



Join C4C and experience Nepal through:

- ✓ Orphanage children
- ✓ Trekking
- ✓ Sharing Jesus Christ among Eastern religions

Don't waste your life,
live it by giving God ALL the glory!

Mission: Nepal



Trekking past Buddhist mani stones that line trails throughout Nepal.
Mani stones contain mantras and are an offering to the spirits.

Web site: www.ClimbingForChrist.org

E-mail: info@climbingforchirst.org

Welcome to Mission: Nepal!

"...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." — **Philippians 1:6 (NIV)**

Flights & Visas

Team will gather in NYC for training and then depart. Flight information will be included in trip details.

Visas are obtained upon arrival. US\$25 for 1-14 days tourist visa.

Currency

Exchange Rate: US\$1 = 80 rupees (as of 4/1/12)

Personal spending money: Bring US currency to exchange while in Kathmandu. US \$100 bills will give you the best exchange rate. Note: All bills must be printed in 2006 or earlier.

ATM: There are ATMs in the Kathmandu area, but it is best to have cash on you.

Vaccinations

Before travelling to Nepal be sure to visit a travel clinic or see a doctor to ensure you have the following vaccinations updated: Measles/ Mumps/ Rubella (MMR); Tetanus/ Diphtheria; Polio; Hepatitis A; Hepatitis B; Typhoid; Japanese encephalitis. Malaria prophylaxes are NOT needed in the areas where we will be working.

Travel Insurance

Travel insurance is very important! Check your health insurance and send us the

following information: Health insurance company name, policy number, and phone number. *Please note that Climbing For Christ will not pay for any insurance or medical treatment you may require as a result of your participation in the mission trip.*

Time Difference

In Kathmandu in November the time will be 10 hours and 45 minutes ahead of US Eastern Time.

Food & Water



Dahl Baht



Momos

The main Nepali dish is Dahl Baht, which is eaten twice a day. Dahl Baht is rice with a lentil curry soup poured over it.

Usually potatoes or cauliflower are included. Another famous dish is the delicious Momos. Momos are like pirogues but stuffed with meat, and you can dip them in a mild/hot spicy sauce. Nepali food is very delicious!

Water: Drink ONLY bottled water, or while trekking, filtered water. Team leaders will carry filters.

Electricity

Due to low water in the Himalayas, there is less electricity being generated from the hydroelectric plants. To preserve its electricity, Kathmandu allows every section of the city certain hours of power. There will be specific times each day that you will have power. You should then shower and do what things you need electricity for. The rest of the time you will rely on your headlamp.

Kathmandu

Size: Kathmandu Valley is 19.56 square miles and the population density is 19,500 people per km². However, the population of Kathmandu Valley, comprising five sister cities, is 5 million people, as estimated in 2011.

Weather

Warm in the day when in the sun. Inside houses are cold.

Month	Mean Temperature	
	Daily Minimum	Daily Maximum
Nov	7.4°C 45.3°F	22.7°C 72.8°F

Gear List

- Passport and money
- 4-season sleeping bag (at least 0-degree)
- Thermarest or similar sleeping mat
- Hiking boots
- Waterproof jacket and rain pants
- Fleece jacket
- Down jacket
- Warm hat and gloves (liners and shell)
- Trekking pants (2 pair)
- Trekking shirts (2)
- Mid-weight long underwear tops/bottoms
- Underwear
- Socks (at least 2 pair with liners for trekking)
- Backpack
- Headlamp with one extra set of batteries
- Water bottles
- Personal toiletries
- Snacks
- Bible
- Camera
- Diamox (for trekkers)

For travel/non-trekking/around town:

- Pants
- Shirts
- Underwear and socks
- Sneakers or shoes

Nepali 101

Hello – **Namaste**

Christian greeting - **Jaimashi**

Thank you – **Dhanyabaad**

What is your name? **Taapaaiiko namm ke ho?**

My name is Sally. **Mero naam Sally ho.**

I am from America. **Mero desh America ho.**

How are you? **Custo hun a huncha?**

No – **Chhaina**

Yes – **Ho or chha**

Elder sister – **Didi**

Good – **Teacha**

Water – **Paani**

Cold – **Chiso**

Hot – **Taato**

Tea – **Chiyaa**

To eat or to drink – **Khaanu**
1 to 10:

1 – **Ek**

2 – **Dui**

3 – **Din**

4 – **Chaar**

5 – **Paach**

6 – **Chha**

7 – **Saat**

8 – **Aat**

9 – **Nau**

10 – **Das**

Squatty Potty Etiquette

The Asian squatty potty: This toilet is a porcelain hole in the ground. You will find a spout, bucket of water, and dipper to “flush” with. Squatty potties are not meant to have toilet paper put down them. Use the trash can that is nearby! Stand on the place where there are “foot rests” and squat down. Don’t make the mistake of putting your feet outside the edges of the porcelain structure; it doesn’t work as well. Hold onto all of your clothes, squat, and do your business.

Cultural Sensitivity

a. Use your right hand always. Your left hand is used for the bathroom.

b. Men should not go shirtless. Shorts are acceptable, but long pants are better. Women are recommended to wear long skirts or pants. Legs are very sexual, so avoid wearing shorts and short skirts.

c. Public display of affection between a man and a woman is unacceptable.

Kissing, cuddling, or hugging in public is absolutely discouraged.

d. “Nepali Time” is real! Everything is approximate. Be patient. Everything will happen when it needs to.

e. When giving something to someone who is older than you or you want to honor, place your left hand under your elbow and pass with your right hand.

f. The best way to honor the Nepali culture is to ask questions and watch and learn how they do things. They will be very honored as you attempt their language, eat their food, and do things the “Nepali” way, not the “foreigner” way.

g. Women: never touch a monk. And wait until a Nepali man greets you or shakes your hand first.

