Nepal Digest

LIFE. CULTURE. PEOPLE & NEPAL



EXPATS & DIASPORA / IMPORT & EXPORT

Sending a Parcel from the UK to Nepal: Check Before You Pack

A practical guide to checking contents, choosing a postal service, completing customs paperwork and preparing the recipient in Nepal.

NOVEMBER 3, 2026

Sending a Parcel from the UK to Nepal: Check Before You Pack

A practical guide to checking contents, choosing a postal service, completing customs paperwork and preparing the recipient in Nepal.

By Nepal Digest - November 3, 2026 - Nepal

A parcel sent from Britain to Nepal needs more than a strong box and a familiar address. The sender must establish that the carrier will accept the contents, that Nepal permits their import and that the paperwork describes what is actually inside. Buying postage answers only one part of that problem.

For Nepali households sending presents or useful belongings home, the safest approach is to make those checks before shopping and packing. This guide covers personal parcels, not a complete commercial-export procedure. Businesses and people sending controlled goods need advice specific to their shipment.

Separate three decisions

First, decide whether an item may travel through the chosen carrier’s network. Second, check whether it may enter Nepal and whether permits or other conditions apply. Third, choose a service that fits the packed parcel and the recipient’s needs. An item can pass one test and fail another.

Royal Mail’s Nepal sending guide explicitly requires customers to check both its own restrictions and destination-country rules. It directs senders to international postal restrictions and Nepal’s postal authorities, and warns that restrictions can change at short notice. A shop selling an item in Britain is not evidence that you can post it abroad.

Start an inventory before sealing anything. Record the actual item, quantity, material or contents where relevant, condition and value. For any uncertain product, ask the carrier about that exact item and route. A broad question such as “Can I send gifts?” will not resolve the status of the goods in your box.

Do not treat a parcel like passenger baggage

Rules for belongings carried by a passenger are not a substitute for postal-import rules. A relative’s experience bringing something through an airport therefore cannot establish that the same object is permitted in international mail. Nor does another country’s

postal guide settle the conditions of a British carrier’s service.

For expensive, unusual or potentially controlled items, seek a clear answer before paying. Tell the carrier whether the product contains a battery, liquid, medicine, food or other components that might require special consideration. This is a screening checklist, not a claim that every item in those categories is prohibited or allowed.

If the answer is unclear, leave that item out until the requirement is resolved. Do not hide it under a vague description or assume that paying extra compensation changes the acceptance rules. The practical benefit of a smaller, clearly documented parcel can outweigh the convenience of putting everything into one shipment.

Choose the service for the finished box

Weigh and measure the parcel after adding its protective packaging. On the Nepal page checked on 2 November 2026, Royal Mail lists International Tracked for goods and gifts with a maximum weight of 2kg. Its displayed delivery window is an aim, not a promise. The same page describes International Tracked & Signed as a document-only service: a familiar service name should not be assumed suitable for a box of presents.

Use the current booking system for the exact size, weight and destination rather than an old screenshot of a starting price. Check what tracking means for that service, which address types

it accepts and whether the item’s value exceeds its compensation arrangements. Ask another carrier for a specific quotation if your parcel falls outside the selected service’s limits.

Compare complete proposals rather than headline postage alone. Useful questions include who handles clearance, whether the quote includes any destination charges, what the recipient must do and what happens if delivery cannot be completed. Do not assume that “door to door” answers every customs question.

Use the current customs process

HM Revenue & Customs says a package sent outside the UK needs a customs declaration, with necessary licences or certificates attached as instructed. Royal Mail’s current consumer customs guidance specifies a CN23 where applicable, alongside electronic customs data. Its Nepal guide also names CN23. Do not default to an old CN22 tutorial without checking the current service instructions.

The Postal Customs Hub explains that declarations must be complete and accurate. Describe individual contents clearly, give the required values and other details, and supply any tariff codes or supporting documents requested by the booking workflow. “Gift” explains the reason for a shipment; it does not identify the objects inside.

For example, a useful inventory distinguishes a cotton shirt from a book rather than putting both under “personal items”. This is an illustration of clear description, not confirmation that either item is accepted in every circumstance. Use the product’s real characteristics, not whichever description produces the cheapest result.

The Post Office’s electronic customs tool offers another route: enter the shipment details, retain its reference or barcode and show it in branch for the physical form. Requirements differ between services, so follow the chosen workflow through to completion. A form saved on your phone is not proof that the required label and documents are attached to the parcel.

Make the declaration and the box agree

Before sealing, compare your inventory with the declaration line by line. Check quantities and values against the receipts or other honest evidence available. Do not declare a token value because the recipient is family, and do not add another item after finishing the paperwork without updating it.

Photograph the contents and retain a copy of the submitted declaration for your own records. If someone else takes the parcel to the counter, give them the inventory and tell them what is inside. They should not have to guess when asked about the shipment.

Check the recipient’s address with the recipient, not from an old message thread. Confirm the name they use for identification and the details the carrier requires for delivery or clearance. Supply contact details through the designated customs fields. Royal Mail’s Nepal guidance says not to write the recipient’s phone number or email separately on the outside of the item.

Prepare the recipient, not just the parcel

Nepal’s Department of Postal Service describes a postal-parcel collection process in which the addressee receives an intimation card and brings it with identification to collect the parcel. It also states that parcels arriving from abroad require customs clearance. That is postal guidance, not a promise that every courier uses the same collection arrangement.

Before dispatch, ask the selected provider what will happen for the actual destination. Can the recipient collect if required? Who will respond to a request for additional information? If someone else expects to collect, establish the provider’s authorisation requirements in advance rather than assuming a shared surname is enough.

Do not promise that a family gift will arrive without charges. Destination rules determine the assessment, and no universal Nepal duty-free gift allowance is established in this guide. Ask the provider or relevant Nepal customs office about the particular

contents and declared value. Agree with the recipient beforehand how any legitimate charges or collection arrangements will be handled.

Pack for handling and keep claim evidence

The Post Office’s packing guidance recommends sound corrugated boxes, individual wrapping and cushioning that stops contents moving. Keep fragile objects apart and away from the box walls. Seal the edges securely, remove obsolete labels from a reused sturdy box and leave the new label flat and readable. Include a return address.

Packaging is also a reason to finish weighing before buying postage. Do not remove necessary protection merely to meet a weight limit; choose a suitable service or reduce the contents instead. Leave enough clear surface for the address, customs declaration and document wallet required by the chosen service.

Retain proof of posting, proof of value and the service receipt. Royal Mail’s international compensation guidance makes payment conditional on evidence and service terms; the maximum advertised cover is not an automatic payout. Its guidance also excludes consequential loss. A missed celebration cannot be treated as a guaranteed reimbursable cost.

After dispatch, follow the actual record

Share the tracking reference privately with the recipient and follow the official tracking route. A delay is a reason to check the carrier’s status and enquiry procedure, not proof that the parcel has been lost or seized. Keep any clearance request and verify it through the provider before paying or supplying identity documents.

If there is damage, preserve packaging and evidence while following the carrier’s claim instructions. If delivery is late, use the international service’s own claim timetable rather than a domestic-delivery rule. Record the enquiry reference so that the sender and recipient do not work from different explanations.

The best parcel plan begins before the box is closed: permitted contents, a suitable service, truthful documents and a recipient who knows what to expect. Sending something home should be an act of care. Clear paperwork is part of that care.

Originally published by Nepal Digest - https://nepaldigest.com/sending-parcel-uk-nepal-customs-checklist/