



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

GREAT HIMALAYAN CYCLING EXPEDITION (GHCE)

Major items

- Cycle - lightweight hard tail with front suspension / disc brakes / mountain tyres
- Spares for cycle - brake shoe, brake fluid, spokes 29er and 650B as a minimum
- Riding helmet - 1
- Sleeping bag - Zero ~ 5 Deg C
- Breathable Jerseys - 2 pairs
- Padded riding shorts - 4 pairs
- Sun Screen SPF 50 - 1

Personal Items

- Trolley Bag (for main luggage) 1
- Shirt/T-Shirt 5
- Jeans / Pants 3
- Spare pant/track suit bottom 1
(for use while sleeping)
- Under garments 5 sets
- Monkey cap / Balaclava 1
- Woolen sweater (full sleeve) 1
- Woolen gloves 1 pair
- Woolen socks 2 pairs
- Thermal inners: top + bottom 1 set
- Wind cheater / Warm Jacket 1
- Water proof shirt / pant 1
- Sun cap 1
- Sun glasses 1
- Riding / Trekking shoes 1
- Bathroom slippers 1
- Cotton socks (thick) 4 pairs
- Toilet kit 1
(Toothpaste/brush/soap/ Towel)

- Torch 1
- Small note book / pen 1
- Water bottle 1.5ltr 1
- Back pack, 30 ltr 1

Common Items that can be shared

- Cold cream 1
- Adhesive plaster roll 1
(for toes/sole of feet)
- 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)

Items provided during the program

- Floor mattress
- Duffel bag, for moving your personal baggage
- Cutlery – plates, cups for meals

General comments

- Participants may carry some extra clothes for their travel and stay at Leh
- Insurance – To protect against unforeseen circumstances, we advise you to take trip cancellation and medical insurance policies.

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