



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. Cell phones, iPods / MP3 devices are may be avoided.
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

Yoga mat, Hiking or Trekking shoes, torch, water bottle, small backpack (30 ltr), full sleeve sweater, comfortable clothes yoga or pants or track suit for doing yoga asanas, T-Shirt, sun cap, sunglasses, towel and toiletries are some of the minimum items required. Persons who cannot brave the colder weather at Coonoor are suggested to bring thermal inners - both upper and lower.

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

Optional - Camera

Items provided by NALS

- Altitude sleeping bags or mattress, provided at our campsites
- Cutlery – plates, cups for meals

Note:

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

| | | |
|---|--|---|
| 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 |
|---|--|---|