



Inme summer camps are outdoor and adventure-based camps set in nature that build confidence in a child. The Coorg explore program is a week-long experience run at our Coorg campus. The program provides a mix of adventure and learning to open a child's mind to do things they could not imagine.

In 2022 summer, this program will be run while adhering to current covid guidelines. All participants will take part in the adventure activities under the care of trained outdoor instructors.

Participants select two activities from the activities offered on the program - Rock Climbing OR Ropes Course, Outdoor Survival OR Backpacking. Apart from outdoor activities, participants engage in activities that include community service, environmental awareness or village visits.



Code	Age-Group	Departure	Arrival
C1	12-14 yrs	09 April	16 April
C2	11-13 yrs	16 April	23 April
C3	13-15 yrs	23 April	30 April

Cost: Rs. 34,900



CAMPUS AND AREA

Our campus in Honey Valley Estate, Coorg lies within coffee, cardamom and pepper plantations. The surrounding areas are biological hotspots recognised by UNESCO. Rock climbing faces, trekking and cycling routes and a ropes course have been created within the estate.



Location: 27 kms from Virajpet, Karnataka.

TRAVEL

From Bengaluru:

Departure: 06:00 am (report by 5:15 am)
Army Public School, Kamaraj Road, Bengaluru, by luxury AC buses. Arrival at campus by lunch.



Return to Bengaluru:

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

Outstation participants Fly into Bangalore a day before the departure date. Inme provides airport pick up and drop service, meals and overnight accommodation at an added cost of Rs. 5000.

WEATHER

Summer temperatures range from 20°C to 30°C. Afternoons tend to get a little hot. We may experience rain sometimes.



ACCOMMODATION

In dormitories - separate for boys and girls. Usually 4-10 children stay in a dormitory, with camping mats and sleeping bags.



TOILETS

The campus has built up toilets and baths. Toilets have WCs and hand faucets. Baths have running water and fittings and hot water is provided.



INSTRUCTORS & MEDICAL SUPPORT

1:6 instructor to child ratio.
Instructors include a mix of female and male instructors.
A resident doctor is available at all times on the campus.



FOOD

The campus has a fully functional kitchen. Wholesome nourishing meals are prepared by trained staff. The spread is largely vegetarian with option of eggs for breakfast and non-vegetarian dinners 2-3 times on the program. Other than breakfast, lunch and dinner, snacks and refreshments are served at appropriate times with emphasis on hydration.



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.



TYPICAL DAY ON THE PROGRAM

- 6:00 am** **Wake Up:** Enjoy a hot cup of milk/tea/coffee with biscuits.
- 7:00 am** **Elastic Limbs:** Power up for the day!
- 8:00 am** **Breakfast:** Enjoy a delicious breakfast to gain energy.
- 9:00 am** **Wonderful Outdoor World (WOW)**
Participants take part in their outdoor activities.
- 1:00 pm** **Lunch:** Nutritious and much needed lunch awaits the adventurers once they return to the campus after their outdoor experience.
- 1:30 pm** **Free Wheeling Time** to freshen up and relax.
- 2:30 pm** **Cool Time**
Participants engage in different activities focussed on action, awareness and attitude. A mix of fun and learning activities takes the experience beyond outdoors and adventure.
- 5:00 pm** **Tea Time** Milk, tea and snacks up the energy levels.
- 5:30 pm** **Cool Time**
Continue with cool time with a change of activities. This time is also be used for activity de-brief, group sharing session and personal reflection.
- 7:30 pm** **Soup Time**
- 8:00 pm** **Dinner** The much-awaited dinner caps off a power packed day for all.
- 9:00 pm** **Lights off**
Get into your sleeping bags as the day's weariness starts to kick in. Slip into a golden-slumber and wake up fresh for another exciting adventurous day.





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
- 3 pairs Shorts
- 2 Sweatshirt - Full sleeves and warm
- 3 Track pants
- 7-8 Pairs Socks
- 1 Towel - quick dry
- 1 Cap / sun shade
- 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.



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 at the station and the campus.
- Pack everything in a rucksack or duffle bag with straps (No wheels)
- Do not pack in a suitcase or stroller.



WARM / WOOLLEN / WATER RESISTANT ITEMS

- 1 Fleece jacket - regular one used in winter
- 1 Waterproof jacket
- 1 warm cap



OTHER ITEMS

- Personal Toiletries - Must include hand sanitizer, sun screen, 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 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 **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.



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!