



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

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 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

For Coonoor & Himachal Camps

• Trolley / Duffel (main bag)	1	• Small note book / pen	1
• Shoulder bag (Day Sack) (25 ~ 35 ltrs)	1	• Water bottle 1.5 ltr	1
• Shirt/T-Shirt	4	Common Items that can be shared	
• Jeans / Pants	4	• Cold cream	1
• Spare pant/track suit bottom (for use while sleeping)	1	• Sun protection (SPF 15 or 20)	1
• Under garments	5 sets	• Adhesive plaster roll (for toes/sole of feet)	1
• Wind cheater / Jacket	1	• Crepe bandage (for knee/ankle pain relief)	1
• Rain sheet / poncho (or water proof pant/shirt)	1	• Medical kit (personal medicines, if any)	1
• Sun cap	1	• Micoderm powder (anti-fungal use)	1
• Sun glasses	1	• Scissors - small	1
• Trekking shoes	1	• Pen knife	1
• Bathroom slippers	1	• Pocket mirror	1
• Cotton socks (thick)	3 pair	• Light disposable paper bags (clothes/garbage etc)	5
• Toilet kit (Toothpaste/brush/soap/ Towel)	1	• Old Newspaper	1
• Torch (with sufficient cells)	1	• Old Newspaper (for drying shoes, if wet)	1

Items provided by 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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