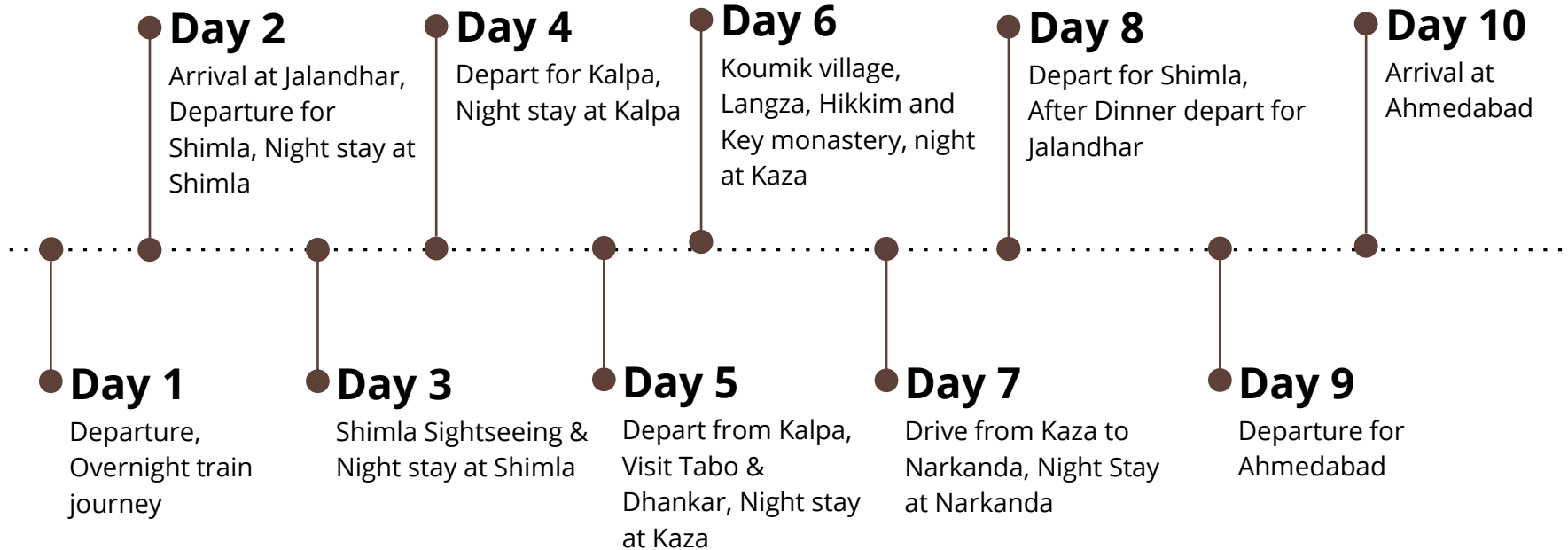




Excursion to Spiti Valley



Proposed Itinerary:



Before Departure...

Please take care of few things before departure of the trekking camp...

- ✓ Please keep doing exercise and walk for at least half an hour daily.
- ✓ Eat healthy food & avoid junk food & fast food.
- ✓ Drink enough water and remain hydrated.
- ✓ Prepare a packing list for the last minute check.
- ✓ Keep some snacks to eat during railway travel (food during the travel period is not included in the package).
- ✓ Please read Rules & Regulations/Terms & Conditions carefully before reporting to NGO.



Just take care...

- Don't forget to prepare **Last Minute Checklist**.
- Get your doubts clarified by calling on 9328000699.

Things to be carried...

