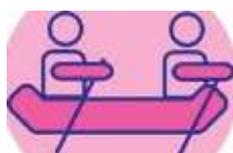


Operational Guideline with Health Protocol for Tourism Sector



Himalayan Exploration Treks



Government of Nepal
Ministry of Culture, Tourism and Civil Aviation

TABLE OF CONTENTS

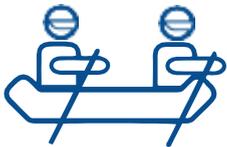
PREFACE	
Protocol for Tours and Adventure Activities	1
Environment Friendly Recommendation	7
ANNEX: CHECKLIST	12
ANNEX I: Tour and Adventure Activities Checklist	13



Protocol for Tours and Adventure Activities

The Directives issued by the Health and Population Ministry, High-Level COVID-19 committee, and NTB HHS Protocols to be strictly followed during activities.

These directives and protocols are for the operation of tours and adventure activities, keeping in mind the SAFETY of teams, travelers, and community.



Overall

All teams working in the conduction of tours and adventure activities should go through a training that includes:

1. Prevention of Infection, Breaking the Chain, and Hygiene Protocols
2. Physical Distancing Protocols
3. Emergency Protocols
4. Dynamic Problem Solving
5. Updated First Aid training.



All members of the team should maintain an updated training record as proof of the training.

The activity leader should also be trained in passing on the salient points of the training to other members of the team during the operation.

All activity leaders have to maintain a Daily Leader Log according in a pre-established format to record itinerary and points of contact to facilitate contact tracing should the need arise. This could include daily temperature checks and self-administered symptom form by the clients



Daily briefings to include hygiene, physical distancing, and emergency protocols. Daily communication, when possible, with the office to report and get updates on the overall situation so that itinerary can be followed and adapted according to the situation.



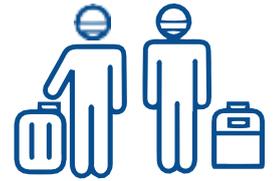
First Aid Kits with every Leader containing extra masks, disposable gloves, soap, and sanitizers.

Leaders should be mindful of communities where the tours and adventure activities are happening and minimize the chances of contamination.

Activity leaders should work alongside other leaders in a destination to ensure minimally risk of contamination and maintain a high level of hygiene.

CLIENT / TRAVELLER AGREEMENTS

1. Clients should bring their own masks with them to use when traveling.
2. Clients should inform the guide/ leader of any symptoms of any type of illness.
3. Clients should have travel medical insurance that includes helicopter evacuation, and the travel medical company would ensure that clients would be medevacked out in case of any illness.
4. Clients shall agree to follow the company's health and safety protocol in case of any suspected case of virus transmission or illness within the group or the area.
5. Clients shall be requested to carry their own sanitizer with them in their packs at all times (they would bring their own on activity with them).



TOURING

1. The Tour group shall maintain distance from other groups and local communities.
2. In the initial stage, lunchboxes shall be used for in-tour meals, and eventually, use a set of restaurants accredited for their hygiene levels and adherence to the restaurant protocol.
3. The Tour leader shall ensure the group understands the virus protocols of hygiene and physical distancing.
4. Tour Leader always has an updated First Aid kit and has extra masks and sanitizers,
 - i. and is trained on how to use the kit!
5. Regular contact with the office to know ground situations.
6. Tour Leader is trained regularly on the Emergency Protocol in case there is an outbreak (within the group or in the area where the group is touring).



TREKKING, HIKING, MOUNTAINEERING

1. All Trekkers and Mountaineers, as with GT and Mountaineering group, FITs should trek with authorized agencies/ licensed guides to ensure safety.
2. Mountaineering/GT/FITs should not make any change in the approved trekking itinerary.
3. Group size should be 2-15 people only.
4. The Tour Leader must report the health status of group members in all the health posts that lie in the trekking route, also have health check-up done. These reports are to be submitted regularly to the Agency for future contact tracing.
5. The groups shall include mandatory Health check-up all the trekkers in Health check posts on the trekking route.
6. Group Health Check records, including before and after the report, should be submitted by the Agency to the Department of Tourism (DOT).
7. A clearance letter confirming responsible disposal/ return of non-biodegradable garbage has to be obtained from the local government body or authorized entity in the trekking area.

