

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.

The Kedarkantha Snow Expedition is a high altitude (12,500 feet) trekking expedition in the Garhwal Himalayas in North India. Participants learn the basics of a snow trek, self-rescue techniques and snow route creation during the expedition. 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.

The trekking route meanders through snow-covered meadows and pine & oak forests. The trek has a gradual climb with beautiful camping spots in the middle. The Kedarkantha peak offers a spectacular panoramic view of the Himalayas.



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<b>Code</b>	<b>Age-Group</b>	<b>Departure</b>	<b>Arrival</b>
KES1	14-17 yrs	24 March	02 April
KES2	14-17 yrs	31 March	09 April

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**Cost: Rs. 54,900**



## **CAMPUS AND AREA**

Har-ki-Doon area in Uttarakhand. The start point is Sankri, a village ahead of Netwar where the rivers Rupin and Supin meet to form the Tons. Our Tons campus (25 km from Sankri) serves as the base camp to prepare, pack and acclimatize. Our Tons campus is near village Mora in Uttarakhand, 180 km from Dehradun. The largest nearby town is Purola (40 km way)



## **TRAVEL**

### **From Delhi:**

The departure is at 11 pm sharp (report by 10:15 pm) from New Delhi Airport, Terminal 2 Bus parking by A AC bus with push-back seats till Vikasnagar. Further journey in Non AC Bus with pushback seats. ETA at camp is by breakfast time.



### **Return to Delhi:**

Arrival: 5:30 am at New Delhi Airport, Terminal 2 Bus parking.

### **Outstation Participants via Delhi:**

Outstation participants will need to fly into Delhi the same day as the departure date. Inme provides pick up and drop service from outside the Delhi airport terminal.

## **WEATHER**

At the Tons campus, temperatures range from 10°C to 24°C during this period. Once the group starts the expedition, they experience colder conditions where night temperature can even go to zero degrees or below. The sleeping bags provided are adequate for the weather. Participants must pack personal items as per the kit list.



## **ACCOMMODATION**

Inme Tons campus has a separate area allocated for the Kedarkantha group. On the expedition, participants pitch tents to set up camp at a different location every day. 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 inme 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 Tons 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**

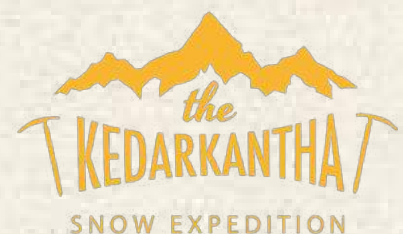
This program might be more demanding than the usual physical activities you're used to. We recommend a little jogging, stretching and exercise a few weeks before the departure to gain the flexibility and agility needed to truly enjoy the experience. Do this wearing the shoes you want to carry for the program—it'll help break into them.



## DAY WISE SCHEDULE

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- Day 1**                    **DEPARTURE** at 11:00 pm from New Delhi Airport Terminal 2 Bus parking.
- Day 2**                    **SETTLING IN** Arrival at inme Tons campus by breakfast. Settle in and get to know your instructors and other participants. Tent pitching and basic camping skills.
- Day 3**                    **ACCLIMATIZATION, PLAN & PREPARE** A short but strenuous trek helps participants prepare for the challenge. After returning to the camp the group prepares and packs for the expedition. Post lunch the group will go for another short trek. Evening is spent relaxing around the bonfire.
- Day 4**                    **STARRY STARRY TREK** Leave early morning by jeeps for Sankri (1 hour drive) to begin the trek. Trek through rocky terrain and meadows to reach Juda ka Talab (9,500 ft.). Pitch tents and set up camp. First night under the stars!
- Day 5**                    **SNOW WALKING** The day is spent at Juda Ka Talab learning different techniques like snow walk, self-rescue in the snow, creating snow routes. The group will also do an acclimatization trek to get used to the altitude.
- Day 6**                    **SNOW ROUTE CREATION** Continue trekking to reach the base camp (12000 ft.). The Kedarkantha peak can be seen from this point. Pitch tents and do activities around the camp in the evening.
- Day 7**                    **SUMMIT** Start the day early to summit Kedarkantha (12500 ft.). Conquer the peak! Trek down and camp out at Juda Ka Talab.
- Day 8**                    **INME CAMP** Reach Sankri by noon and then return to inme Tons campus by lunch. Rest and bathe! Special dinner to mark the success of the expedition!
- Day9**                    **HOMEWARD** Leave campus post lunch
- Day 10**                   **HOME** Arrive in Delhi by 6:00 am. New Delhi Airport, Terminal 2.





the  
**KEDARKANTHA**  
SNOW EXPEDITION

## **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**

- 8-9 t-shirts (6 full sleeves, quick dry & dark colours)
- 2 pairs Shorts (Quick dry)
- 3 Sweat shirts (full sleeves & warm)
- 4 Track pants (1 warm)
- 7-8 pairs Socks (4 woollen)
- 1 Towel (quick dry)
- 1 cap / sun shade
- Undergarments - sufficient
- Disposable Face masks - sufficient



### **WARM / WOOLLEN / WATER RESISTANT ITEMS**

- 1 Down feather jacket (for near sub zero temperatures, with a hood to cover head & ears)
- 1 Fleece jacket
- 2 sets of thermals - vest & legging
- 1 waterproof jacket and trousers
- 1 woollen cap
- 1 pair of woollen gloves + 1 pair water resistant gloves (or one that is both)



### **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, avoid glasses with blue tint
- 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 750ml capacity) Avoid thermoses with glass inners
- Tin/Plastic food box



### **FOOTWEAR**

- 1 pair of comfortable ankle high rubber soled shoes in good condition. Preferable with water resistance lining. 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 -5°C. (Quechua – Forclaz 0/5 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**

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- 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**

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- 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**

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- 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.