



TO GET THE BEST OUT OF THE EXPERIENCE, PARTICIPANTS AND THEIR PARENTS MUST READ THIS DOCUMENT. THIS WILL HELP IN SETTING THE RIGHT EXPECTATIONS AND IN PREPARING FOR THE PROGRAM.

- COORG ON WHEELS: DAY WISE SCHEDULE
- COORG ON WHEELS: KIT LIST
- COORG ON WHEELS: FITNESS & PREPARATION

Coorg on wheels Expedition – Day Wise Schedule

- Day 1** **Welcome** Reach campus and settle in. Ice Breakers and expectation setting.
- Day 2** **Understand** Begin the day with introduction to the equipment, cycles, safety gear and safety briefing. After this you cycle around the camp and do an obstacle course to enhance riding skills. After lunch you plan and pack for the expedition.
- Day 3** **Explore** You begin the expedition by cycling off-road till Vadu pass, a 2kms uphill trail followed by 4 km off road downhill. We continue cycling to reach Kabbe Mott where you stop for lunch and set up camp. You pitch tents, do activities around the camp and cook your first meal on the expedition!
- Day 4** **Best Slopes** Start the day with some hot tea/coffee and some nutritious breakfast made by you, pack the tents and head out to get on the best slopes of the expedition, Cycle past the Kabbinkad Junction and visit the Nalaknad Palace. Later camp in the Palace Grounds. Another night under the star studded sky!
- Day 5** **The day that we hit the Black mat** Start cycling to the base of the highest peak in Coorg "Thadiyandamol". You head towards the forest guest house to set up base camp for the summit. On this day, you will travel around 20 km on black metal road.
- Day 6** **Summit day** On this day, you walk up to the summit. The view is spectacular, on a clear bright day you can see the Arabian Sea! Prepare a good dinner for the great evening as it's your last day to camp out.
- Day 7** **Head back to camp** You ride a total of 20 km crossing Nalknad Palace to reach Chingaara base camp. Relax in the evening with camp games and enjoy delicious food to celebrate the success of the expedition.
- Day 8** **Homeward** Have breakfast at camp and leave for Bangalore at 11:00 am. Reach Bangalore around 9:00 pm at night.

Coorg on wheels Expedition - Kit List

Kit List

Please Bring **ONLY** these items:

- 2 pairs of padded shorts
- 2 t-shirts (quick drying material, NOT COTTON)
- 5 t-shirts (Cotton)
- 1 pair of pants (i.e. track pants/lower - NOT JEANS)
- 1 warm layer of clothing (Lower)
- 1 waterproof Jacket (not a rain coat)
- 2 warm full-sleeved fleece/woolen upper (warm, NOT COTTON)
- 4 pairs of undergarments or as required
- 4 pairs of socks
- 1 pair of sturdy running/athletic shoes (to be used for biking, should be worn in, NOT new)
- 1 pair of floaters/sandals to wear around camp (NOT leather)
- 1 medium sized quick drying towel
- 1 medium day pack (Back pack to carry on the back while cycling)
- 1 cap / bandana
- Biking gloves – These are for your comfort
- Sleeping bags: - Keeping in mind international camping practice, it is recommended that participants carry their own sleeping bags (We recommend Quechua, Model S10). Though we have enough sleeping bags to provide participants in case they do not carry their own, please note that these are used by other participants and we reissue them after basic cleaning and using a disinfectant spray. The sleeping bags are adequate for the weather and keep one comfortable, do note they may not be in showcase condition.
- Please carry comfortable clothes. They should not to be too tight or baggy.
- Toothbrush and tube of toothpaste (small travel size)
- 1 bar of soap , 1 small bottle of shampoo, 1 deodorant, 1 bottle of sunscreen
- Bug spray / Insect repellent
- Extra pair of spectacles in case you use them
- Any specific medicine if you are undergoing treatment (mention in the medical form)
- 1 small torch / flashlight / headlamp with extra batteries
- Hydration Pack of 2 liters. (We recommend Camel Back)

Instructions for camp

- A. **Tuck/Junk Food:** Not allowed. Please do not send any eatables - home cooked food, chocolates, chips, juices, chewing gums etc.
- B. **Mobile phones/MP3 Players:** Not allowed. The program is designed to be in the wilderness and out of comfort zone. Gadgets can be distracting and become a safety hazard. If carried, they will be confiscated and have to be taken back from our office at the end of the program.
- C. **Packing:** Limit to one piece of luggage. Please pack everything in a duffle bag or a rucksack. Do not pack in a suitcase. You are expected to carry your own bag during transfers at the stations and to and fro from the vehicle
- D. **Money:** Participants do not require to carry any money for their travel, stay or meals from the point INME takes charge and till they are handed back to the parents. However, we have a store on the campus that sells memorabilia like T-shirts, caps, key chains etc. and participants can carry a maximum of Rs 2500. INME will not be responsible for any money lost or missing unless it is deposited in the camp safe on arrival.
- E. **Cameras:** Participants may carry cameras. Onus on taking care against loss or damage is with them.
- F. **Jewelry and expensive clothes:** Jewelry or expensive accessories are not recommended. For expensive or delicate clothes, please exercise your discretion. INME will not be responsible for damage or loss of items.

Coorg on wheels Expedition – Fitness & Preparation

Preparation

The program will be demanding compared to the usual physical and outdoor activities you may be used to.

Flexibility, agility and stamina will help you enjoy the expedition. We recommend a daily jog (30 minutes) for a month before the program.

In the last 2 weeks before departure, do a lot of stretching and flexibility building exercises. Use the shoes that you want to carry for the expedition.