

# 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 and track pants 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**

•	Packed breakfast (morning session)	1
•	Evening snack (evening session)	1
•	Water bottle 1 Ltr	1
•	Hand-towel	1
•	Sun cap	1
•	Small notebook / pen	1
•	Backpack (for the above)	1
•	Sun glasses	1 (optional)
•	Sun protection, SPF 15	1 (optional)

# Items provided by NALS

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

NALS / TB - SWCC / 20 Jan 2020

Page 1 of 1

NALS Outdoors India Private Limited	Т	:	+91-422-2542800
No.7, First Floor, Vincent Colony			+91-422-2543800
R.S.Puram, Coimbatore – 641 002	Ε	:	enquiry@nals.in
Tamilnadu, INDIA	W	:	www.nals.in