



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring

### **Introduction**

Outdoor activity 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. Rock climbing can damage some of your clothing – avoid expensive clothing.
2. Use loose fit clothing
3. Cell phones, iPods / MP3 devices are not allowed.
4. Avoid heavy clothing and accessories.
5. Avoid snacks, chocolate bars, fizzy drinks and other eatables.
6. Avoid valuables like jewels and excessive cash.

### **Personal Items**

- Trolley / Duffel (main bag) 1
- Shoulder bag (Day Sack) 1  
(25 ~ 35 ltrs)
- Shirt/T-Shirt 4
- Jeans / Pants 4
- Spare pant/track suit bottom 1  
(for use while sleeping)
- Under garments 5 sets
- Wind cheater / Jacket 1
- Rain sheet / pancho 1  
(or water proof pant/shirt)
- Sun cap 1
- Sun glasses 1
- Trekking shoes 1
- Bathroom slippers 1
- Cotton socks (thick) 3 pair
- Toilet kit 1  
(Toothpaste/brush/soap/ Towel)
- Torch 1  
(with sufficient cells)

- Small note book / pen 1
- Water bottle 1.5 ltr 1

### **Common Items that can be shared**

- Cold cream 1
- Sun protection 1  
(SPF 15 or 20)
- Adhesive plaster roll 1  
(for toes/sole of feet)
- Crepe bandage 1  
(for knee/ankle pain relief)
- Medical kit 1  
(personal medicines, if any)
- Micoderm powder 1  
(anti-fungal 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 b 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, carabineers, 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.

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