



Inme camps are outdoor and adventure-based camps set in nature that build confidence in a child.

Kumara Parvatha Expedition is a trek based expedition to the summit of Kumara Parvatha in the Kodagu (Coorg) district of Karnataka. Kumara Parvatha At an elevation of 5,600 feet, the peak is the fourth highest in the state, and the trek to the summit ranks as one of the challenging treks in the western ghats. The route contains a variety of terrain including forest trails, green meadows, and rocks, which the participants learn to negotiate.

This is a self-contained expedition where participants pitch their own tents to set up camp at a different location every day, cook their own food and manage resources and share responsibilities. Upon reaching the summit, participants are rewarded with



Code	Age-Group	Departure	Arrival
KP 1	14-17 yrs	17 Oct	22 Oct
KP 2	14-17 yrs	25 Dec	30 Dec



CAMPUS AND AREA

The expedition takes place in The Pushpagiri Wildlife Sanctuary in Karnataka. The trek starts from Kukke Subramanya temple which is located in Dakshina Kannada District. The base camp for the expedition is near Bisle in Karnataka, 250 km from Bengaluru.



The largest nearby town is Sakleshpur (50 km away)

TRAVEL

From Bengaluru:

Departure: 06:00 am (report by 5:15 am)
Army Public School, Kamaraj Road, Bangalore, by luxury AC buses.

Return to Bengaluru:

Arrival: 10:30 pm at Army Public School, Kamaraj Road, Bangalore.



Outstation Participants:

Fly into Bengaluru a day before the departure date. Inme provides airport pick up and drop service, meals and overnight accommodation at an added cost of Rs. 6000.

WEATHER

Temperatures range from 16°C to 28°C. Afternoons tend to get a little hot. We may experience rain sometimes.



ACCOMMODATION

In dormitories - separate for boys and girls. Usually 4-9 stay in dormitories, with mattresses and blankets provided by us.



During the expedition 3 person tents (provided by inme) are allotted to a group of two participants.

TOILETS

There are no fixed toilets and baths on the trek. We carry a portable toilet tent with us to ensure participant privacy and safety. However, there is no provision for a bath on the trek. The campus has built up toilets and baths with hot water.



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 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. An instructor trained as a wilderness medic will accompany the children on the trek.



FOOD

On the expedition, the group carries its own rations and cooks its own meals. Participants are given a nutritional trail mix, which is refilled regularly. The group is involved in planning its meals and selecting the items - all part of the learning.



The campus has a fully functional kitchen run by experienced staff members. The food is largely vegetarian with non-veg served 2-3 times on the program. There is variety and we take care of both taste and nutrition in planning the menu.

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.



DAY WISE SCHEDULE

- Day 1** **DEPARTURE & SETTLING IN** Departure at 6:00 am from Army Public School, Kamaraj Road, Bengaluru. Arrival at campus by Lunch. Settle in and get to know your instructors and other participants. Tent pitching and basic camping skills.
- Day 2** **PLAN & PREPARE** A short but strenuous trek helps participants prepare for the challenge. Post lunch the group prepares and packs for the expedition. Evening is spent relaxing around the bonfire.
- Day 3** **TREK** Post breakfast group depart from campus by MUV's for Subrahmanya(90 mins drive) to begin the trek. Trek through Rocky terrain to reach the first campsite. Pitch tents and set up camp.
- Day 4** **SUMMIT** Start the trek early morning to summit Kumara Parvatha Peak! Enjoy the view from the fourth highest peak in Karnataka and trek down to Campsite and rest for the day.
- Day 5** **Back to campus** Post Breakfast will clear the campsite and trek down to base. Will be reaching campsite for lunch. Rest and bathe! Special dinner to mark the success of the expedition!
- Day 6** **HOMEWARD** Leave campus post lunch





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 T-Shirts (2 full sleeves)
- 3 Pair Shorts
- 2 Sweat Shirt - Full sleeves and warm
- 3 Track Pants (1 warm)
- 6 Pairs Socks (1 pair warm)
- 1 Towel - Quick Dry
- 1 Cap / Sun Shade
- Undergarments - sufficient



FOOTWEAR

- Ankle length trekking shoes with water resistant lining. Must be worn in, not new. For new shoes, wear for half an hour everyday atleast for a week.
- 1 Pair Hiking Sandals/Floater –
- Strapped footwear usable in wet condition. Not Crocs Clogs, Flip-Flops or leather sandals.



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.
- You are expected to carry your own bag during transfers.
- Pack everything in a rucksack
- **Do not** pack in a suitcase or stroller.



WARM / WOOLLEN / WATER RESISTANT ITEMS

- 1 Fleece Jacket – regular one used in winter
- 1 Warm Waterproof jacket
- 1 Warm Cap



OTHER ITEMS

- Personal Toiletries – Must include hand sanitizer, soap/shower gel, sun screen, lip balm, cold cream & mosquito repellent.
- A pair of sunglasses – should cover the eyes completely.
- A torch or headlamp (bring spare batteries) – **mandatory**
- 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 1 litre capacity. Avoid thermoses with glass inner
- Small Knapsack/ Day pack 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 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 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 muchmuchmore

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!