



**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.**

- KEDARKANTHA SNOW – DAY WISE SCHEDULE
- KEDARKANTHA SNOW – KIT LIST
- KEDARKANTHA SNOW – FITNESS & PREPARATION



## Kedarkantha Snow Expedition – Day Wise Schedule

- Day 0** Departure from New Delhi at 11:50 pm from the New Delhi Railway Station on Nanda Devi Express.
- Day 1** **Settling in** Arrival in Dehradun by 5:40 am and onward by road to Inme Tons campus. Reach for a late lunch. Settle in and get your gear. Get to know other participants. Tent pitching and basic camping skills.
- Day 2** **Acclimatization** You are allotted expedition partners. The you do a short Acclimatization trek to help you adapt. After returning to the camp you prepare can pack for the expedition. Post lunch you go for another short trek. Evening is spent relaxing around the bonfire.
- Day 3** **Starry starry trek** You leave early morning by jeeps to Sankri (1 hour) from where you start the trek. Trekking through rocky terrain and meadows, you camp out at Juda ka talab (9,500 ft.). First night under the stars!
- Day 4** **Snow walking** You stay today in Juda ka Talaab to get trained in snow walk, Self-Rescue in snow, how to create snow routes. You will also do an acclimatization trek to get used to the altitude.
- Day 5** **Snow Route Creation** You continue trekking to reach the base camp (11000 ft.). You will be able to see the Kedarkantha peak from this point. Pitch tents and do activities around camp in the evening.
- Day 6** **The final hike** You start the day early to ascent Kedarkantha (12500 ft.) by 11:00 am and return to base camp for lunch. Trek down and camp out at Juda Talob.
- Day 7** **Inme camp** You start early to reach Sankri by 11 am and then return back to inme campus by jeeps around noon. Rest and bathe!! Evening fun to mark the success of the expedition!
- Day 8** **Climb On** Learn Rock Climbing in the morning through afternoon. Have a bonfire and a special dinner in evening.
- Day 9** **Homeward** Leave campus by 12 noon. Train from Dehradun at 11:30 pm.
- Final Day** Arrive back in Delhi by 5:20 am the next day.



## Kedarkantha Snow Expedition - Kit List

### Kit List

#### Please Bring **ONLY** these items:

- 6 t-shirts (Full sleeves)
- 2 pairs of Sweat shirts (preferably full sleeves)
- 2 warm Track pants and 2 Track pants /)  
(they are light and quick dry – avoid heavy denims or cotton trousers)
- 1 medium sized towel (quick dry)
- 1 thick warm Jacket ideally with hood to keep your neck, ears and head covered (Temperatures on the trek would be sub zero.)
- 1 light pull over or fleece jacket
- 2 pairs of Thermal Wear
- 1 water proof jacket and trousers
- 1 cap (P-cap or sun hat for day hikes) or head scarf
- 1 woolen cap (ideally balaclava / woolen monkey cap)
- A pair of Sunglasses, (which can fully cover your eyes) avoid blue tinted; brown / red / green / black are fine) – (lack of proper sunglasses can cause injury to the eyes).
- People who wear spectacles, should ideally wear contact lenses, or photochromic glasses. If neither, then carry a big pair of sunglasses that can be worn over your spectacles
- Extra pair of spectacles in case you use them.
- 1 pair of Woolen Gloves
- 1 pair of water proof gloves
- Undergarments (for 8-9 days)
- Shoes: Correct footwear is extremely important. Please ensure that the shoe is comfortable with a sturdy sole that can take rough terrain (Must be worn in, Must NOT be new) you will be provided snow shoes, gaiters and other equipment for parts of trek with snow
- 5-6 pairs of Socks (3 must be woolen)
- 1 pair of Floaters (NOT leather)
- 1 head Lamp (carry extra batteries)
- Personal Toiletries Kit (include sun screen (SPF 40+), chap stick or lip balm, cold cream & mosquito repellent must among others)
- Any specific medicines if you are undergoing a treatment (please mention in the medical form also)



- **Sleeping bags:** (We recommend Quechua, Model S0) Keeping in mind international camping practice, it is recommended that participants carry their own sleeping bags. 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.
- **Water bottle** (ability to carry 2 liters of water, NOT a thermos)

### Instructions for camp

- Tuck/Junk Food:** Not allowed. Please do not send any eatables - home cooked food, chocolates, chips, juices, chewing gums etc.
- 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.
- 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
- 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.
- Cameras:** Participants may carry cameras. Onus on taking care against loss or damage is with them.
- 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.



## Kedarkantha Snow Expedition – Fitness & Preparation

### **Preparation**

The program will be a little demanding compared to the usual physical and outdoor activities you are 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.