



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

BUSINESS SCHOOL LEADERSHIP & ADVENTURE PROGRAM (BLEAP)

Introduction

Trekking requires participant to move on foot for long distances and therefore, the baggage carried by each participant must be as light as possible. Please follow the following guidelines:

1. Cell phones, iPods / MP3 devices are not allowed.
2. Avoid heavy clothing and accessories.
3. Avoid snacks, chocolate bars, fizzy drinks and other eatables.
4. Avoid valuables like jewels and excessive cash

Personal Items

● Small backpack, 30ltrs	1	● Water bottle 1.0ltr	1
● Trolley / Duffel (main bag)	1	● Toothpaste/brush/soap/ Towel	1
● Shirt/T-Shirt	3	● Torch	1
● Jeans / Pants	2	● Small note book / pen	1
● Spare pant / tracksuit bottom (for use while sleeping)	1	Common Items that can be shared	
● Under garments	4 sets	● Cold cream	1
● Monkey cap	1	● Sun protection (SPF 15 or 20)	1
● Woolen sweater (full sleeve)	1	● Adhesive plaster roll (for toes/sole of feet)	1
● Woolen gloves	1 pair	● Crepe bandage (for knee/ankle pain relief)	1
● Thermal inners: top + bottom	1 set	● Medical kit (personal medicines, if any)	1
● Wind cheater	1	● Micoderm powder	1
● Rain sheet // coat / poncho	1	● Scissors - small	1
● Sun cap	1	● Pocket mirror	1
● Sun glasses	1	● Light disposable paper bags (clothes/garbage etc)	5
● Trekking shoes	1	● Old Newspaper (for drying shoes, if we	1
● Bathroom slippers	1		
● Woolen socks	1 pair		
● Cotton socks (thick)	2 pairs		
● Toilet kit	1		

Items provided by NALS

- High altitude sleeping bags / mattress, provided at our campsites
- Back pack, to be used while trekking
- Cutlery – plates, cups for meals
- Other technical equipment for adventure activities – ropes, seat harness, carabiners, safety helmet and so on.

NALS / TBK – BLEAP / 05 May 2017

Page 1 of 1

<p><u>Head Office:</u> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA</p>	<p>T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in</p>	<p><u>Regd. Office:</u> 36A, Bhooma Nivas, 4th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F</p>
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