No special outdoor equipment is needed for a one-day tour. Choose clothing and footwear for a long walk around the city, for visits to religious sites and for changeable weather.

Documents

- An electronic copy of your passport on your phone
- Medical insurance covering the type of travel described
- We recommend keeping digital copies of your documents on your phone and in cloud storage

Clothing and footwear

- Comfortable broken-in shoes for a long walk around the city
- Seasonal clothing that covers shoulders and knees for visits to religious sites
- A light waterproof jacket or a compact umbrella
- Sun hat

Useful extras

- A small day pack
- Reusable water bottle
- Sunglasses and sun cream
- Power bank and charging cable
- A small amount of cash for entry tickets, food and personal spending

Photograph people only with their consent. Your guide will explain the rules on photography in the temples, at the stupas and within Pashupatinath.