



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

TREK FOR A CAUSE (TCM8)

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	• Toilet kit	1
• Trolley / Duffel (main bag)	1	(Toothpaste/brush/soap/ Towel)	
• Shirt/T-Shirt	3	• Torch	1
• Jeans / Pants	2	• Small note book / pen	1
• Spare pant/track suit bottom (for use while sleeping)	1	• Water bottle 1.5ltr	1
• Under garments	4 sets	Common Items that can be shared	
• Monkey cap / Balaclava	1	• Cold cream	1
• Woolen sweater (full sleeve)	1	• Sun protection (SPF 15 or 20)	1
• Woolen gloves	1 pair	• Adhesive plaster roll (for toes/sole of feet)	1
• Woolen socks	1 pair	• Medical kit	1
• Thermal inners: top + bottom	1 set	(Personal medicines, if any)	
• Rain sheet / coat / poncho (or water proof pant/shirt)	1	• Micoderm powder	1
• Wind cheater / Light Jacket	1	• Scissors - small	1
• Sun cap	1	• Pocket mirror	1
• Sun glasses	1	• Light disposable paper bags (clothes/garbage etc)	5
• Trekking shoes	1	• Old Newspaper	1
• Bathroom slippers	1	(for drying shoes, if wet)	
• Cotton socks (thick)	2 pairs		

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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