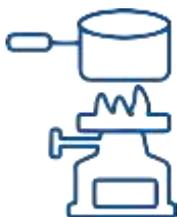




CAMPING TREKS

DINING TENT & CAMP PROTOCOLS

1. The dining tent should be well ventilated and large enough to have 1-meter space between trekkers.
2. Consider ways to get into and out of the dining tent without having to use a common zip.
3. Plenty of Sanitizer in the push-top container inside the dining tent.
4. Warm washing water and soap are provided outside the dining tent.
5. Avoid using a common towel for drying hands (use medical handshake).
6. Have separate bowls for clients for snacks so that clients are sharing serving utensils as little as possible.
7. Have guide serve snacks, meals, and tea, so clients do not share common plates and utensils.
8. Clients and staff inside the tent must leave the tent when they cough or sneeze, or at the very least cough into their elbow or shirt.
9. Clients must wear masks in the dining tent (they should bring their own).
10. The trekking company Should have a full medical kit, including lots of extra masks, inhalers, plastic gloves, thermometers, and oxygen cylinders.



KITCHEN TENT, GUIDE & STAFF PROTOCOLS

1. Staff should be well trained to understand hygiene safety and health protocol
2. Staff would wear masks at all times at camp or when shopping for local supplies.
3. Sterilize all utensils, bowls, plates, and mugs for use in the dining tent (steam for 10 min).
4. The kitchen tent should have plenty of sanitizer (push-top container), soap, and water
5. The kitchen tent would have plenty of clean towels for drying all plates, cups, and utensils (for clients). Wash after every use.
6. The usual distancing precautions would be observed when shopping for local supplies. Please bring your own reusable shopping bags and wash them when finished shopping.
7. Guide and all staff would set an excellent example of adhering to the protocol for the clients to follow.
8. The guide should brief both staff and clients about 'H.H.S Protocol' before and during the trek, and make sure that both staff and clients are following these guidelines.
9. The guide should include in the daily briefing anything having to do with interactions with locals or village protocol during that day's trek.
10. The guide should actively keep an eye on the medical condition of all clients.
11. Guides will carry appropriate satellite communications to report any emergency, evacuation of any sick or potentially infected clients.

CLIENT PROTOCOLS

1. All clients will be in a single tent, except for couples or people who have traveled to Nepal together. Consider providing single tents without charging for a single supplement.
2. Clients shall agree (in writing) that they might have to leave the trek if the guide deems this to be medically necessary, possibly with the consent of their travel medical insurance company

HIKING & TRAVEL PROTOCOLS

1. The group shall not hand out sweets or other things to kids or locals while trekking or at camp. Although it's certainly possible to keep items brought from the home virus-free, if there was a virus outbreak in a village, it might be linked to the trekking group.
2. The group shall maintain distance from other trekking groups and villagers.
3. The group shall not invite other people into the dining, kitchen, or personal tents (serve tea or snacks to locals outside all tents).
4. The group shall not enter villagers' houses, have encounters with villagers except at a safe distance.
5. Only Namaste, no hugs or handshakes with anyone at any time.



LODGE TREKS

1. All clients shall have single rooms (wherever applicable) except for couples or people who have traveled to Nepal together.
2. All groups shall maintain social and physical distancing as per protocol from other trekking groups, lodge staff, and locals.
3. Follow protocol guidelines for shopping, interactions with locals as on camping treks.
4. The guide shall advise clients to the only shop from local shops where safety guidelines are being adhered to.
5. The guide shall advise clients to follow health protocols in lodges strictly (coughing into elbow or shirt, wearing a mask, not handing common condiment containers without clean hands, not touching door handles without clean hands, not using any common towel, etc.).
6. The guide shall ensure that the lodge owners and staff are maintaining their property as per established guidelines.
7. The guide shall make sure that the kitchen facilities and rooms in the lodges are clean, sanitized, and sterilized.



AQUA/ AERIAL/ OTHER ACTIVITIES

Since Aqua and Aerial activities contact intensive, additional protocols are being considered for maximizing safety during these activities.

AERIAL/ OTHERS: To follow the same protocols as in Adventure activities for hygiene and safety issues.

