



The Road to Kalika

A medical convoy for 43 bereaved households

This morning a hired 4x4 left for Kalika Ward 2 in Rasuwa carrying 50 medical family kits, rations, and Rs 215,000 (about €1,225) in funeral support for 43 households that each lost someone. This is what is in the boxes, and why we chose them.



Before departure: the Friends for Nepal and Himalayan Joy Force team, the three volunteers from Dakshinkali, and the hired 4x4, 7 September 2026. Photo: Himalayan Joy Force.

WHY MEDICINE, AND NOT MORE RICE

Hundreds of organisations and individual donors are working in the flood zone, and most are bringing the same three things: rations, clothing and utensils. In Kalika Ward 2 the ward tells us it has enough of those for now.

What is not covered is health. WHO records three health posts destroyed, one hospital partially damaged and road access cut to two more. On 4 September, five of fifteen drinking-water sources tested in Bidur came back positive for *E. coli*. Fever and diarrhoea are already being reported in the shelters, and on 6 September 21,000 cholera vaccine doses were flown into Rasuwa. Of some 50 mental-health professionals deployed across the response, about ten were delivering psychological first aid directly (Kathmandu Post, 1 September).

Kalika received Rs 3 million in government funds on 30 August. It is not unhelped — but it is unevenly helped. So we asked the ward what was still missing rather than assuming, and built the kit around the answer. Fifty kits were prepared for 43 households. The surplus is deliberate: it lets the team treat cases it finds on arrival rather than turning people away.

WHAT IS IN THE BOX

Each household receives a sealed, compartmented case that can be kept in the home and restocked — not a paper bag that tears open in the rain.

TREAT fever and pain medicine, oral rehydration salts and electrolytes, anti-cold and anti-allergy tablets, antifungal lotion and shampoo, and medicines for chronic conditions such as diabetes and hypertension where needed.

DRESS A WOUND Betadine, wound-cleaning solution, cotton, gauze, crepe bandages, wound patches and tape.

PREVENT water purification, mosquito repellent, soap, sanitiser, masks and gloves.

DIGNITY toothbrush and toothpaste, sanitary pads, and nappies for infants.

MEASURE a digital thermometer, so a family knows when to make the walk to a health post and when not to.

After a flood, the second wave of harm is not water. It is contaminated drinking water, a cut that goes septic, a diabetic whose medication went downstream with the house. A kit in the home means a family can act on day one, not on the day they reach a health post that may no longer be standing.

THE EMERGENCY · AS OF 7 SEPT 2026

1,294

bodies recovered (NDRRMA, 4 Sept)

5,053

still missing

7,570

houses destroyed, affecting 32,933 people

3

health posts destroyed, one hospital partially damaged, road access cut to two more (WHO)

\$49.6 m

UN Flash Appeal, launched 4 September

Figures from NDRRMA's briefing of 4 September, WHO Nepal, and the UN Flash Appeal of 4 September. Some outlets already report higher tolls. The count is still rising; every number here is a snapshot.

RS 5,000 — AND WHY WE ARE GIVING CASH

Each of the 43 households lost at least one family member. Each receives **Rs 5,000** — about €28.50, or eight to nine days of agricultural labour — handed over in an envelope, unconditional, with no receipts required.

A distribution can hand over rice. It cannot hand over a priest's fee, the firewood for a pyre, or the food a bereaved family is obliged to serve to everyone who comes to mourn. Hindu families face a thirteen-day *kriya*; many Tamang families in Rasuwa face the lama-led *ghewa*, held between seven and forty-nine days after the cremation — a rite often postponed until the household can afford it.

And many of these families have no body: across the disaster, 1,294 bodies had been recovered by 4 September against 5,053 people still missing. On 2 September relatives gathered at Pashupatinath to cremate effigies of *kusha* grass in place of the dead. The rite is performed either way — and either way it has to be paid for.

We have found no national funeral grant paid to civilian families; the Rs 1 million payments announced went to families of police and civil servants, and the only provincial payment we know of came from Madhesh. That is the gap we are stepping into. It is also why we are handing over money in a place where nearly everyone else is handing over goods: a grieving family knows what it needs better than we do.

THE TEAM, AND WHO IS WAITING

Preparations were led by **Rewant Bhandari**, Friends for Nepal's Project Manager in Nepal and Chairperson of Himalayan Joy Force. We state that dual role plainly: it is how a small Austrian association and a small Nepali NGO move this quickly, and donors should know it.

Travelling: **Ramesh Railla**, Health Assistant, who will see patients and offer counselling across the 43 households; **Mahesh Bista** and **Kumar Basnet**; and three young volunteers from Dakshinkali Municipality who came because they wanted to help, and who collected rations and food from their own community to add to the load.

Umesh Neupane, Ward Chairperson of Kalika-2, is in contact with the team and coordinating the distribution at the other end. Rasuwa's road network is broken — some 40 kilometres of the Bidur-Syabrubesi-Rasuwa Gadhi road destroyed outright — which is why the truck is a 4x4 and the last stretch will be slow.

WHERE THIS SITS IN OUR RESPONSE

In the first week we released €5,000 through Chay Ya Nepal, reaching **229 families** in Bidur (Nuwakot) and Gajuri (Dhading) with food, tarpaulins and household essentials. This second operation, of roughly the same size, covers the 50 medical kits, the truck, the Rs 215,000 in funeral support and the team's costs in the field.

What is still unfunded is winter. Thousands of families are living under tarpaulins and in schoolrooms, and we have been unable to find any published government or UN winterisation plan, target or costing. Warm temporary shelter is the next thing we intend to fund, and the window closes when the snow arrives.



The envelopes, prepared before departure. One for each of the 43 households. Photo: Himalayan Joy Force.



One family kit, open. The lid carries the label: *Medical package donated by Friends for Nepal – Himalayan Development Aid, supported and organised by Himalayan Joy Force.* Photo: Himalayan Joy Force.

€10,000 COMMITTED SO FAR

Two operations since 26 August — **272 households** reached in three municipalities across Nuwakot, Dhading and Rasuwa. Both funded by Friends for Nepal: the first delivered by Chay Ya Nepal, this one by Himalayan Joy Force.

HOW TO HELP

This convoy is paid for. The next one is not — and neither is the winter shelter these families will need within weeks.

Contributions go into the work described here. Donations to Friends for Nepal are **tax-deductible in Austria**.

DONATION ACCOUNT

AT43 2040 4000 4048 8926

Friends for Nepal – Himalayan Development Aid
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Sources. Casualty, housing and displacement figures: NDRRMA briefing, 4 September 2026. Health-facility damage, cholera vaccine and disease surveillance: WHO Nepal and the Kathmandu Post, 4–6 September. Psychosocial provision: Kathmandu Post, 1 September. UN Flash Appeal (US\$49.6 m, four months, 84,270 people): UN OCHA, 4 September. Currency at the Nepal Rastra Bank rate of 7 September 2026 (€1 ≈ Rs 175.6). The cremation of *kusha*-grass effigies for the missing was reported at Pashupatinath on 2 September. **Photographs.** Himalayan Joy Force, 6–7 September 2026.

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