



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.

Tirthan Explore is a week-long program that provides a mix of adventure and learning to open a child's mind to do things they could not imagine. All participants will take part in adventure activities under the care of trained outdoor instructors.

The activities are rock climbing, river craft and backpacking which all children will be engaged in.

Along with adventure activities, the program provides a varied mix of camp games, activities and community & social awareness.



Code	Age-Group	Departure	Arrival
TR1	14-17 yrs	24 Mar	01 Apr
TR2	12-14 yrs	24 Apr	02 May
TR3	12-14 yrs	16 May	24 May
TR4	12-14 yrs	22 May	30 May
TR5	12-14 yrs	28 May	5 June
TR6	12-14 yrs	03 Jun	11 Jun
TR7	12-14 yrs	09 Jun	17 Jun
TR8	12-14 yrs	15 Jun	23 Jun



CAMP AND AREA

Our riverside Tirthan camp is located in the Great Himalayan National Park, a UNESCO World Heritage Site. The camp is surrounded by mountains populated with large Deodar trees. Water activities are run in the Tirthan river next to the campsite. Large natural rockfaces and boulders are a short walk away. The camp has beautiful trekking trails and routes that take you through mountains and forests.



Location: 65 kms from Mandi, Himachal Pradesh.

TRAVEL

From Delhi:

The departure is at 7 pm sharp (report by 6:15 pm) from New Delhi Airport, Terminal 2 Bus parking by AC buses till Aut. The group is then shifted into smaller non AC busses considering the terrain. ETA at camp is by breakfast time.



Return to Delhi:

Estimated Time of Arrival is 6 am at New Delhi Airport, Terminal 2 Bus parking

Outstation Participants

Outstation participants will need to fly into Delhi the same day as the departure date. Inme provides airport pick up and drop service and meals at an added cost of 2000 per child. This does NOT include an overnight stay as the departure is in the evening.

WEATHER

The summer temperatures range between 15°C to 30°C. Afternoons tend to get a little hot.



ACCOMMODATION

In Tents - separate for boys and girls. Usually 4-5 children stay in a tent, with camping mats and sleeping bags.



TOILETS

The camp has built up toilets and baths. 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.

INSTRUCTORS & MEDICAL SUPPORT

1:6 instructor to child ratio.

Instructors include a mix of female and male instructors. All instructors are experienced and certified outdoor experts. A resident doctor is available at all times on the camp.



FOOD

The camp has a fully functional kitchen. Wholesome fresh nutritious and tasty 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 date 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 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 may also be used for activity de-brief, group sharing sessions 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 your child's comfort, safety and overall program experience.

BASIC CLOTHING

- 7-8 T-Shirts (quick dry and in dark colours)
- 4 pairs Shorts (2 quick dry)
- 2 Sweatshirts- Full sleeves and warm
- 3 Track pants
- 7-8 pairs Socks
- 1 Towel - quick dry
- 1 Cap / sun shade
- Undergarments - sufficient
- Disposable Face masks - sufficient



WARM / WOOLLEN / WATER RESISTANT ITEMS

- 1 fleece jacket - regular one used in winter
- 1 poncho/ raincoat
- 1 warm cap



OTHER ITEMS

- Personal Toiletries - Must include hand sanitizer, sun screen, 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 750 ml capacity.
- Avoid thermoses with glass inner



FOOTWEAR

- 1 pair of comfortable rubber soled shoes in good condition. Must be worn in, not new.
- 1 pair hiking sandals - strapped footwear usable in wet condition. Not Clogs (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 camp and participants may like to buy memorabilia like t-shirts, caps, keychains etc. However, we advise you not to carry more than Rs 3000.
- Do note that participants are responsible for the same unless it is handed to the Instructor / Camp Chief to be deposited in the camp safe.

INME YOUREKA MERCH STORE

- Shop for Inme Youreka T-shirts, Hoodies and other cool memorabilia from our 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, these items are essential. You can get most of the above mentioned things in stores like Decathlon and other online sellers. Most items should last and serve you a long time in the outdoors.