NOTE: Due to the contact intensive nature of Aqua and Aerial (rafting, kayak, canyoning, bungee jumping, paragliding and others) activities. It is recommended that these activities are offered Only to:

1. Same group
2. People who are travelling together
3. Families

RAFTING/ CANOEING/ KAYAKING/ CANYONING

Overall

1. Make available hand sanitizer, mask, and glove for staff and clients
2. Code of conduct to be displayed prominently for guest assurance
3. Rafts, Oars, Life Jackets, Vehicle, Kitchen, Dining, Utensils, Tent, mattress, sleeping bags etc. should be sanitized as per the above protocols

Protective Equipment

1. Wear Masks, and Gloves, use sanitizer and other Protective accessories
2. Wash hands after every contact with any objects or surface or as per need
3. Stay at a minimum of **1-meter** distance from each other

On the Raft:

1. Each client shall have a minimum of **1** m distance inside the raft.
2. Family members shall maintain **1** m minimum distance and as per raft capacity

A. Camping/Accommodation

To follow the same protocol as in trekking/ camping

Others:

1. To maintain **1** m space when queuing up for booking service, boarding the vehicle, meals, boarding the raft, in all areas where service is being received and throughout the entire journey
2. Group distancing shall be determined according to the nature of the clients like FITs, Group, Family, and domestic tourists
3. Ensure crowding is avoided, and distancing is maintained in all public places.
4. Limited contact with communities when camping.
5. Ensure proper management of Waste/Garbage Materials at the campsite.
6. Health check-up is compulsory for all the participants at the beginning and the end of the activities in nearby Health check post. Its records should be maintained and submitted to DOT.



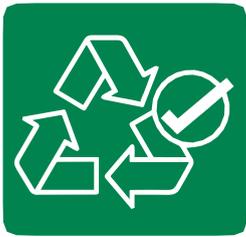
RECOMMENDED GREEN TIP FOR ADVENTURE ACTIVITIES

Leave no trace, only footprints; bring out what you bring in, burn paper but not plastic, leave the campsite the way you found it, or better. Work with each national park or trekking region to have a system like Upper Mustang. Camping groups register at the

Check posts with a list of all cans and bottles brought into the park and have to get the same number back out when they leave.

Involve the staff and trekkers in cleaning up the trails and campsites as they travel through the region. Trekking in these remote mountain regions is a privilege that should be respected, and encouraging the trekkers to get involved will create a sense of responsibility, positively!

- Decant as much as possible from glass and plastic into reusable plastic containers.
- Carry out all cans, bottles, and plastic.
- Separate trash in the dining and kitchen tents, burn dry paper trash but not plastics, bury organic waste.
- Make sure the toilet tents have a deep hole and is completely covered when finished! Toilet tents should be away from all springs and water sources, and not in the middle of any flat, potential tent spot.
- Please make sure the trekkers are also bringing out their trash and not putting things like used batteries into the common trash container.
- Encourage staff and trekkers to clean up campsites. We sometimes have a purifying puja - burning juniper - after we've cleaned a camp so that the team feels proud of what they have achieved.
- Buy locally as much as possible to support the local mountain economies.
- Encourage trekkers to wash hair and body using a bucket dumped approximately 3 meters from the stream, or to bring biodegradable soap if they are going to wash in a stream.
- Make sure the camping staff is not putting dish soap into the rivers or streams but is dumping all soapy wastewater away from water sources.
- Discuss respectfully keeping these mountain regions clean with villagers to maintain a sort of 'Beyul.' And discuss appropriate clothing with trekkers, again encouraging them to respect these remote regions.
- Be an ambassador for Responsible Tourism- 'Leave No Trace, only footprints' and ensure sustainable travel.



Environmental-Friendly Recommendations



Introduction

Sustainability in the Post-COVID-19 Scenario

A key incentive for tourists to select a destination will be sustainability in tourism and environmentally sound hygiene standards for disinfection. COVID-19 has awoken massive awareness in the improved environment since lockdowns have reduced human activities, be it cleaner water in Rivers, or enhanced air quality allowing the Himalayan to be viewed from well beyond Nepal's borders.

The Nepal Protocols on tourism safety is designed to be international best practices and to be environmentally sound. It will be of high importance to ensure that the application of these protocols does not diminish the guests' experience of their time in Nepal.