Clothing

1. Rucksack, Small Backpack & plastic bags
2. 5 pair of full sleeve cloths (T-shirts + Trousers)
3. Warm clothing (gloves, woolen cap, jacket, thermal inner wear)
4. Raincoat or Poncho
5. Shoes & full socks

Personal Items

1. Sun cap/hat & goggles
2. Torch, Diary & Pen
3. Personal sanitary items
4. Cold cream, anti-sunburn cream & facewash
5. 2 water bottles, lunch box & personal medicines
6. Mug & Spoon

Others

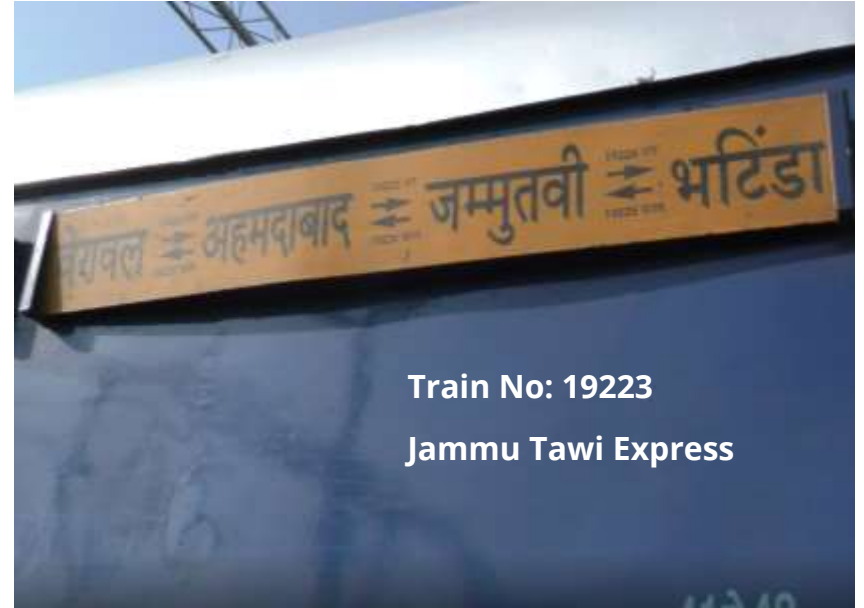
- 1. Original Identity Proof**
- 2. Soft Copy of Fees Receipt**
3. Bedding for travel
4. Mobile, camera & chargers
5. Snacks & Chocolates
6. Personal medication if any

Reception at Railway Station

Meet our volunteer near Escalator at Ahmedabad railway station - Kalupur at 10:00 AM.



The contact details of the instructors will be mailed to you 2 days before the departure date, whereas the hardcopy of **the ticket will be given only after reporting to our volunteer on the day of departure at Railway Station.**



Train No: 19223

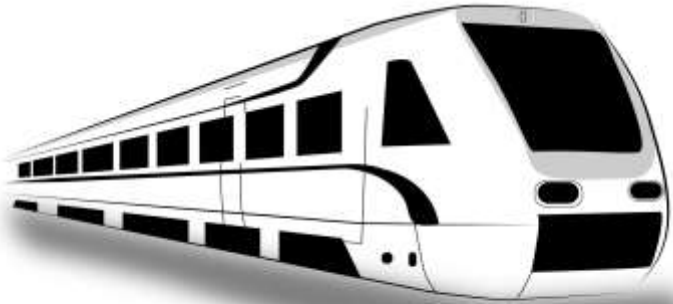
Jammu Tawi Express

Just take care...

- Don't forget to keep your **Original Identity Proof**
- Please buy platform tickets for your relatives

During Railway Travel

Our volunteers & instructors might be travelling with you during the railway travel



- ✓ Avoid the food sold on the platforms or from vendors during the travel. Don't eat food offered by strange passengers.
- ✓ Try to carry homemade food with you.
- ✓ Don't step down during railway stops



Just take care...

- Keep your luggage locked by a chain
- Please keep valid and **original identity proof**

During Hilly Road Travel

Travel in Himalayan region is totally different from the plane areas, so mind the followings...



- ✓ Don't eat heavy food before travelling, keep some chocolates to avoid vomiting sensation.
- ✓ Don't keep any part of your body or cameras out of the vehicle.

Just note...

