



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

STUDENT CAMPING AND LEADERSHIP PROGRAM (SCALP)

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 follow the following guidelines:

1. Cell phones, iPods / MP3 devices are not allowed.
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	● Toilet kit	1
● Trolley / Duffel (main bag)	1	(Toothpaste/brush/soap/ Towel)	
● Trolley Bag (for main luggage)	1	● Torch / flashlight	1
● Shirt/T-Shirt	3~5 sets	● Small note book / pen	1
● Jeans / Pants	2	● Water bottle 1.5ltr	1
● Spare pant/track suit bottom (for use while sleeping)	1	Common Items that can be shared	
● Under garments	6 sets	● Cold cream	1
● Monkey cap / Balaclava	1	● Sun protection	1
● Woolen sweater (full sleeve)	1	(SPF 15 or 20)	
● Woolen gloves	1 pair	● Adhesive plaster roll	1
● Woolen socks	1 pair	(for toes/sole of feet)	
● Thermal inners: top + bottom	1 set	● Medical kit	1
● Wind cheater / Light Jacket	1	(Personal medicines, if any)	
● Rain sheet / coat / poncho	1	● Micoderm powder	1
● Sun cap	1	● Scissors - small	1
● Sun glasses	1	● Pocket mirror	1
● Trekking shoes	1	● Light disposable paper bags	5
● Bathroom slippers	1	(clothes/garbage etc)	
● Cotton socks (thick)	2 pairs	● Old Newspaper	1
		(for drying shoes, if wet)	

Items provided by NALS

- High altitude sleeping bags / mattress, provided at our campsites
- Back pack – 65 ltr, for your belongings and to be carried by porter
- Cutlery – plates, cups for meals
- Other technical equipment for adventure activities – ropes, seat harness, carabiners, 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 water bottle, sweater and some miscellaneous items in the back pack (30 ltr) while trekking, while their main baggage will be carried by porters.