



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

General Guidelines

1. Participants must wear light, comfortable and loose fitting clothes. T-Shirt, track pants, outdoor casuals, sports wear are suggested.
2. Shoes and socks are compulsory.
3. Fingernails and toenails must be trimmed.
4. Avoid carrying cash and jewellery. If lost, NALS is not responsible for the same.

Personal Items

- Sports or casual shoes 1
- Water bottle 1 Ltr 1
- Hand towel 1
- Sun cap 1
- Small notebook / pen 1
- Back Pack (for above) 1

Items provided by NALS

- Technical equipment for adventure activities – Ropes, Seat Harness, Carabiners, Safety Helmet and so on.

Head Office: No. 1, 4th Street, Kongu Nagar Kalveerampalayam, Coimbatore – 641 046, Tamilnadu, INDIA	T : +91-94422 75501 : +91-94422 75502 E : enquiry@nals.in W : www.nals.in	Regd. Office: 36A, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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