



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring - STOK BASE CAMP TREK (SBCT)

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
- Shirt/T-Shirt 3
- Pants / Cargoes 3
- Spare pant/track suit bottom 1
(for use while sleeping)
- Undergarments 5 sets
- Monkey cap / Balaclava 1
- Woolen sweater (full sleeve) 1
- Woolen gloves 1 pair
- Woolen socks 1 pair
- Thermal inners: top + bottom 1 set
- Feather / Warm Jacket 1
- Rain Coat / Sheet 1
- Sun cap 1
- Sunglasses 1
- Trekking shoes 1
- Bathroom slippers 1
- Cotton socks (thick) 4pairs
- Flashlight with cells 1
- Toilet kit 1
(Toothpaste/brush/soap/ Towel)

- Small notebook / pen 1
- Water bottle 1 ltr 1
- Back pack, 30 ltr 1

Optional Items

- Toilet paper roll 1
- Cold cream 1
- Sun protection 1
(SPF 15 or 20)
- Adhesive plaster roll 1
(for toes/sole of feet)
- Medical kit 1
(Personal medicines, if any)
- Micoderm powder 1
- Scissors - small 1
- Light disposable paper bags 5
(clothes/garbage etc)
- Old Newspaper 1
(for drying shoes, if wet)
- Walking Poles 2

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, harnesses, carabiners etc

General comments

- Participants may carry some extra clothes for their travel and stay at Leh. NALS will provide cloak room to stow your travel baggage in Leh, when you leave for the trek.
- Mobile phone / charging / communication is possible in most 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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