Well-managed, sustainable tourism operations in all market segments will be received with increased receptivity by potential visitors. This complements Nepal's magnificent natural environment, rich culture, and warm, friendly people.

Responsible Tourism is the industry taking responsibility for sustainability actions.

It is essential that all parties fully embrace and understand the reality that sustainability is not an end in itself, or a destination to be reached, but an ongoing journey? It is a process of applied thinking and actions resulting, not amenable to yes / no binary checklists.

The tourism industry in Nepal has some world-leading examples of good sustainability practices. The impact of the COVID-19 pandemic has provided a time to pause and recalibrate.

There is no 'one size fits all' formula for enhancing tourism sustainability. Still, each sector of the industry must look at processes, operations, and marketing of its segment through the lens of sustainable thinking.

NEPAL SUSTAINABILITY in PRACTICE GUIDELINES Overall Guidelines

These overall guidelines cover the entire industry and stakeholders in the industry

Planet / Conservation / The Natural Environment

- Protection of natural habitats
- Waste Management

Operational Guideline with Health Protocol for Tourism Sector

- Building construction, design, materials, sources of supply of materials
- Air, soil, water, noise, and light pollution
- Carbon (CO₂) emissions

1. ENVIRONMENTAL MEASURES FOR ACCOMMODATION: HOTELS, LODGES, HOMESTAYS

There are many ways for a hotel to be green. Although it's hard to implement every green idea, the eco-friendlier features a hotel has, the greener it becomes. Below are some green living characteristics that you might find in an eco-friendly hotel.

1. Replace plastic water bottles with glass bottles.
Put glass bottles with water in every room. If you have mini-fridges in the places, put a jug with fresh water in the fridge. Put water dispenser in a lobby or even on every floor so that the guests can refill their own water bottle.
2. Install built-in refillable shampoo and soap dispensers in a bathroom and avoid using plastic-wrapped soaps and mini plastic bottled shampoos.
3. Add recycling or compost bins in every room. Encourage guests to recycle by providing those options in the room. For higher-end properties, explain to guests that staff will sort waste in the room bin on sustainability principles.
4. Provide a reusable bag for laundry. Return the bag in the room once the laundry is done—no more plastic bags.
5. Make changes in the mini-bar. Lots of snacks wrapped in plastic can be switched out with fresh fruits or bakery treats on a plate or more zero waste friendly options.
6. Reusable shopping bag available in a room to borrow. It helps your guests to make their shopping a bit greener and give a good impression of the property.
7. Email invoices. Send a bill to an email address instead of automatically printing it. Or at least give such an option to your guests and let them decide.
8. Switch to eco-friendly fluorescent lights to reduce electricity use. Change all the lights in the hotel to energy-saving bulbs. They have the lowest carbon footprint, as they last 5-20 times longer than conventional bulbs. Even better, use LED Warm light bulbs; they save more energy than CFL.
9. Keep the heating and air-conditioning turned off when the rooms are unoccupied! Educate your staff to turn off the lights and heating/air-conditioning when the rooms are unoccupied.
10. Put water savers on all taps and showers. It will help to reduce water consumption. You can find special showerheads that use less water but still maintain pressure. The guests will not notice a difference. But inform the guests that you are using low-flow showerheads to highlight your commitments to sustainability.
11. Install the system that turns off the light in the room automatically. Many hotels use the keycard system as a way to reduce electricity usage. Train housekeeping staff to ensure all lights and electrical appliances are shutdowns when the room is not in use.



MAKE FOOD EXPERIENCE IN YOUR HOTEL/RESTAURANT MORE ECO-FRIENDLY

1. Replace paper napkins to cloth napkins.

It's time to stop using paper towels and tissues and replace them with cloth napkins in kitchenettes and the restaurant. After use, just wash them together with the towels and linens. Ensure laundry is done as per hygiene and safety standards.

2. NO straws.

Stop purchasing single-use straws, especially plastic ones. Paper straws are a better alternative; however, they are still disposable and require a lot of paper to be made. So best to stop using straws entirely or switch to reusable metal or bamboo options.

