



**ALL THE TRAINEES OF MOUNTAINEERING COURSES (BOTH MALE AND FEMALE) MUST ENSURE TO BRING THE FOLLOWING EQUIPMENT / CLOTHING WITH THEM**

|     |  |                         |
|-----|--|-------------------------|
| (a) | Light hat for trekking / P-Cap   | 01                      |
| (b) | Cap (woolen)   | 01                      |
| (c) | Undergarments  | Minimum 04              |
| (d) | Towel  | 02                      |
| (e) | Light weight rain coat / poncho  | 01                      |
| (f) | Woolen socks of good quality (heavy woolen)  | 03 Pairs                |
| (g) | Normal socks   | 04 Pairs                |
| (h) | Torch with cells   | 01 with spare batteries |
| (i) | Writing material (Notebook & Ball point pen)   | As required             |
| (j) | Toilet requisites (Toothpaste, Toothbrush, Soap etc)                                 | As required             |
| (k) | Woolen gloves & Normal Gloves (Waterproof)   | 02 + 02 = 04 Pairs      |
| (l) | Dark goggles   | 01 No                   |
| (m) | Water proof cover for turbans (for those who use turbans)                            | As required             |
| (n) | Rubber soled trekking shoes<br>(pvc soled shoes and canvase shoes should be avoided) | 01 Pair                 |
| (o) | Warm shirt full sleeves and trousers   | 01 Set                  |
| (p) | Heavy woolen pullover full sleeves   | 01                      |
| (q) | Repair kit (Needle, thread and buttons)  | 01 Set                  |
| (r) | Trek Pants   | 02                      |
| (s) | Cotton T- shirts   | 02                      |
| (t) | Thermal Innerwear  | 02 Sets                 |
| (u) | Trek suit  | 02 Set                  |
| (v) | Eatables   | As required             |
| (w) | Sunburn Cream (SPF 40 or Above)  | 01                      |