



Camp Rules

- No shoes inside the tent.
You can keep it between the inner and outer of your tent
- No sharp objects inside the tent like trekking pole etc.
- All declared timings to be strictly followed.
It helps in an effective and informative trekking
- No smoking and drinking during the trek.
- Self-medication is prohibited.
- Stay out of service areas like the kitchen and other service areas.
- Report any medical or health symptoms to the trek leader immediately.
- On the slope, the trek leader's decision is final, and has to be followed to the tee.
All doubts and questions will be cleared only at the next campsite.
- Respect and maintain the sanctity and decorum of the mountains and the local inhabitants.
- Waste disposal has to be done strictly as per instructions.
- Doubts on use of dry toilets must be clarified by the trek leader.
- Food articles are not allowed in tent except your own dry ration like raisins, almonds, Chocolates etc.



Basic and Important Trekking Tips.

- Hydration (drink lots of water)

- Do not over eat, to avoid indigestion.
 Serve yourself small quantities and if required take more to avoid wastage.

- Keep your head and forehead covered, this helps in keeping you fit especially when you are in the camp.

- Pull on a pair of dry socks at night
 This helps keep your feet warm and clean.
- Use appropriate layering technique against the cold.
 Too much layering can cause suffocation and excessive sweating.

- Plugging your ears with cotton or ear plugs is not advised, as open ears help in faster acclimatization.



Mandatory Trekking Gear.

- Water bottles.
- Trekking shoes.
- Sun glasses.
- Two trek pants.
- Two full sleeve T- Shirts.
- Two normal T-Shirts.
- One thermal Upper & Lower.
- Four Pairs of sock including one woolen.
- Hand gloves.
- Trekking cap.
- Woolen cap or balaclava.
- Head torch.
- Tiffin box, glass, spoon. (Stainless Steel)
- Rain coat & poncho.
- Sun block cream. (SPF 50 min)
- Toilet paper.
- Hand sanitizer.
- Thick jacket.



Personal Medical Kit

- Dolo 650- 1strip.
- Dispirin- 1 strip.
- Band Aids – 6.
- Antacid.
- Norflox T2- 1 strip.
- Cough syrup- One small bottle.
- Azee 500 - 1 set.
- Diamox - 12.
- Crepe bandage -1.
- Volini spray – 1.
- Combiflam – 10.
- Eye/Ear drops – 1.
- Chest n Cold – 5.
- Eno – 5/10 sachets.