Before You Go

Return the following to
info@climbingforchrist.org:

- Acknowledgement of Risk

- Certificate of Physical Fitness
- Paper copy of passport
- Travel insurance information
- Membership Profile

Note: This paperwork is emailed with Team Updates.



– where your head goes your body follows, so get psyched up for the trip) and, most importantly, spiritually (be in the Word daily, pray unceasingly, listen to hear Him speaking to you as you get ready to GO!).

Suggested Reading

- *True Religion* – By Palmer Chinchin
- *Radical* – By David Platt
- *Before You Go – A 40 day Devotional* – By Jack Hempfling.
- *Little Princes* – By Conor Grennan

Pastor Tej Rokka with C4C's Project 1:27 orphans.

Training

This is our mantra: You should be preparing physically (running, walking, hiking with a backpack, etc.) and mentally (missions are 90 percent mental)

Training Suggestions

Prepared by Al Robinson, Board member of Climbing For Christ Canada.

There are three key principles that every trainee should understand before training begins.

The first principle is to begin your training program at your present level of fitness. Too much too soon is the path to injury and disappointment. If you have been inactive for the past six months or more, then two sessions per week for the first two weeks would be plenty of training for you. This could be increased to three sessions for weeks 3 and 4, then a further increase to 4 sessions per week for the remainder of the training period, weeks 5-12. If the trainee is age 40 or older, I recommend 3 sessions per week for the full 12 weeks.

The second key principle is gradual weekly increases in time, distance and weight of your back pack. This will help you avoid injury as your body learns to adapt to the stress you are putting it through, at a slow and reasonable pace.

The third key principle to remember is that rest is very good for your body while training. In the running world they are called recovery days, and your body needs them just as much a rigorous work out.

Suggested Training Schedule

3 Sessions Per Week							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	30 min run	Rest	30 min walk/pack 10lbs	Rest	Rest	30 min/hike
2	Rest	35 min run	Rest	35 min walk/pack 10lbs	Rest	Rest	35 min/hike
3	Rest	40 min run	Rest	40 min walk/15 lbs	Rest	Rest	40 min/hike 10 lbs
4	Rest	45 min run	Rest	45 min walk/pack 15 lbs	Rest	Rest	45 min/hike 10 lbs

5	Rest	50 min run	Rest	50 min walk/20 lbs	Rest	Rest	50 min/hike 15 lbs
6	Rest	55 min run	Rest	55 min walk/20 lbs	Rest	Rest	55 min/hike 15 lbs
7	Rest	60 min run	Rest	60 min walk/25 lbs	Rest	Rest	60 min/hike 20 lbs
8	Rest	65 min run	Rest	65 min walk/ 25 lbs	Rest	Rest	65 min/hike 25 lbs
9	Rest	70 min run	Rest	70 min/ walk 30 lbs	Rest	Rest	70 min/hike 30 lbs
10	Rest	75 min run	Rest	75 min/ walk 30 lbs	Rest	Rest	75 min/hike 35 lbs
11	Rest	80 min run	Rest	80 min/walk 35 lbs	Rest	Rest	80 min/hike 40 lbs
12	Rest	90 min run	Rest	90 min/walk 40 lbs	Rest	Rest	90 min/hike 45 lbs
Tuesday Note – Run 6, walk 1.							
Thursday Note – Find a road with many hills.							
Sunday Note – Find a trail/road with a good elevation increase for your climb.							
4 Sessions Per Week							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	30 min run	Rest	30 min walk/pack 10lbs	Rest	30 min/hike	Rest	30 min/hike
2	35 min run	Rest	35 min walk/pack 10 lbs	Rest	35 min/hike	Rest	35 min/hike
3	40 min run	Rest	40 min walk/15 lbs	Rest	40 min/hike	Rest	40 min/hike 10 lbs
4	45 min run	Rest	45 min walk/15 lbs	Rest	45 min/hike	Rest	45 min/ hike 10 lbs
5	50 min run	Rest	50 min walk/20 lbs	Rest	50 min/hike	Rest	50 min/hike 15 lbs
6	55 min run	Rest	55 min walk/20 lbs	Rest	55 min/hike	Rest	55 min/ hike 15 lbs
7	60 min run	Rest	60 min walk/25 lbs	Rest	60 min/hike	Rest	60 min/hike 20 lbs
8	65 min run	Rest	65 min walk/25 lbs	Rest	65 min/hike	Rest	65 min/hike 25 lbs
9	70 min run	Rest	70 min/walk 30 lbs	Rest	70 min/hike	Rest	70 min/hike 30 lbs
10	75 min run	Rest	75 min/walk 30 lbs	Rest	75 min/hike	Rest	75 min/hike 35 lbs
11	80 min run	Rest	80 min/walk 35 lbs	Rest	80 min/hike	Rest	80 min/hike 40 lbs
12	90 min run	Rest	90 min/walk 40 lbs	Rest	90 min/hike	Rest	90 min/hike 45 lbs
Monday Note - Run 6 walk 1 – if you find it too easy, increase your speed.							
Wednesday Note – Walk a road with lots of hills if possible.							
Friday Note – Use the same steep incline as your Sunday climb, but for this one don't use a pack.							
Sunday Note – Find a trail/road with a good elevation increase for your climb. Sunday's climb is your bread and butter day.							