



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring

### TREK FOR A CAUSE (TCK6)

#### **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      | • Cotton socks (thick)                 | 2 pairs |
| • Trolley / Duffel (main bag)  | 1      | • Toilet kit                           | 1       |
| • Shirt/T-Shirt                | 3      | (Toothpaste/brush/soap/ Towel)         |         |
| • Jeans / Pants                | 2      | • Torch                                | 1       |
| • Spare pant/track suit bottom | 1      | • Small note book / pen                | 1       |
| (for use while sleeping)       |        | • Water bottle 1.5ltr                  | 1       |
| • Under garments               | 4 sets | <b>Common Items that can be shared</b> |         |
| • Monkey cap / Balaclava       | 1      | • Cold cream                           | 1       |
| • Woolen sweater (full sleeve) | 1      | • Sun protection                       | 1       |
| • Woolen gloves                | 1 pair | (SPF 15 or 20)                         |         |
| • Woolen socks                 | 1 pair | • Adhesive plaster roll                | 1       |
| • Thermal inners: top + bottom | 1 set  | (for toes/sole of feet)                |         |
| • Wind cheater / Light Jacket  | 1      | • Medical kit                          | 1       |
| • Rain sheet /coat / poncho    | 1      | (Personal medicines, if any)           |         |
| • Sun cap                      | 1      | • Micoderm powder                      | 1       |
| • Sun glasses                  | 1      | • Scissors - small                     | 1       |
| • Trekking shoes               | 1      | • Pocket mirror                        | 1       |
| • Bathroom slippers            | 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 – 65 ltr, for your belongings and to be carried by porter
- 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 water bottle, sweater and some miscellaneous items in the back pack (30 ltr) while trekking, while their main baggage will be carried by porters.

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