



## 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

- 6-7 T-Shirts (quick dry)
- 3 pairs Shorts (quick dry)
- 2 Towels (quick dry)
- 2 Trackpants
- 4-5 pairs of socks
- Undergarments - sufficient
- Disposable Face masks - sufficient



### FOOTWEAR

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



### PACKING

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



### 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.

### WATER RESISTANT ITEMS

- 1 waterproof jacket
- 2 Swimming costumes (with head cap and ear plugs). Please carry a 1 piece costume. No bikinis.

### OTHER ITEMS

- Personal Toiletries – Must include hand sanitizer, sun screen (strong), lip balm, cold cream & mosquito repellent.
- A pair of sunglasses – should cover the eyes completely.
- 1 cap/ sun shade
- 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 1 litre capacity. Avoid thermoses with glass inner
- Small Knapsack/ Day pack to carry your personal items with you.
- 1 USB pendrive (1 gb or more) to collect your diving videos and photos
- For girl participants: Tampons (for use underwater)



### 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!