



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

Triple Trouble is a multi activity adventure in Rishikesh – White Water Rafting, Kayaking, and Ropes course (high). Participants raft a section of the Ganga. The module starts with a safety briefing, class in hydrology followed by safety drills before taking on the rapids! Kayaking takes the group on an expedition to Beas Ghat where they set up camp on the beach and do a night out. The ropes course contains challenging and thrilling high elements.



Code	Age-Group	Departure	Arrival
TT1	14-17 yrs	24 April	01 May
TT2	14-17 yrs	12 May	19 May
TT3	14-17 yrs	19 May	26 May
TT4	14-17 yrs	26 may	02 June
TT5	14-17 yrs	02 June	09 June
TT6	14-17 yrs	09 June	16 June

Cost: Rs. 49,900



CAMPUS AND AREA

Our stunning forest campus, Camp Aquaterra, is located in the main Upper Ganga valley, 30 kms from the rafting capital of India, Rishikesh.

Nestled amidst pine and oak forests, the campus provides a complete outdoor experience with options for white water rafting, kayaking and ropes courses.



TRAVEL

From Delhi:

Departure: 06:00 am (report by 5:15 am)
New Delhi Airport, Terminal 2 Bus parking. Travel in an AC bus to camp. Arrival at campus by lunch.



Return to Delhi:

Arrival: 10:00pm at New Delhi Airport, Terminal 2 Bus parking.

Outstation Participants

Fly into Dehradun to join the program.

WEATHER

Temperatures range from 22°C to 35°C. Afternoons tend to get a little hot.



We manage activity time to make sure participants are indoors during peak afternoons.

ACCOMMODATION

Participants stay in fixed tents. Separate accommodation for boys and girls.



TOILETS

Western toilets with hand faucets and flushes. Hot water can be provided for bathing.



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 at the campus.



FOOD

Wholesome nourishing meals are provided. The food is largely vegetarian with non-veg served 2-3 times on the program. Other than breakfast, lunch and dinner we provide snacks and refreshments at appropriate times with emphasis on staying hydrated. 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 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.



DAY WISE SCHEDULE

- Day 1** **WELCOME** Arrive at inme Rishikesh campus by lunch. Campus introduction, orientation and settling in. Icebreakers help participants get to know each other.
- Day 2** **WATER AND ROPES** Start rafting from ATA Shivpuri and end at NIM. After lunch, hit the ropes course and tackle some challenging elements.
- Day 3** **HIT THE RAPIDS** Take on the rapids, learn self-rescue and safety management techniques such as flip drill and how to guide the raft. Post lunch, continue with high elements of the ropes course.
- Day 4** **IN YOUR KAYAKS** Trek to a nearby village and get an understanding of the local culture of the place. Post lunch, start with introduction to kayaking, and paddle down from Silver Sands to Gular Bridge.
- Day 5** **UNDER THE STARS** Leave for Devprayag to start the kayaking mini-expedition from Devprayag to the fantastic beach at Beas Ghat, North India's most famous fishing spot! Camp overnight and enjoy the beach campfire.
- Day 6** **PADDLE ON** Kayak 15 kms in the remote part of the upper Ganga gorge till Kaudiyala to finish the kayak expedition.
- Day 7** **HELTER SKELTER** It's time for the inme Olympics! At night the participants get to showcase their talent in the Talent Night!
- Day 8** **HOMEWARD** A final de-brief and reflection session is held in the morning. Post lunch, leave the campus. Arrival by 10:00 pm at New Delhi Airport Terminal 2 Bus parking.





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 (quick dry & in dark colours)
- 4 pairs Shorts (quick dry)
- 1 Sweatshirt
- 2 Track pants
- 1 waterproof jacket
- 5-6 pairs Socks
- 1 Towel (quick dry)
- 1 Cap / sun shade
- Undergarments - sufficient
- Disposable Face masks - sufficient



PACKING

- Limit to one piece of luggage.
- You are expected to carry your own bag during transfers.
- Pack everything in a rucksack or duffle bag with straps (No wheels)
- Do not pack in a suitcase or stroller.



FOOTWEAR

- 1 pair floaters – Strapped footwear usable in wet condition. Not Crocs, Flip-Flops or leather sandals.
- 1 pair comfortable rubber soled shoes in good condition. Must be worn in, not new



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

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 (at least 2 litre capacity). Avoid thermoses with glass inners
- Small Knapsack/ Day pack to carry your personal items with you

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!