



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring

### **Introduction**

Outdoor activity 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. Rock climbing can damage some of your clothing – avoid expensive clothing.
2. Use loose fit clothing
3. Cell phones, iPods / MP3 devices are not allowed.
4. Avoid heavy clothing and accessories.
5. Avoid snacks, chocolate bars, fizzy drinks and other eatables.
6. Avoid valuables like jewels and excessive cash.

### **Personal Items**

- Trolley / Duffel (main bag) 1
- Shoulder bag (Day Sack) 1  
(25 ~ 35 ltrs)
- Shirt/T-Shirt 4
- Jeans / Pants 4
- Spare pant/tracksuit bottom 1  
(for use while sleeping)
- Undergarments 5 sets
- Windcheater / Jacket 1
- Rain sheet / poncho 1  
(or waterproof pant/shirt)
- Sun cap 1
- Sun glasses 1
- Trekking shoes 1
- Bathroom slippers 1
- Cotton socks (thick) 3 pair
- Toilet kit 1  
(Toothpaste/brush/soap/ Towel)
- Torch 1  
(with sufficient cells)

- Small notebook / pen 1
- Water bottle, metallic, 1 ltr 1

### **Common Items that can be shared**

- Cold cream 1
- Sun protection 1  
(SPF 15 or 20)
- Crepe bandage 1  
(for knee/ankle pain relief)
- Medical kit 1  
(personal medicines, if any)
- Scissors - small 1
- Pen knife 1
- Pocket mirror 1
- Light disposable paper bags 5  
(clothes/garbage etc)
- Old Newspaper 1  
(for drying shoes, if wet)

### **Items provided by NALS**

- Sleeping mattress, sleeping bag, pillow
- Cutlery – plates, cups for meals
- Other technical equipment for adventure activities – ropes, seat harness, carabiners, safety helmet and so on.

### **General comments**

- Participants will carry their belongings in the back pack while trekking.

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