3. No single-serve, individually wrapped products at breakfast

- Jam, butter, and honey can be placed in a large dish with a lid, ideally, see-through. Provide little bowls for guests to take what they want.
- Ketchup, mayo, and other sauces can be provided in glass bottles. You can keep a set on every table or on a serving table where everyone can take what he wants.
- Put jugs with fresh milk on the table, instead of offering those tiny creamers packed in plastic.

4. Offer ground coffee and a coffee press, loose tea, and a tea strainer instead of instant coffee in plastic sachets.

Use reusable glass canisters for ground coffee and tea in the rooms instead of single-use sachets. The use of locally bred coffees can boost domestic products too. Use Nepalese tea and coffee with no other imported brands.

5. Avoid using plastic plates, cups, and cutlery.

First of all, real plates and silverware at breakfast make it feel homier. Plus, subconsciously, when people see disposable plates, they think of low quality, which may spoil their whole experience.

6. Provide Eco-friendly take-away.

Use only paper cups for beverages and biodegradable food containers. Use sal-leaf plates (tapori) and highlight the local traditions. Use paper bags for packaging the order.

7. Responsible disposal of biodegradable and non-biodegradable waste.



RECOMMENDED GREEN TIPS for Smaller Hotels and Homestays

1. Do not use plastic mineral water bottles
2. Do not use plastic Straw
3. Do not use disposable plastic plates and other cutleries
4. Use less water by using low flow toilets
5. Use LED light bulbs for all the lighting fixtures in the hotel because they last longer, are durable and energy-efficient.

-
6. If possible, use solar panels for alternative electricity and also for uninterrupted supply.
 7. Use locally grown foods to support local farmers, and reduce the gasoline and other costs needed to transport food long distances.
 8. Use bulk soap, shampoos, and lotions gave to guests instead of individually packaged toiletries to cut down on waste
 9. Introduce non-smoking policies in rooms.
 10. Discourage Campfires
-

Improved Air Quality

1. Keep room windows open to let in the fresh air.
2. Do not use air fresheners because most of these products contain chemicals and artificial aromas.
3. Keep plants in common areas to improve air quality by absorbing toxins in the air
4. Strict non-smoking policy in rooms and common areas.

2. ENVIRONMENTAL MEASURES FOR TOUR/TRAVEL OFFICES

1. Buy eco-friendly office supplies.
2. Avoid the use of too much paper. Print only if necessary- preferably double-sided printing option.
3. Do not use plastic mineral water bottles. Use reusable water bottles and mugs at work.
4. Email invoices and receipts to Customers/clients and discourage printing of the same.
5. Use energy-saving lights. LED lights conserve energy and last much longer than standard light bulbs while brightly illuminating the room.
6. Share printed files with coworkers to cut back on how many copies have to be printed.
7. Have a recycling bin and encourage its use.
8. Turn off electricity, unplug electronics when not in use to save energy.
9. Shutdown computers and electronic devices when not in use to save power.
10. Instead of tissues and paper towels, install hand dryers in washrooms.
11. Use natural light whenever possible.

3. ENVIRONMENTAL MEASURES FOR TOURIST VEHICLES

1. Limit the use of Air-Conditioning. Try opening the vehicle window for fresh air instead.
2. Keep waste bins inside the vehicle for segregated waste disposal.
3. Encourage the use of refillable bottles.



4. Discourage the use of old vehicles to reduce air pollution.
5. Replace plastic bags with paper bags.
6. Use paper sickness bags.



4. ENVIRONMENTAL MEASURES FOR TREKKING AND OTHER ADVENTURE ACTIVITIES

Leave no trace; bring out what you bring in, burn paper but not plastic, leave the campsite the way you found it, or better. Work with each national park or trekking region to have a system like Upper Mustang. Camping groups register at the check posts with a list of all cans and bottles brought into the park and have to bring the same number back out when they leave.

Involve the staff and trekkers in cleaning up the trails and campsites as they travel through the region. Trekking in these remote mountain regions is a privilege which should be respected, and encouraging the trekkers to get involved will create a sense of responsibility, positively!

