



INME Adventure Camps offer unique and safe learning opportunities to build life skills through fun, exciting, engaging and memorable adventurous experiences in unmatched outdoor locations.

Based out of our camp near Chakrata in Uttarakhand, this program is perfect for the campers wanting to do more than a discover program.

We have six action-packed days all planned out to get children curious, engaged and up on their feet as they bound about exploring the hills. Discover the different elements of Ropes Course in both high and low. Experience living in the outdoors by going for a night out in Outdoor Survival

Explorers pick up skills on each activity in smaller groups of 15-18 under the guidance and supervision of trained instructors. Cool Time sessions fuel the creative side or expand the mind by building on ideas of social, community and environmental awareness. A visit to a neighbouring village is always a grounding experience. Round things off with fun camp games and bonfire sessions.



Code	Age-Group	Departure	Arrival
CK1	10-12 yrs	22 May	28 May
CK2	10-12 yrs	28 May	03 June



CAMP AND AREA

The Chakrata camp is located at Viraatkhai. The camp has views ranging from looking down the plunging Doon valley at the Lego-like village homes in the distance and as soon as you turn the gaze upwards, mighty Himalayan ranges cover the horizon

Location: 75 kms from Dehradun, Uttarakhand.



TRAVEL

From Delhi:

Departure at 06:00 am (report by 5:15 am) from New Delhi Airport Terminal 2 Parking. Travel by luxury AC buses till Vikasnagar. Shift to smaller Non AC MUVs. Arrival at camp by lunch.



Return to Delhi:

Arrival: 10:00 pm at New Delhi Airport Terminal 2 Parking.

Outstation participants: will need to fly into Delhi a day before the departure date. Inme provides airport pick up and drop service, meals and overnight accommodation at an added cost of 6000 per child.

INSTRUCTORS & MEDICAL SUPPORT

1:6 instructor to child ratio. Instructors include a mix of female and male instructors. A resident doctor is available at all times on the camp.



ACCOMMODATION

In Tents - separate for boys and girls. Usually 5-6 children stay in a tent, with camping mats and sleeping bags.



TOILETS

The camp has built up toilets and baths attached to the tents. Toilets have WCs and hand faucets. Baths have running water and fittings and hot water is provided.



SAFETY AND SECURITY

Our children's safety and security is given the highest priority at Inme Learning. We take several steps to ensure the transport (driver and vehicle) is checked thoroughly before departures. All our technical equipment like ropes, carabiners, helmets, harnesses, etc are of the highest approved quality and all the equipment is regularly audited by our certified team. Our Camp Chief and Instructors are extremely well trained, experienced and certified by us as well as by external agencies like NOLS, NIM, JIM, HMI, etc. on a regular basis. We have a doctor and all the necessary medical equipment available 24x7 on all our camps throughout the duration of the program. We also have an emergency vehicle on hand for quick response time in case of any unforeseen emergencies. These are all precautionary measures that we follow. However, we have had an excellent track record on safety and security of more than 100,000 children over the last 26 years.

WEATHER

Summer temperatures range between 20°C to 30°C. Afternoons tend to get a little hot. We may experience rain sometimes.



FOOD

The camp has a fully functional kitchen. Wholesome fresh nourishing meals are prepared by trained staff. The food is largely vegetarian with non-veg served 2-3 times on the program. Other than breakfast, lunch and dinner, snacks and refreshments are served at appropriate times with emphasis on hydration.



FITNESS & PREPARATION

This program might be more demanding than the usual physical activities you're used to. We recommend a little jogging, stretching and exercising a few weeks before the departure to gain the flexibility and agility needed to truly enjoy the experience. Do this wearing the shoes you want to carry for the program—it'll help break into them.



