



## 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 (4 full sleeves, quick dry & in dark colours)
- 3 pairs Shorts (Quick dry)
- 3 Sweat shirts (full sleeves & warm)
- 3 Track pants (1 warm)
- 7-8 pairs Socks (2 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 Fleece/Down feather jacket
- 1 or 2 sets of thermals - vest & legging
- 1 waterproof jacket
- 1 woollen cap
- 1 pair of woollen gloves



### 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 (SPF 40+), lip balm, cold cream & mosquito repellent
- A pair of sunglasses - should cover the eyes completely, avoid glasses with blue tint
- 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.

## **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!