



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

(a)	Light hat / cap for trekking	01
(b)	Cap (woolen)	01
(c)	Undergarments	Minimum 04
(d)	Towel	02
(e)	Normal socks	04 Pairs
(f)	Torch with cells	01 with spare batteries
(g)	Writing material and ball point pen	As required
(h)	Toilet requisites (Toothpaste, Toothbrush, Soap etc)	As required
(i)	Woolen gloves	01 Pair
(j)	Dark goggles	01 No
(k)	Trekking shoes / Sports Shoes (pvc soled shoes and canvasse shoes should be avoided)	01 Pair
(l)	Heavy woolen pullover full sleeves	01
(m)	Repair kit i.e. Needle, thread and buttons	01 Set
(n)	Cotton trousers / lowers	02
(o)	Cotton shirts	02
(p)	Thermal Innerwear	02 Sets
(q)	Trek suit	02 Set
(r)	Eatables	As required
(s)	Sub Burn Cream (SPF 30)	01