



POKHARA LODGE

CLOTHING & TIPS

Dress

- Dress at Tiger Mountain Pokhara Lodge is casual and relaxed. We recommend light cotton and other natural fibre clothing. For bird watching walks, muted “earth” colours (greens, beige, browns) are best to maximise sightings.
- In the autumn and winter (November to February), sweaters or fleeces are recommended for the evenings. Night temperatures can drop to 9C (49F). However, by day, temperatures are pleasant.
- Swimsuits are recommended in the autumn, spring and summer as the pool is a good temperature. For the hardy swimmer, it is not too cold, year round.
- Heavy walking boots are not essential but sensible shoes are wise for walks. Shoes that provide good ankle support are recommended. A walking stick is useful for longer walks on rough trails – we have some available at the Lodge.
- Hats are good for the hot days as the sun can be quite intense. We have some local straw hats at the Lodge.

Optional things to bring

- Camera and binoculars are recommended. For general wildlife and bird watching, 8x40 binoculars work well. A notebook is always handy to record special moments. For the dedicated birder, a spotting scope will reap dividends.
- Tiger Mountain Pokhara Lodge has a swapping library, so if you have finished a light novel and want to swap it with one from our selection, you are most welcome.
- The Lodge is an artist’s paradise so if you are keen to sketch, watercolour or use your favourite medium, please bring your own materials, as artist’s supplies are not generally available in Nepal.

Medical

While the Lodge maintains its own general medical kit and many medicines are easily available in Nepal, you should bring ample supplies of any prescription medicines you use. We recommend you bring an insect repellent and sun block. For local information on medical matters please visit CIWEC Clinic www.ciwec-clinic.com.