



## 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 T-Shirts (3 should be quick dry)
- 1 Sweat shirt - Full sleeves and warm
- 2 Track pants (1 warm)
- 7 pairs Socks
- 1 Towel - Preferably quick dry
- 1 cap / sun shade
- Undergarments - sufficient
- 2 Face masks



### 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 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.



### WARM / WOOLLEN / WATER RESISTANT ITEMS

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



### BIKING RELATED ITEMS

- 2 pairs of padded biking shorts
- 1 pair of knee and elbow guards
- 1 pair of biking gloves



### OTHER ITEMS

### 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.



- 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 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.

## **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!