



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.