NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

Things to Bring

MANAL - LEH TOUR & TREK (MLTT)

Introduction

Clothing has to be of very good quality as minimum temperatures can be between 5 to -5 Deg C, maximum temperature can be between 22 ~ 30 Deg C. One can expect high winds at campsites. Avoid snacks and junk food - keeping the stomach lean and empty between meals will help manage altitude sickness

Personal Items

- Trolley Bag (for main luggage) 1
- Shirt/T-Shirt 5
- Cotton cargo pants 3
- Spare pant/track suit bottom (for use while sleeping) 1
- Under garments 6 sets
- Monkey cap / Balaclava 1
- Woolen gloves 1 pair
- Cotton socks (thick) 3 pairs
- Woolen Socks 1 pair
- Thermal inners: top + bottom 1 set
- Woolen sweater (full sleeve) 1
- Feather / Warm Jacket 1
- Wind cheater / Light Jacket 1
- Rain sheet / coat / poncho 1
- Sun cap (High UV protection) 1
- Sun glasses (compulsory) 2
- Trekking shoes (basic) 1
- Bathroom slippers 1
- Torch with cells 1
- Toilet kit (Toothpaste/brush/soap/ Towel) 1
- Small note book / pen 1
- Metallic Water bottle (flask) 1 ltr 1
- Back pack, 30 ltr 1

Common Items that can be shared

- Toilet paper roll 1
- Cold cream 1
- Sun protection (SPF 15 or 20) 1
- Adhesive plaster roll (for toes/sole of feet) 1
- Medical kit (Personal medicines, if any) 1
- Micoderm powder 1
- Scissors - small 1
- Pocket mirror 1
- Light disposable paper bags (clothes/garbage etc) 5
- Old Newspaper (for drying shoes, if wet) 1

Items provided during the program

- Sleeping bag
- Cutlery – plates, cups for meals
- Technical equipment – ropes, harnesses, carabiners etc (for emergency use)

General comments

- Participants may carry some clothes for their travel and stay at Manali / Leh. Bath is not possible during the road journey which is 5 days, hence, avoid excess baggage.
- Pillows are not provided in this program. Please improvise with clothing.
- Insurance – To protect against unforeseen circumstances, we advise you to take trip cancellation and medical insurance policies. The policy should also cover surface transportation or even emergency evacuation by helicopter. As per current rules of Government of India, all foreigners visiting India must have an evacuation insurance policy.

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