Leave No Trace Principles:

1. The Nepali and international contracting trekking companies should all be Ambassadors for '**Leaving No Trace,**' encouraging and practicing sustainable, ecological travel in Nepal.
2. Decant as much as possible from glass and plastic into smaller reusable containers while packing for the trek in Kathmandu.
3. Carry out bring back all cans, bottles, and plastic. The best possible scenario would be Crush cans, separate, and drop at a recycling center.
4. Separate trash in the dining and kitchen tents while on a trek, burn dry paper trash but not plastics, bury organic waste. Make sure fires are fully extinguished when the staff leaves camp.
5. Make sure the toilet tents have a deep hole and are entirely covered with dirt when leaving camp! Toilet tents should be away from all springs and water sources, and not in the middle of any flat, potential tent spot.
6. Ensure that trekkers are either carrying out or burning used tissue/toilet paper. At the same time, on the trail (advise them to bring a plastic waste bag and throw waste into the toilet tent pit once at camp) or burying used toilet paper as far as possible from the trail.
7. Ensure that the trekkers are also bringing out their trash and not putting things like used batteries into the common trash (rubbish) container. The trekking companies should supply each trekker with individual trash bags and advise them to bring from home.
8. Encourage staff AND trekkers to clean up campsites. The idea is to have a purifying puja - burning juniper - after the team has cleaned up a camp so that the staff feels proud of what they've achieved.
9. Buy locally as much as possible to support the local mountain economies.

Encourage trekkers NOT to bring plastic gifts for children who end up broken on the trail or in the village.

10. Encourage trekkers to wash hair and body using a bucket dumped approx. Three meters from the stream, or to bring biodegradable soap if they are going to wash in a stream.
11. Make sure the camping staff isn't putting dish soap into the rivers or streams but is dumping all soapy wastewater away from water sources.
12. Discuss (respectfully) keeping these mountain regions clean with villagers to maintain a sort of 'beyul.' And discuss appropriate clothing with trekkers, again encouraging them to respect these remote regions.



ANNEX I:

Tour and Adventure Activities Checklist

A. DISINFECTION OF WORK PLACE:

- Computer, Telephone, furniture, door handles, handrails, light switches, waste bins, office equipment, and accessories must be disinfected twice a day.
- Washrooms, change rooms, tour headsets, kitchen utensils to be cleaned and sanitized at every use with reliable disinfectant.
- The reception desk of the office shall have a medical kit that includes
 - Disinfectant wipes or
 - Sanitizer face masks
 - Disposable gloves
 - And essential medicines

B. TOUR LEADER OR GUIDE

- Maintaining a Daily Tour Leader or Guide Logbook according to a pre-established format.
- Daily communication, when possible, with the office to report and get updates.
- Itinerary can be followed and adapted according to the situation.
- The health check-up is compulsory for all the trekkers in the Health check post of route trekking.
- Health Checkup records need to be sent to DOT.
- Daily briefings to include hygiene, physical distancing, and emergency protocols.
- Should carry First Aid Kits with extra masks, soap, or sanitizers. Leaders
- should be mindful of communities where the tours and adventure activities are happening and minimize the chances of contamination.

C. TOUR CLIENT /TRAVELER PROTOCOL CHECKLIST

- Tour Clients bring their own masks.
- Tour Clients carry their own sanitizer all the time.
- Tour Clients inform the guide of any symptoms of any sort of illness
- Tour Clients has with them travel medical insurance incl. Helicopter evacuation.
- Tour Clients consent to follow the company guides and virus protocol.

D. TOURING PROTOCOL CHECKLIST

- Group maintains distance from other groups and communities.
- Ensure lunchboxes for in-tour meals.
- The Tour leader ensures the group understands the virus protocols of hygiene and
 - physical distancing
 - Tour Leader always has an updated First Aid kit, has extra masks and
 - sanitizers.
- Regular contact with the office to know ground situations
 - Tour Leader is trained regularly on the Emergency Protocol in case there is an outbreak (within the group or in the area)

ANNEX V:
Tour and Adventure
Activities Checklist

ANNEX I:

Tour and Adventure Activities Checklist

2. AQUA/ AERIAL ACTIVATES CHECKLIST

- Make available hand sanitizer, mask, and glove for staff and clients
- Code of conduct issued by the Government should be displayed prominently for guest assurance
- Rafts, Oars, Life Jackets, Vehicle, Kitchen, Dining, Utensils, Tent, mattress, sleeping bags etc. should be sanitized
- Ensure proper management of waste/garbage materials at the campsite.

