



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 inner
- 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
- 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.



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!