



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.

- KAYAK AND MORE – DAY WISE SCHEDULE
- KAYAK AND MORE – KIT LISTS
- KAYAK AND MORE – FITNESS & PREPARATION

Kayak and More Expedition – Day Wise Schedule

The children will be divided into sub groups and will do the activities on a rotation basis.

- Day 1** The group will depart from New Delhi Railway station at 06.00 am in the morning in Kathgodam Shatabdi to Kathgodam. From Kathgodam station the group travels to the campus in non-AC buses. Hot lunch is served as soon as the group reaches. After the Program orientation and accommodation allocation the group does ice breaker activities and games to get to know each other.
- Day 2** The kayaking group is ready for the introduction to kayaking. They go through the basics of hydrology followed by an introductory session on the equipment and a detailed safety briefing. The group is now ready to take to the water! They kayak a small stretch in the famous Naukuchiyatal lake with its pristine water and mountainous surroundings.
- Day 3** The group revises the kayaking basics and head for the larger stretch of kayaking. They maneuver their kayaks to complete the full stretch of the lake this time.
- Day 4** The second part of the expedition is rock climbing. The group goes through an introductory session on equipment and learn about the use of harnesses, ropes, carabiners, knots and anchors. They then learn different climbing techniques and they climb a natural rock face using all the skills that they learnt.
- Day 5** After warming up and practicing all that they learnt the previous day, they proceed to learn about jumaring and rappelling. Jumaring is a technique used to ascend a rock face using specialized equipment. Rappelling is one of the fastest ways to descend from the top of a cliff. With the help of safety belay and expert instructors the participants rappel down.
- Day 6** On the third leg of the program the group readies to explore the beautiful mountains of the Naukuchiyatal region. They learn how to plan and prepare for a backpacking trip into the wild! They go for an acclimatization trek to get comfortable with the gain in altitude and challenging gradient.
- Day 7** The children leave the campus for a day out! After packing of tents and distribution of ration supplies, it's time to proceed for the trek. The group treks and sets up a small afternoon camp for lunch. The group cooks a meal together and relaxes in the true manner of a hiker!
- Final Day** After the final debriefing and reflection session the group departs post lunch for Kathgodam. They catch the Kathgodam Shatabdi and Reach New Delhi Railway Station at 09.05 pm.

Kayak and More Expedition - Kit List

Kit List

Please Bring **ONLY** these items:

- 6-7 t-shirts (2-3 should be quick dry)
- 3-4 shorts (2 should be quick dry)
- 1-2 track pants
- Undergarments (sufficient)
- Towel
- 5-6 pair of socks
- Shoes (rubber soled and in good condition, should not be new)
- Floaters (must)
- A jacket (preferably rainproof)
- Your toiletries
- Sun screen & Mosquito repellent
- Pair of sports sunglasses
- A torch (please carry spare batteries)
- A cap
- Medicines if you are under any treatment
- Extra pair of spectacles in case you use them (we do not recommend contact lenses)
- Water bottle (ability to carry 1 liter of water, NOT a thermos)
- 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.
- Sunglasses

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

- 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.

Kayak and More 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.