PROTECTIVE CHECKLIST

- Wear masks, and gloves, use sanitizer, wash hands and any other protective accessories
- Stay at a minimum of 1-meter distance from each other
- Health checks up of all the participants at the beginning of the rafting activities in nearby Health check post.
- Health check-up of all the participants at the end of the rafting activities in nearby Health check post.
- Health check-up records should be maintained and submitted to the Department of Tourism. (If necessary)
- To keep 1 m space when queuing up for booking service, boarding the vehicle, meals, boarding the raft, in all areas of the journey.

RAFT CHECKLIST

- The Raft captain, crew, and clients to wear helmets and a special purpose mask designed for rafting
- Each person shall be kept at a minimum of 1 m distance inside the raft.
- Family members shall maintain 1 m minimum distance and as per raft capacity

3. AQUA/ AERIAL ACTIVATES CHECKLIST

CAMPING TREKS

Dining Tent and Camp Protocols Checklist

- Well ventilated and large enough to have 1-meter space between trekkers.
- Consider ways to get into and out of the dining tent without having to use common zip
- Sanitizer in a push-top container inside the dining tent, Warm washing water, and soap outside the dining tent
- No common towel for drying hands (use medical handshake)
- Have separate bowls for clients for snacks
- Have guide serve snacks, meals, and tea so that clients don't share common plates and utensils
- Clients and staff inside the tent must leave the tent when they cough or sneeze, or at least cough into their elbow or shirt
- Clients must wear masks in the dining tent
- The trekking company would have a full medical kit, including sufficient extra masks, inhalers, plastic gloves, thermometers, and oxygen cylinders.
- Ensure proper management of Waste/Garbage Materials.

ANNEX I:

Tour and Adventure Activities Checklist

KITCHEN TENT, GUIDE AND STAFF PROTOCOLS CHECKLIST

- Sterilize (steam for 10 mins) all utensils, bowls, plates and mugs for use in dining tent
- Plenty of sanitizer, soap and water inside tent.
- Plenty of clean towels for drying plates, cups and utensils (for clients). Wash after every use.
- All staff understand all basic medical protocols (coughing and sneezing, what to do when staff / clients fall sick)
- Staff wear masks at all time (inside camp or when shopping for local supplies.
- The usual distancing norms to be observed when shopping for local supplies.
- Reusable shopping bags to be carried and washed after each use.
- Guide and all staff set a good example of 'virus protocol' for the clients.
- Guide briefs staff and clients about 'virus protocol' before and during the trek, and ensure these are followed by all.
- In the daily briefing, guide includes anything having to do with interactions with locals / village protocols during that day.
- Guide keeps a keen eye on the medical condition of all clients.
- Guides carry appropriate satellite phones to facilitate evacuation if needed be.
- Ensure proper management of Waste/Garbage Materials.

CAMPING TREKS PROTOCOLS CHECKLIST

CLIENT PROTOCOLS CHECKLIST

- All clients would have single tent, barring couples or people who have travelled to Nepal together.
- Clients agree (in writing) that the trek could be abandoned if the guide deems to be.

HIKING AND TRAVEL PROTOCOLS CHECKLIST

- The group shall not hand out things to kids or locals while hiking or at camp.
- The group would maintain distance with other trekking groups and villagers.
- The group shall not invite other people into dining, kitchen or personal tents.
- The group shall not enter villagers' houses, have interactions with villagers outside (at a safe distance)
- Ensure proper management of Waste/Garbage Materials.
- Only Namastes, no hugs or handshakes with anyone at any time!!!

LODGE TREKS PROTOCOLS CHECKLIST

- All clients would have single rooms (wherever possible), except for couples or people who have travelled to Nepal together
- All groups would maintain physical distancing protocol from other trekking groups, lodge staff and locals
- Follow same guidelines for shopping, interactions with locals as on camping treks.
- The guide would advise clients to only shop from local shops where the owners are wearing masks and are not crowded.
- The guide would advise clients about health protocols in lodges
- Ensure proper management of Waste/Garbage Materials.
- The guide would ensure that the lodge owners and staff are maintaining proper protocol with clean and hygienic rooms and kitchen.

ANNEX I:
Tour and Adventure
Activities Checklist

