



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## Things to Bring

Introduction Trekking, in general, 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, cameras, 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
- Shoulder bag (Day Sack) 1 (25 ~ 35 ltrs)
- Main baggage – trolley / duffel 1
- Yoga mat 1 no
- Shirt/T-Shirt 6
- Jeans / Pants 6
- Night Dress 2 set
- Under garments 6 sets
- Monkey cap / Balaclava 1
- Woolen sweater (full sleeve) 1
- Sun cap 1
- Walking shoes / Sneakers 1
- Bathroom slippers 1
- Cotton socks (thick) 3 pairs
- Toilet kit 1set (Toothpaste/brush/soap/  
Towel)
- Torch 1
- Small note book / pen 1
- Water bottle 1 Ltr 1 (water provided by  
NALS) Items that are optional / shared
- Sun glasses (other than blue) 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
- Scissors - small 1
- Pocket mirror 1
- Light disposable paper bags 5  
(clothes/garbage etc)
- Old Newspaper 1 (For drying shoes, if wet)

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(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)
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(clothes/garbage etc)
- Old Newspaper 1  
(For drying shoes, if wet)

### Items provided by NALS

- Sleeping bags / mattress + blankets
- Cutlery – plates, cups for meals
- Other technical equipment for adventure activities – ropes, seat harness, Carabiners, 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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