



# 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. Cell phones, iPods / MP3 devices are may be avoided.
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**

Hiking or Trekking shoes, torch, water bottle, small back pack (30 ltr), full sleeve sweater, full length loose fit jeans or pants or track suit, T-Shirt, sun cap, sun glasses, towel and toiletries are some of the minimum items required. Ladies – please avoid saree, salwar during outdoor activity.

Full sleeve cotton shirt or T-Shirt + Full pants are advised during the program, to avoid exposure to sun, insects and sharp tea bushes. Avoid Short pants or half pants

### **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, carabineers, safety helmet and so on.

### Note:

NALS is not responsible for loss of valuables. Please do not bring valuables, jewels or excessive cash / credit cards

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