



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.

- NAG TIBBA – DAY WISE SCHEDULE
- NAG TIBBA – KIT LISTS
- NAG TIBBA – FITNESS & PREPARATION

Nag Tibba Expedition – Day Wise Schedule

- Day 1** **Settling in and acclimatization.** The group meets at New Delhi Railway Station at 5:45 am and travel to Dehradun by Dehradun Shatabdi. Arrival in Dehradun by 12:40 pm and post lunch travel by road to inme campus. Settle in and get to know your instructors and other participants. Tent pitching and basic camping skills. Short acclimatization walk.
- Day 2** **Plan & prepare** You do a longer trek, learn mountain manners, and ‘Leave No Trace’. In the evening, plan for the expedition, ration for the meals, divide the load to carry and pack your rucksacks. Assign roles in smaller groups for cooking, cleaning and firewood. These sub groups will perform each role in rotation as part of learning.
- Day 3** **Starry starry trek** Leave early morning by jeeps to Pantwadi village from where you start the trek and reach the Nag Tibba base camp (8500 ft.) named after the very popular temple of a local diety. The campsite has a huge meadow with a majestic sunset point. Pitch tents and set up bonfire around camp in the evening. First night under the stars!
- Day 4** **Peak Ascent** Start the steep ascent to Nag Tibba Top after breakfast without your rucksacks and tents. Reach the summit (9915 ft.!) and celebrate the success at top. Come back to the base camp, fun and learning activities in the evening and a discussion around the bonfire to learn from the wonderful experience.
- Day 5** **Descent** Start your descent after breakfast to move towards a different valley near Auntar village. Lunch enroute, continue your descent to reach the beautiful campsite at Devalsari, your last night out.
- Day 6** **Back in campus** You start early to reach roadhead by 9 am and then return back to inme campus by jeeps around noon. Rest and bathe!! Special dinner to mark the success of the expedition!
- Day 7** **Helter Skelter** Lots of activities around the campus, fun & camp games.
- Final Day** Final Debriefing and reflection session at the end of the program. Start from the campus for Dehradun station after lunch and board train to arrive back in Delhi by 10:45 pm.

Nag Tibba 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
- 1 medium sized towel (quick dry)
- 1 thick warm Jacket
- 1 light pull over
- 1 pair 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 7-8 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). Shoes with ankle support are ideal for trekking to prevent ankle twists / sprains which are very common on such terrain.
- 3-4 pairs of Socks
- 1 pair of Floaters (NOT leather)
- 1 head Lamp (carry extra batteries)
- Personal Toiletries Kit (please include sun screen, lip-balm, cream & 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 (up to 5°C): 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 other participants use these 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.

Nag Tibba 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.