



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

ADVENTURE EXPEDITION STOK KHANGRI 6153 M(STOK)

Introduction

Clothing has to be of very good quality as minimum temperatures can be between 5 to -5 Deg C, maximum temperature can be between 22 ~ 32 Deg C.

Personal Items

• Trolley Bag (for main luggage)	1	• Small notebook / pen	1
• Shirt/T-Shirt	4	• Water bottle 1 ltr	1
• Pants / Cargoes	4	• Backpack, 30 ltr	1
• Spare pant/tracksuit bottom (for use while sleeping)	1		
• Undergarments	6 sets	Optional Items	
• Monkey cap / Balaclava	1	• Toilet paper roll	1
• Woolen sweater (full sleeve)	1	• Cold cream	1
• Woolen gloves	2 pairs	• Sun protection (SPF 15 or 20)	1
• Woolen socks	1 pair	• Adhesive plaster roll (for toes/sole of feet)	1
• Thermal inners: top + bottom	1 set	• Medical kit (Personal medicines, if any)	1
• Rain sheet / coat / poncho waterproof pant/shirt)	1 (or	• Micoderm powder	1
• Windcheater / Light Jacket	1	• Scissors - small	1
• Feather / Warm Jacket	1	• Pocket mirror	1
• Raincoat / waterproof	1	• Light disposable paper bags (clothes/garbage etc)	5
• Sun cap	1	• Old Newspaper	1
• Sunglasses	1	(for drying shoes, if wet)	
• Trekking shoes	1	• Walking Poles	2
• Bathroom slippers	1		
• Cotton socks (thick)	3 pairs		
• Torch / Flashlight with cells	1		
• Toilet kit	1		
(Toothpaste/brush/soap/ Towel)			

Items provided during the program

- Duffel bag, for moving your personal baggage and carried by porter
- Sleeping bag
- Cutlery – plates, cups for meals
- Technical equipment – ropes, harness, carabiners, snow boots, crampons, ice axe etc

General comments

- Participants may carry some extra clothes for their travel and stay at Leh. NALS will provide cloak room for excess baggage to be left behind in Leh while you go on the trek
- Mobile phone / charging / communication is possible in most hotels / guest houses in Leh. Expect no such facilities during the trek.
- Insurance – To protect against unforeseen circumstances, we advise you to take trip cancellation and medical insurance policies. The policy should also cover surface transportation or even emergency evacuation by helicopter. As per current rules of Government of India, all foreigners visiting India must have an evacuation insurance policy.

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