



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

KAILASH MANASAROVAR YATRA PROGRAM (KMYP)

Introduction

Clothing has to be of very good quality as minimum temperatures can be between 0 to -10 Deg C. maximum temperature is around 22 Deg C. While driving to Kailash, it will be warm inside the vehicle but very cold outside. So always keep warm clothes with you and not on the main baggage carried by truck / porter.

IMPORTANT ITEMS Passport + another ID proof - both with one photocopy each, phone with international roaming, currency of your choice for personal expenses, say equivalent of USD 1000.

Note: Most credit cards issued in India are not valid in Nepal

Personal Items

• Trolley Bag (for main luggage)	1	• Torch	1
• Shirt/T-Shirt	5	• Small note book / pen	1
• Jeans / Pants	3	• Water bottle 1.5ltr	1
• Spare pant/track suit bottom (for use while sleeping)	1	• Back pack, 30 ltr	1
• Under garments	5 sets		
• Monkey cap / Balaclava	1	Common Items that can be shared	
• Woolen sweater (full sleeve)	1	• Cold cream	1
• Woolen gloves	1 pair	• 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
• Wind cheater / Warm Jacket	1	• Micoderm powder	1
• Water proof shirt / pant	1	• Scissors - small	1
• Sun cap	1	• Pocket mirror	1
• Sun glasses (other than blue)	1	• Light disposable paper bags (clothes/garbage etc)	5
• Trekking shoes	1	• Old Newspaper	1
• Bathroom slippers	1	(for drying shoes, if wet)	
• Cotton socks (thick)	2 pairs		
• Toilet kit	1		
(Toothpaste/brush/soap/ Towel)			

Items provided during the program

- High altitude sleeping bags / mattress, provided at our campsites
- Duffel bag, for moving your personal baggage
- Cutlery – plates, cups for meals

General comments

- Participants may carry some extra clothes for their travel and stay at Kathmandu.
- Mobile phone / charging / communication is possible in most hotels / guest houses if you choose international roaming facility. Expect no such facilities during parikrama of Lake Manasarovar and Mount Kailash.
- 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.

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<p>Head Office: 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>Regd. Office: 36A, Bhooma Nivas, 4th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F</p>
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