



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

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	25 March	03 April
KES2	14-17 yrs	09 April	18 April

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**Cost: Rs. 44,900**



## **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:**

Departure: 7:00 pm (report by 6:15 pm)  
New Delhi Airport, Terminal 2 Bus parking. Travel in an AC bus till Paonta Sahib. Onwards to campus by non-AC bus. Arrival at campus by breakfast.



### **Return to Delhi:**

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

### **Outstation Participants:**

Participants taking a flight to attend an inme program can avail our airport pick and drop facilities at an add on cost of Rs 1000/- This does not include any overnight stay or boarding.

## **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.



## **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 7:00 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 5:30 am. New Delhi Airport, Terminal 2.





## 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

- 8-9 T-Shirts (6 full sleeves, quick dry)
- 2 pairs Shorts (quick dry)
- 3 Sweat shirts (full sleeves & warm)
- 4 Track pants (1 warm)
- 8-9 pairs Socks (4 woollen)
- 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

- Ankle length trekking shoes with 'Vibram Soles' and water resistant lining. Must be worn in, not new. For new shoes, wear for half an hour everyday atleast for a week.
- 1 pair floaters - Strapped footwear usable in wet condition. Not Crocs, Flip-Flops or leather sandals.



### 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)



### 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 -5°C. (Quechua - Forclaz 0/5 is an option).
- If you want to use our sleeping bags, we recommend you carry a polyester sleeping bag liner.



### 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, avoid glasses with blue tint. A must in the snow
- 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 1.5 litre capacity) Avoid thermoses with glass inners
- Tin/Plastic food box
- 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 branded T-shirts and Hoodies from the our merch store. As a part of the collection – New designs and Classics are 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 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.



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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!