



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

Introduction

Outdoor activity requires participants 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 heavy clothing and accessories.
3. Avoid snacks, chocolate bars, fizzy drinks and other eatables.
4. Avoid valuables like jewels and excessive cash

Personal Items

Hiking or Trekking shoes, torch, water bottle (metallic), small back pack (30 ltr), full sleeve sweater, full length loose fit jeans or pants or track suit, T-Shirt, sun cap, sun glasses, towel and toiletries are some of the minimum items required. Ladies – please avoid saree, salwar during outdoor activity.

Full sleeve cotton shirts or T-Shirt + Full pants are advised during the program, to avoid exposure to sun, insects and sharp tea bushes. Avoid Short pants or half pants

Items provided by NALS

- High altitude sleeping bags / mattress, provided at our campsites
- Cutlery – plates, cups for meals
- Other technical equipment for adventure activities – ropes, seat harness, carabineers, safety helmet and so on.

Note:

NALS is not responsible for loss of valuables. Please do not bring valuables, jewels or excessive cash / credit cards

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