treks, help us keep the trails clean: picking up an empty bottle is already a great gesture.
- In monasteries, remove your shoes, stay discreet (no photos without permission), and respect the silence of these sacred places.
- In lodges and homestays, adopt a modest and polite attitude: here, simplicity is a true wealth.

For a small extra gesture: offset your international flights—it costs less than a restaurant meal but it's a big breath for the planet!

List of prohibited, restricted and freely tradable exports and imports

<http://www.tepc.gov.np/pages/list-of-annexures>

It's important to note that this is not an exhaustive list, and laws and regulations may change over time. Please consult with us or your embassy for the most up-to-date information on what souvenirs are considered illegal in Nepal.

Thank you for being a caring and committed traveler! Every gesture counts in preserving this magnificent country and fostering beautiful encounters. Let me know if you'd like to tweak it further!