



# 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. Outdoor activities can damage some of your clothing – avoid expensive clothing.
- 2. Use loose fit clothing
- 3. Cell phones, iPods / MP3 devices are not allowed.
- 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**

- Shoulder bag (Day Sack) 1(25 ~ 35 ltrs)
- Shirt/T-Shirt 3
- Jeans / Pants 2
- Spare pant/tracker suit bottom 1(for use while sleeping)
- Under garments 5 sets
- Wind cheater 1
- Thermal wear 1 set
- Rain sheet 1(or water proof pant/shirt)
- Sun cap 1
- Sun glasses (other than blue) 1
- Trekking shoes 1
- Bathroom slippers 1
- Cotton socks (thick) 3 pair
- Toilet kit 1 (Toothpaste/brush/soap/Towel)
- Torch 1(with sufficient cells)
- Note book / pen 1
- Water bottle 1.5 ltr 1

### **Common Items that can be shared**

- Cold cream 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(anti-fungal use)
- Scissors - small 1
- Pen knife 1
- Pocket mirror 1
- Light disposable paper bags 5 (clothes/garbage etc)
- Old Newspaper 1(for drying shoes, if wet)

### **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, carabiners, safety helmet and so on.

NALS / TB – COBF / 28 Oct 2024

Page 1 of 1

<b>Head Office:</b> NALS Outdoors India Pvt Ltd # 31, 5th Street, Kongu Nagar Kalveerampalayam, Coimbatore - 641046, INDIA	T : +91-94422 75501 : +91-94422 75502 E : enquiry@nals.in W : <a href="http://www.nals.in">www.nals.in</a> UPI : Q490866346@ybl	<b>Regd. Office:</b> 36A, Bhooma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ2012PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
--	---	---