



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring

### HAMPTA CIRCLE (3650 M / 11,700 FEET) TREK PROGRAM (HCTP)

#### **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 Cell phones, iPads / MP3 devices
2. Avoid snacks, chocolate bars, fizzy drinks and other eatables.
3. Avoid valuables like jewels and excessive cash

#### **Personal Items**

● Small backpack, 30ltrs	1	● Torch	1
● Trolley / Duffel (main bag)	1	● Small note book / pen	1
● Shirt/T-Shirt	5	● Water bottle 1.5ltr	1
● Jeans / Pants	5		
● Spare pant/track suit bottom (for use while sleeping)	1	<b>Common Items – Optional / can be shared</b>	
● Under garments	5 sets	● Cold cream	1
● Monkey cap / Balaclava	1	● Sun protection (SPF 15 or 20)	1
● Woolen sweater (full sleeve)	1	● Adhesive plaster roll (for toes/sole of feet)	1
● Woolen gloves	1 pair	● Medical kit (Personal medicines, if any)	1
● Woolen socks	1 pair	● Micoderm powder	1
● Thermal inners: top + bottom	1 set	● Scissors – small	1
● Wind cheater	1	● Pocket mirror	1
● Rain sheet // coat / poncho	1	● Light disposable paper bags (Clothes/garbage etc)	5
● Sun cap	1	● Old Newspaper (for drying shoes, if wet)	1
● Sun glasses	1		
● Trekking shoes	1		
● Bathroom slippers	1		
● Cotton socks (thick)	2 Pairs		
● Toilet kit	1		
(Toothpaste/brush/soap/ Towel)			

#### **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.

#### **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.

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