



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

FACULTY LEADERSHIP AND ADVENTURE PROGRAM (FLAP)

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. Use loose fit clothing
2. Avoid iPods / MP3 devices
3. Avoid heavy clothing and accessories.
4. Avoid snacks, chocolate bars, fizzy drinks and other eatables.
5. Avoid valuables like jewels and excessive cash

Things to Bring

- Trekking Shoes - walking shoes
- Sandals or bathroom slippers
- Jeans / Pants / T-Shirt - 2
- Warm clothing - Full Sleeve Sweater
- Balaclava (monkey cap)
- Sun cap
- 1 Lt Water Bottle
- Torch
- Towel & Toiletries
- Day sack (shoulder bag – 30 ltr)

Optional

- Personal medicines
- Sun glasses
- Raincoat or Umbrella

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

NALS / TBM – FLAP / 28 Jan 2019

Page 1 of 1

Head Office: No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in	Regd. Office: 36A, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
---	--	--