



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring

### FAMILY CAMPING AND MENTORING PROGRAM (FCAMP)

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

#### **Personal Items**

- Small backpack, 30ltrs 1
- Trolley / Duffel (main bag) 1
- Shirt/T-Shirt 3
- Jeans / Pants 2
- Spare pant/track suit bottom (for use while sleeping) 1
- Under garments 4 sets
- Monkey cap 1
- Woolen sweater (full sleeve) 1
- Woolen gloves 1 pair
- Thermal inners: top + bottom 1 set
- Wind cheater 1
- Rain sheet // coat / poncho 1
- Sun cap 1
- Sun glasses 1
- Trekking shoes 1
- Bathroom slippers 1
- Woolen socks 1 pair
- Cotton socks (thick) 2 pairs
- Toilet kit 1
- Toothpaste/brush/soap/ Towel

- Torch 1
  - Small note book / pen 1
- Common Items that can be shared**
- Cold cream 1
  - Sun protection (SPF 15 or 20) 1
  - Adhesive plaster roll (for toes/sole of feet) 1
  - Crepe bandage (for knee/ankle pain relief) 1
  - Medical kit (personal medicines, if any) 1
  - Micoderm powder 1
  - Scissors - small 1
  - Pocket mirror 1
  - Light disposable paper bags (clothes/garbage etc) 5
  - Old Newspaper (for drying shoes, if wet) 1
  - Water bottle 1.5ltr 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, carabiners, safety helmet and so on.

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