



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring

### ADVENTURE BASED FITNESS PROGRAM (ABFIT)

#### **Introduction**

Trekking requires participant to move on foot for long distances and therefore, the baggage carried by each participant must be as light as possible. Please adhere to the following guidelines:

1. Avoid heavy clothing and accessories.
2. Avoid snacks, chocolate bars, fizzy drinks and other eatables.
3. Avoid valuables like jewels and excessive cash

#### **Personal Items**

- |                                                             |         |                                                        |        |
|-------------------------------------------------------------|---------|--------------------------------------------------------|--------|
| • Small back pack, 30 ltr                                   | 1       | • Woolen gloves                                        | 1 pair |
| • Trolley / Duffel (main bag)                               | 1       | • Woolen socks                                         | 1 pair |
| • Shirt/T-Shirt                                             | 10 ~ 12 | • Thermal inners: top + bottom                         | 1 set  |
| • Jeans / Pants                                             | 10      | • Fleece jacket                                        | 1      |
| • Spare pant/track suit bottom<br>(for use while sleeping)  | 1       | <b>Common Items that can be shared</b>                 |        |
| • Under garments                                            | 10 sets | • Cold cream                                           | 1      |
| • Wind cheater / Light Jacket                               | 1       | • Sun protection<br>(SPF 15 or 20)                     | 1      |
| • Rain sheet / coat / poncho<br>(or water proof pant/shirt) | 1       | • Adhesive plaster roll<br>(for toes/sole of feet)     | 1      |
| • Sun cap                                                   | 1       | • Crepe bandage<br>(for knee/ankle pain relief)        | 1      |
| • Sun glasses                                               | 1       | • Medical kit<br>1 (personal medicines, if any)        |        |
| • Trekking shoes                                            | 1       | • Micoderm powder<br>(anti-fungal use)                 | 1      |
| • Bathroom slippers                                         | 1       | • Scissors - small                                     | 1      |
| • Cotton socks (thick)                                      | 3 pair  | • Pen knife                                            | 1      |
| • Toilet kit<br>(Toothpaste/brush/soap/ Towel)              | 1       | • Pocket mirror                                        | 1      |
| • Torch<br>(with sufficient cells)                          | 1       | • Light disposable paper bags<br>(clothes/garbage etc) | 5      |
| • Small note book / pen                                     | 1       | • Old Newspaper<br>(for drying shoes, if wet)          | 1      |
| • Water bottle 1.5 ltr                                      | 1       |                                                        |        |
| • Monkey cap                                                | 1       |                                                        |        |
| • Woolen sweater (full sleeve)                              | 1       |                                                        |        |

#### **Items provided by NALS**

- High altitude sleeping bags / mattress, provided at our campsites
- Back pack, to be used while trekking
- Cutlery – plates, cups for meals
- Other technical equipment for adventure activities – ropes, seat harness, carabineers, safety helmet and so on.

#### **General comments**

- Participants may carry some extra clothes for their travel and stay at base camp. Before commencement of trek, your luggage and extra items will be left behind in our cloak room at base camp.
- Participants will carry their belongings in the back pack while trekking.

<p><b>Head Office:</b> 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><b>Regd. Office:</b> 36A, Bhooma Nivas, 4<sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5</p>
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