



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

Kedarkantha 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 camp for a late lunch. Settle in and get your gear. Get to know other participants. Tent pitching and basic camping skills. In the evening you learn the basics of trekking and mountaineering.
- Day 2** **Acclimatization, Plan & prepare** You do a short but strenuous trek to adapt to the forthcoming trek. You do white water rafting in the afternoon. In the evening, you plan for the expedition, ration for the meals, divide the load to carry and pack your rucksacks.
- Day 3** **Starry starry trek** You leave early morning by bus 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** **Higher up** You continue trekking to reach the base camp (12000 ft.). You will be able to see the Kedarkantha peak from this point. Pitch tents and do activities around camp in the evening.
- Day 5** **It's Cold Outside** You start the day early to ascent Kedarkantha. (12500 ft.) By 11:00 am return to base camp for lunch. Trek down and camp out at Juda ka Talab.
- Day 6** **Inme camp** You reach Sankri by noon and then return back to Inme campus by bus around lunch. Rest and bathe!! Special dinner to mark the success of the expedition!
- Day 7** **Challenges!** White Water Rafting Challenge at Inme camp, lots of activities around the campus. Campfire, fun & camp games.
- Day 8** **Homeward** Leave campus by 12 noon. Train from Dehradun at night
- Final Day** Arrive back in Delhi by 5:25 am

Kedarkantha Expedition - Kit List

Kit List

Please Bring **ONLY** these items:

- 6 t-shirts
- 2 pairs of Sweat shirts (preferably full sleeves)
- 1 warm Track pants and 2 Track pants / jeans
- 1 medium sized towel (quick dry)
- 1 thick warm Jacket (Temperatures on the trek can fall as low as 0°C.)
- 1 light pull over
- 2 pairs of Thermal Wear
- 1 rain proof jacket
- 1 cap
- 1 woolen cap (should cover your ears)
- 1 pair of Sun Glasses
- 1 pair of Woolen 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)
- 3-4 pairs of Socks (2 must be woolen)
- 1 pair of Floaters (NOT leather)
- 1 head Lamp (carry extra batteries)
- Personal Toiletries Kit (include sun screen, moisturizer, chap stick/lip balm & mosquito repellent)
- Extra pair of spectacles in case you use them.
- Any specific medicines if you are undergoing a treatment (please mention in the medical form also)
- 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.
- Water bottle (ability to carry 2 liters of water, NOT a thermos)

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.

Kedarkantha 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.