



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

Introduction

Trekking requires participants 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 backpack or daysack, 30ltrs 1
- Shirt / T-Shirt 7
- Jeans / Pants 7
- Full sleeve T-shirt 1
- Trolley / Duffel (main bag) 1
- Spare pant/tracksuit bottom 1
(For use while sleeping)
- Undergarments 6 sets
- Monkey cap / Balaclava 1
(Head protection)
- Woolen sweater (full sleeve) 1
- Woolen gloves 2
(One should be waterproof)
- Thermal inners: top + bottom 1 set
- Windcheater / Light Jacket 1
- Rain sheet / coat / poncho 1
- Fleece jacket 1
- Waterproof pant /shirt 1
- Sun cap 1
- Sun glasses 1
- Trekking shoes 1
- Bathroom slippers 1
- Woolen socks 2 pairs
- Cotton socks (thick) 4 pairs
- Toilet kit 1
(Toothpaste/brush/soap/Towel)

- Torch 1
(With spare cells)
- Small notebook / pen 1
- Metallic water bottle 1 ltr 1

Common items that can be shared

- Cold cream 1
- Sun protection 1
(SPF 20 or above)
- 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
(antifungal 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

- Main backpack / sleeping bag - carried by mules or porters
- 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 daysack with water, warm clothing, rain sheet, torch, medicines, camera etc. The main back pack of each participant will be carried by mules / porters.

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<p><u>Head Office:</u> NALS Outdoors India Pvt Ltd # 31, 5th Street, Kongu Nagar, Kalveerampalayam, Coimbatore - 641046, INDIA</p>	<p>T : +91-94422 75501 : +91-94422 75502 E : enquiry@nals.in W : www.nals.in UPI : Q079346078@ybl</p>	<p><u>Regd. Office:</u> 36A, Bhooma Nivas, 4th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999T2012PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5</p>
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