TYPICAL DAY ON THE PROGRAM

6:00 am	Wake Up: Enjoy a hot cup of milk/tea/coffee with biscuits.
7:00 am	Elastic Limbs: Power up for the day!
8:00 am	Breakfast: Enjoy a delicious breakfast to gain energy.
9:00 am	Wonderful Outdoor World (WOW) Participants take part in their outdoor activities.
1:00 pm	Lunch: Nutritious and much needed lunch awaits the adventurers once they return to the camp after their outdoor experience.
1:30 pm	Free Wheeling Time to freshen up and relax.
2:30 pm	Cool Time Participants engage in different activities focussed on action, awareness and attitude. A mix of fun and learning activities takes the experience beyond outdoors and adventure.
5:00 pm	Tea Time Milk, tea and snacks up the energy levels.
5:30 pm	Cool Time Continue with cool time with a change of activities. This time is also be used for activity de-brief, group sharing session and personal reflection.
7:30 pm	Soup Time
8:00 pm	Dinner The much-awaited dinner caps off a power packed day for all.
9:00 pm	Lights off Get into your sleeping bags as the day's weariness starts to kick in. Slip into a golden-slumber and wake up fresh for another exciting adventurous day.





KITLIST

Follow this list strictly – Over or under-packing is not recommended as it will impact the comfort, safety and overall program experience.

BASIC CLOTHING

- 6-7 T-Shirts
- 3 pairs Shorts
- 2 Sweatshirt – Full sleeves and warm
- 3 Track pants
- 7-8 Pairs Socks
- 1 Towel – quick dry
- 1 Cap / sun shade
- Undergarments – sufficient
- 1 pair of night clothes



WARM / WOOLLEN / WATER RESISTANT ITEMS

- 1 warm jacket – full sleeved
- 1 Wind and rain proof jacket
- 1 warm cap



OTHER ITEMS

- Personal Toiletries – Must include hand sanitizer, sun screen, soap/ shower gel lip balm, cold cream & mosquito repellent.
- A pair of sunglasses – should cover the eyes completely.
- A torch or headlamp (bring spare batteries)
- Medicines, if you are under treatment (provide details with medicine name in the medical form).
- Extra pair of spectacles in case you use them (contact lenses not recommended).
- Water bottle – at least 750ml capacity. avoid thermoses with glass inners



FOOTWEAR

- 1 pair Comfortable rubber soled shoes in good condition. Must be worn in, not new.
- 1 pair Hiking Sandals – Strapped footwear usable in wet condition. Not Crocs. Flip-Flops or leather



SLEEPING BAG

- Though we provide sleeping bags to all, please note these are store issued and used by previous participants.
- We clean and sun them but you may prefer to carry your own sleeping bag. In case you wish to carry your own sleeping bag, we recommend one that is rated suitable for temperatures of 10°C. (Quechua – Forclaz is an option).
- If you want to use our sleeping bags, we recommend you carry a polyester sleeping bag liner.



PACKING

- Limit to one piece of luggage. Do not pack in a suitcase or stroller.
- You are expected to carry your own bag during transfers at the station and the camp.
- Pack everything in a rucksack or duffle bag with straps (No wheels)
- Small Knapsack/ Day pack (school bag types) to carry your personal items with you.



LIMITED MONEY, IF YOU WISH

- Inme takes care of all needs from the time we take charge of the participants, so no money is needed for meals, incidentals or kit items.
- We do have a store on the camp and participants may like to buy memorabilia like T-shirts, caps, keychains etc. However, do not carry more than Rs 2500.
- Do note that participants are responsible for the same unless it is handed to the Instructor/Course Leader to be deposited in the camp safe.

INME YOUREKA MERCH STORE

- Shop for Inme Youreka T-shirts and Hoodies from the merch store. New designs and classics available!
- To buy go to: www.inmeyourekamerch.com
- Avail 10% discount on the merch by using coupon code backoncamp

NO JEWELLERY / EXPENSIVE CLOTHES / GADGETS

- Do note that on outdoor and camp based programs there are many opportunities to lose and damage things. Inme does not take responsibility of any item like jewellery, gadgets or expensive clothes.
- Participants may carry a camera that they can take care of themselves.



Please understand that we do not want you to purchase things unnecessarily. However, for an outbound program, some of these items are essential. You can get all of the above mentioned things in stores like Decathlon and other online sellers. Most items should last and serve you a longer time in the outdoors!