



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring ICE CLIMBING – BEAS KUND GLACIER (ICBKG)

### 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 backpack, 30ltrs 1
- Trolley / Duffel (main bag) 1
- Shirt/T-Shirt 8
- Jeans / Pants 8
- Spare pant/track suit bottom 1  
(for use while sleeping)
- Under garments 7 sets
- Monkey cap 1
- Woolen sweater (full sleeve) 1
- Thermal inners: top + bottom 1 set
- Fleece jacket 1
- Wind cheater / Light Jacket 1
- Rain sheet / coat / poncho 1  
(or water proof pant/shirt)
- Sun cap 1
- Sun glasses 1
- Trekking shoes 1
- Bathroom slippers 1
- Woolen socks 1 pair
- Woolen gloves 1 pair
- Cotton socks (thick) 3 pairs
- Toilet kit 1  
(Toothpaste/brush/soap/ Towel)

- Torch 1
- Small note book / pen 1
- Water bottle 1.5ltr 1

### Common Items that can be shared

- Cold cream 1
- Sun protection 1  
(SPF 15 or 20)
- 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

- Technical equipment for adventure activities – ropes, seat harness, carabineers, safety helmet, ice boots, crampons, gaiters etc
- High altitude sleeping bags / mattress, provided at our campsites
- Back pack, to be used while trekking
- Cutlery – plates, cups for meals

### 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.

NALS / TBK – ICBKG / 29 Jan 2019

Page 1 of 1

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