



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.

- TRIPLE TROUBLE – DAY WISE SCHEDULE
- TRIPLE TROUBLE – KIT LIST
- TRIPLE TROUBLE – FITNESS & PREPARATION



Triple Trouble Expedition – Day Wise Schedule

- Day 1** Group meets at New Delhi Railway Station at 5:45 am. They depart from Delhi in Dehradun Shatabdi for Haridwar. After having lunch at Haridwar the group travels by jeep/bus to reach the Aquaterra Campus which is situated near Byasi. The group begins with the orientation & safety briefing. You are divided into two groups A and B. get into rafting gear, and raft down the Ganga. Both groups raft till Shivpuri and engage in team building activities post lunch.
- Day 2** *Group A:* Start rafting from ATA Shivpuri and end at Nim. Post lunch, challenge yourself with the High Elements ropes course.
- Group B:* Start with introduction to kayaking. Paddle down from Silver Sands to the Gular Bridge.
- Day 3** *Group A:* Take on the rapids. You learn self-rescue and safety management techniques like flip drill and how to guide the raft. Post lunch, continue with your High element ropes course
- Group B:* Leave for Devprayag to start the kayaking mini expedition from Devprayag to the fantastic beach at Beas Ghat, northern India's most famous fishing spot. Here you camp overnight, enjoy the beach campfire.
- Day 4** *Group A:* We go for a short hike to a nearby village. Once back at campus we split into smaller groups to create retro rafts. Post lunch, start with introduction to kayaking. Paddle down from Silver Sands to the Gular Bridge.
- Group B:* Kayak 15 km in the remote part of the upper Ganga gorge till Kaudiyala finishing the Kayak expedition. Travel back to Base Camp. Post lunch, hike to nearby village.
- Day 5** *Group A:* Leave for Devprayag to start the kayaking mini expedition from Devprayag to the fantastic beach at Beas Ghat, northern India's most famous fishing spot. Here you camp overnight, enjoy the beach campfire.
- Group B:* Start rafting from ATA Shivpuri and ending at Nim. Post lunch, Challenge yourself with the High Elements ropes course
- Day 6** *Group A:* Kayak 15 km in the remote part of the upper Ganga gorge till Kaudiyala finishing the Kayak expedition.
- Group B:* Take on the rapids. You learn self-rescue and safety management techniques like flip drill and how to guide the raft. Post lunch, Continue with your High element ropes course
- Day 7** We have Helter Skelter – Inme Olympics by the beach. At night the participants get to showcase their talent in the Talent Night!
- Final Day** After the final debriefing and reflection session the group departs post lunch for Haridwar. They catch the Dehradun Shatabdi and Reach New Delhi Railway Station at 10:45 pm.



Triple Trouble Expedition - Kit List

Kit List

Please Bring **ONLY** these items:

1. 6-7 t-shirts (3-4 should be quick dry)
2. 3-4 shorts (2 should be quick dry)
3. 1-2 track pants
4. Undergarments (sufficient)
5. Towel
6. 3-4 pair socks
7. Shoes (rubber soled and in good condition, should not be new)
8. Floaters (must)
9. A jacket (preferably rainproof)
10. Your toiletries
11. Sun screen & Mosquito repellent
12. Pair of sports sunglasses
13. A torch (spare batteries)
14. A cap
15. Medicines if you are under treatment
16. Extra pair of spectacles in case you use them (we do not recommend contact lenses)
17. Water bottle (ability to carry 1 liter of water, NOT a thermos)
18. We recommend you carry your own sleeping bag. In case you do not, we will issue one on a returnable basis. However, do not expect brand new sleeping bags as these are reissued across programs.

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.

Triple Trouble 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.