



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

Introduction

Climbing activity requires participants to be dressed in casual clothing, be free from gadgets and sharp objects such as pens or keys. Please follow the following guidelines:

1. Rock climbing can damage some of your clothing – avoid expensive clothing.
2. Use loose fit clothing
3. Cell phones, iPods / MP3 devices are not allowed during the program
4. Avoid heavy clothing and accessories.
5. Avoid snacks, chocolate bars, fizzy drinks and other eatables.
6. Avoid valuables like jewels and excessive cash.

Personal Items

- Notebook + pen 1
- Shoes - casual or outdoor 1
- Water bottle 1 ltr 1
- Hand Towel 1
- Preferably the items to be carried in a small backpack.

Items provided by NALS

- Personal safety equipment for use during the program
- Other technical equipment for adventure activities – ropes, seat harness, carabiners, safety helmet and so on.
- Hand washing soap

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