



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring TREK FOR A CAUSE (TCM4)

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 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 3
- Jeans / Pants 2
- Spare pant/track suit bottom 1
(for use while sleeping)
- Under garments 4 sets
- Monkey cap / Balaclava 1
- Woolen sweater (full sleeve) 1
- Woolen gloves 1 pair
- Woolen socks 1 pair
- Thermal inners: top + bottom 1 set
- Wind cheater / Light Jacket 1
- Rain sheet / coat / poncho 1
- Sun cap 1
- Sun glasses 1
- Trekking shoes 1
- Bathroom slippers 1
- Cotton socks (thick) 2 Pairs

- Toilet kit 1
(Toothpaste/brush/soap/ Towel)
- Torch 1
- Small note book / pen 1
- Water bottle 1.5ltr 1

Common Items – Optional / can be shared

- Cold cream 1
- Sun protection 1
(SPF 15 or 20)
- Adhesive plaster roll 1
(for toes/sole of feet)
- Medical kit 1
(Personal medicines, if any)
- Micoderm powder 1
- Scissors – small 1
- Pocket mirror 1
- Light disposable paper bags 5
(Clothes/garbage etc)
- Old Newspaper 1
(for drying shoes, if wet)

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.

NALS / TBK – TCK4 / 29 Jan 2019

Page 1 of 1

<p><u>Head Office:</u> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA</p>	<p>T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in</p>	<p><u>Regd. Office:</u> 36A, Bhooma Nivas, 4th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5</p>
---	--	---