



Inme summer camps are outdoor and adventure-based camps set in nature that build confidence in a child. The Kayak 'N' More is a combination of our two favorite programs Naukuchiatal Explore & Sitlakheth Explore. The program offers a mix of four activities over two campuses – Still Water Kayaking & Ropes Course on Naukuchiatal and the shift to Sitlakheth for Rock Climbing & Backpacking.

Participants start with Kayaking & Ropes Course along with introduction to backpacking in the Naukuchiatal Lake also called the 'lake of nine corners'. Then the group will shift to Sitlakheth Campus. During their stay at Sitlakheth participants backpack through the beautiful valley picking up camping skills and mountain manners along with Rock Climbing.



Code	Age-Group	Departure	Arrival
KNM1	11-13 yrs	14 May	22 May
KNM2	11-13 yrs	17 May	25 May
KNM4	11-13 yrs	28 May	05 Jun
KNM5	11-13 yrs	31 May	08 Jun
KNM6	11-13 yrs	03 Jun	11 Jun
KNM7	11-13 yrs	06 Jun	14 Jun





## **CAMPUS AND AREA - NAUKUCHIATAL**

Naukuchiatal is a small hill station in Nainital district of Uttarakhand. It is surrounded by hills covered in trees and shrubs. The inme campus is right on the edge of the lake. Surrounded by pine and oak forest, the campus provides a much needed escape from the city.



Location: 30 km from Kathgodam, Uttarakhand.

## **CAMPUS AND AREA - SITLAKHET**

Sitlakheth is the first-ever learning-based summer camp for kids in India. Set up in 1996, it is set in the sleepy hill station town in Almora district.



The campus has beautiful trekking trails, challenging rock faces and biking routes that take you through mountain passes and jungles. Lush green forests, majestic mountains, and fruit orchards make for an idyllic setting for a wilderness campus. It often acquires a dreamy "floating in the clouds" view.

Location: 30 kms from Ranikhet, Uttarakhand.

## **TRAVEL**

### **From Delhi to Naukuchiatal:**

Departure: 10:30 pm (report by 09:45 pm)  
New Delhi Airport, Terminal 2 Bus parking. Travel in an Luxury AC bus Kathgodam. Then by Non AC MUV's till campus. Arrival at campus by breakfast.



### **\*From Naukuchiatal to Sitlakheth on day 5:**

By Non AC MUV's till campus. Arrival at campus by breakfast.

### **Return to Delhi:**

Arrival: 05:30am at New Delhi Airport, Terminal 2 Bus parking. Travel in MUV's till Kathgodam. Kathgodam to Delhi in Luxury AC Bus

### **Outstation Participants**

Participants taking a flight to attend an inme program can avail our airport pick and drop facilities at an add on cost of Rs 2000/- This does not include any overnight stay or boarding.

## **WEATHER**

The summer temperatures range between 18°C to 26°C. Afternoons tend to get a little hot. We may experience rain sometimes.



## **TOILETS**

The campus has built up toilets and baths. Toilets have WCs and hand faucets. Baths have running water and fittings and hot water is provided.



## **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 campus.



## **FOOD**

The campus has a fully functional kitchen. Wholesome 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 an 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 exercise 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.



## **ACCOMMODATION**

In Tents - separate for boys and girls. Usually 4-6 children stay in a tent, with camping mats provided by us.





# DAY WISE SCHEDULE

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## Day 1

**DEPARTURE** at 10:30 pm from New Delhi Airport Terminal 2 Bus parking.

## Day 2 - 4

### **KAYAK & ROPES COURSE @ CAMP NAUKUCHIATAL**

Arrival at Inme Naukuchiatal campus by breakfast. Settle in and get to know your instructors and other participants.

Participants are divided into three activity groups and start the **WOW Activities** which will continue in rotation over the next three days

**Kayaking** - The thrill of kayaking is to become one with the water. Each Inme program offers a different experiences—the rush of white water kayaking, deliberate skill of cruising on open water, navigating mild waves in the sea and also going with the flow of mellow, flat waters.

**Ropes Course** - A ropes course is a specially designed obstacle course with low elements built a few feet above the ground and high elements on trees or poles. The activity progresses from low to high elements and the challenge level is adjusted for age.

## Day 5 - Day 7

### **BACKPACKING & ROCK CLIMBING @ CAMP SITLAKHET**

The group departs Naukuchiatal campus early morning to arrive at Sitlakhhet campus. Settle in and get to know the campus and the Sitlakhhet instructors.

Participants are divided into two activity groups. They will do two **WOW Activities** over the course of the next 2 days

**Backpacking** - backpacking provides an endless discovery of new worlds at every turn. Witness the beauty of nature as you trek through a mountain or a forest, carrying everything you need. Learn to find your way using a compass, pitch tents and set up a campsite. Spend a night out in the wilderness under the starry sky.

**Rock Climbing** - module starts with an introduction to equipment, safety briefing and a session on different types of knots and their usage. Participants master different hand and foot techniques with bouldering and then moving onto climbing & rappelling rock faces.

## Day 8

### **HELTER-SKELTER & HOMEWARD**

Start the morning with the Inme Helter-Skelter camp olympics and bring the experience to a close. Leave campus post lunch for Delhi

## Day 9

**HOME** Arrive in Delhi by 5:30 am. New Delhi Airport, Terminal 2 Bus Parking





## 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

- 7-8 T-Shirts (at least 4 quick dry and in dark colours)
- 4 pairs Shorts (2 quick dry)
- 1 Sweatshirt – Full sleeves and warm
- 3 Track pants (1 warm)
- 7-8 pairs Socks (1 pair woollen socks)
- 1 Towel – Preferably quick dry
- 1 cap / sun shade
- Undergarments – sufficient
- Disposable Face masks – sufficient
- 1 set night clothes



### WARM / WOOLLEN / WATER RESISTANT ITEMS

- 1 Fleece jacket – regular one used in winter for the cold days
- 1 Waterproof jacket
- 1 warm cap



### OTHER ITEMS

- Personal Toiletries – Must include hand sanitizer, soap/shower gel, sun screen (SPF 40+), 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 – recommended 1 litre capacity. Avoid thermoses with glass inners
- Small Knapsack/ Day pack to carry your personal items with you.



### FOOTWEAR

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



### SLEEPING BAG

- We recommend participants buy and carry their own sleeping bag as per international camping norms.
- If you need to buy a sleeping bag we recommend one that is rated suitable for temperatures of 10°C. (Quechua – Forclaz is an option).
- We provide sleeping bags to those who are not carrying their own. Please note these are used by previous participants and then cleaned and sunned. In such cases, we recommend you carry a polyester sleeping bag liner.



### PACKING

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



\*Recommended Rucksack size is 60-70 litres





## **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 campus 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 campus safe.

## **INME YOREKA MERCH STORE**

- Shop for Inme Yoreka T-shirts and Hoodies from the merch store. New designs and classics available!
- To buy go to: [www.inmeyorekamerch.com](http://www.inmeyorekamerch.com)
- Avail 10% discount on the merch by using coupon code backoncamp

## **NO JEWELLERY / EXPENSIVE CLOTHES / GADGETS**

- Do note that on outdoor and campus 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.



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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!