



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

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 adhere to 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	● Torch	1
● Trolley / Duffel (main bag)	1	(With spare cells)	
● Shirt/T-Shirt	4	● Small note book / pen	1
● Jeans / Pants	2	● Water bottle 1ltr	1
● Spare pant/track suit bottom	1		
(For use while sleeping)		Optional Items	
● Under garments	4 sets	● Air Pillow	
● Monkey cap / Balaclava	1	● Cold cream	1
(Head protection)		● Sun protection	1
● Woolen sweater (full sleeve)	1	(SPF 20 or above)	
● Woolen gloves	2	● Adhesive plaster roll	1
(One should be water proof)		(for toes/sole of feet)	
● Thermal inners: top + bottom	1 set	● Toilet paper roll	1
● Fleece jacket	1	● Crepe bandage	1
(Expect temperature below zero)		(for knee/ankle pain relief)	
● Wind cheater // Light Jacket	1	● Medical kit	1
● Rain sheet / coat / poncho	1	(personal medicines, if any)	
● Water proof pant/shirt	1	● Micoderm powder	1
● Sun cap	1	(anti-fungal use)	
● Sun glasses	1	● Scissors - small	1
● Trekking shoes	1	● Pen knife	1
● Bathroom slippers	1	● Pocket mirror	1
● Woolen socks	2 pairs	● Light disposable paper bags	5
● Cotton socks (thick)	4 pairs	(clothes/garbage etc)	
● Toilet kit	1	● Old Newspaper	1
(Toothpaste/brush/soap/Towel)		(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
- Sleeping bag.

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 backpack (provided by NALS) of each participant will be carried by mules / porters.

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