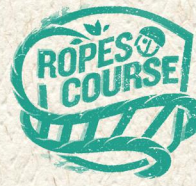




Inme are outdoor and adventure-based camps set in nature that build confidence in a child. For winters 2023 we are running two types of programs from Camp Tamia -Outdoor Initiation & Skill Building. These programs are of a duration of 6-days.

Outdoor Initiation is for the 9-11 age group and help in inducting the children to become comfortable in the outdoors and introduce them to the adventure activities with an introductory session of each Ropes Course, Rock Climbing and Backpacking.

Skill Building program is for the 12-14 age group which focuses on three activities Ropes Course, Rock Climbing & Backpacking where they get to pick up harder skills and go for one night where they pitch their own tents and cook food under the supervision of the instructors



Code	Age-Group	Departure	Arrival
TMW1	09-11 yrs	24 Dec	29 Dec
TMW2	12-14 yrs	24 Dec	29 Dec



## **CAMPUS AND AREA**

Set amidst rolling meadows & maize farms, the Tamia campus is spread over 18 acres on a cliff. Located at an altitude of a little over 3000 ft, the campus has a spectacular view of the Patakot Valley.

The campus has beautiful trekking trails, thrilling rockfaces and exciting ropes course.

Location: 210 kms from Nagpur, Maharashtra



## **TRAVEL**

### **On 24th Dec From Nagpur Airport:**

Departure: 09:00 am (report by 08:30 am)

Depart from Nagpur Airport  
Arrival terminal in AC Luxury  
Bus with recliner seats.



### **On 29th Dec Return to Nagpur Airport:**

Arrival: 06:00pm

## **FOR PARTICIPANTS FLYING IN TO NAGPUR**

Please connect with us for recommended flights.

If no option for arriving and departing near the program timings participants will have to fly in one day earlier and leave one after the dates of the program. They will stay at a hotel with our instructors. There is an additional cost of Rs. 6000/- for this

## **WEATHER**

The temperatures range between 15°C to 25°C.

Afternoons tend to get a little hot. We may experience rain sometimes.



## **ACCOMMODATION**

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



## **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.



## **SAFETY & 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 also have an emergency vehicle on hand for quick response time in case of any unforeseen emergencies.

We have had an excellent track record on safety and security of more than 120,000 children over the last 26 years.

## **INSTRUCTORS & MEDICAL SUPPORT**

1:6 instructor to child ratio.

Instructors include a mix of female and male instructors.

A resident doctor is available at all times on the campus.



## **FOOD**

The campus has a fully functional kitchen. Wholesome nourishing meals 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

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- 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 campus 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

- 5-6 T-Shirts
- 2 Pairs Shorts
- 1 Sweatshirt - Full sleeves and warm
- 2 Track Pants
- 6 pairs Socks
- 1 Towel - Quick Dry
- 1 Cap / Sun Shade
- Undergarments - sufficient
- 1 Set Night Wear



### 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, 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 inners



### 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 50-60 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](http://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.



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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.