



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring

### CHANDER TAAL TREK PROGRAM (CTTP)

#### **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. 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
- Trolley / Duffel (main bag) 1
- Shirt/T-Shirt 10
- Jeans / Pants 10
- Sleeping Bag 1  
(5 degree C – comfort)
- Sleeping bag + fleece liner 1
- Spare pant/track suit bottom 1  
(For use while sleeping)
- Under garments 8 sets
- Monkey cap / Balaclawa 1  
(Head protection)
- Woolen sweater (full sleeve) 1
- Woolen gloves 2  
(One should be water proof)
- Thermal inners: top + bottom 1 set
- Fleece jacket 1  
(Expect temperature below zero)
- Wind cheater / Light Jacket 1
- Rain sheet / coat / poncho 1
- Water proof pant/shirt 1
- Sun cap 1
- Sun glasses 1
- Trekking shoes 1
- Bathroom slippers 1
- Woolen socks 2 pairs
- Cotton socks (thick) 4 pairs

- Toilet kit 1  
(Toothpaste/brush/soap/Towel)
- Torch 1  
(With spare cells)
- Small note book / pen 1
- Water bottle 1ltr 1

#### **Common Items that can be shared**

- Cold cream 1
- Sun protection 1  
(SPF 20 or above)
- Adhesive plaster roll 1  
(for toes/sole of feet)
- Toilet paper roll 1
- Crepe bandage 1  
(for knee/ankle pain relief)
- Medical kit 1  
(personal medicines, if any)
- Micoderm powder 1  
(anti-fungal use)
- Scissors - small 1
- Pen knife 1
- Pocket mirror 1
- Light disposable paper bags 5  
(clothes/garbage etc)
- Old Newspaper 1  
(for drying shoes, if wet)

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

- Main back pack
- 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 their day sack with water, warm clothing, rain sheet, torch, medicines, camera etc
- The main back pack of each participant will be carried by mules / porters.

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