- Vomiting on altitude area is normal, do not worry.
- Keep hydrated at halts and ask for medicines, if needed.
- Please ensure that your backpacks/rucksacks, which are loaded on the roof of your vehicles are tied properly and are waterproofed.
- Keep water bottles and other necessary things with you during the travel.
- When you gain heights, it is normal to feel normal headache, vibrations due to cold and uneasiness, so do not take any type of the allopathic medication, it would harm your acclimatization.
- Contact the Volunteer/Driver for the further help.

During Stay at Hotel...

You will stay in rooms in sharing fashion...

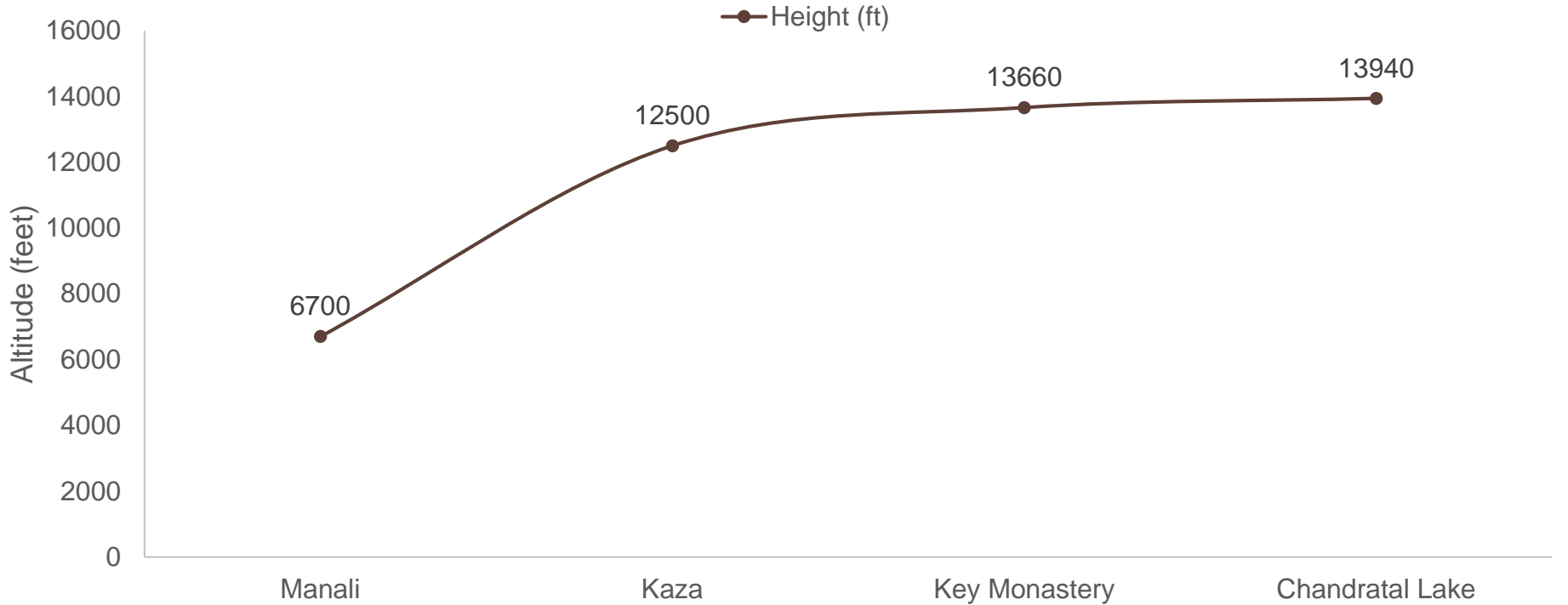
- ✓ No participant will be allowed to leave the Guest House/Hotel for any reason without permission of the camp manager.
- ✓ Alcohol/Tobacco/Drugs are strictly banned and all are alerted for it.
- ✓ Be punctual so that the planned schedule can be maintained.
- ✓ Do not sleep during daytime, it is harmful for your acclimatization. Avoid eat junk food/fast food.
- ✓ Instead of staying in rooms, wander in campus & have proper cloths.



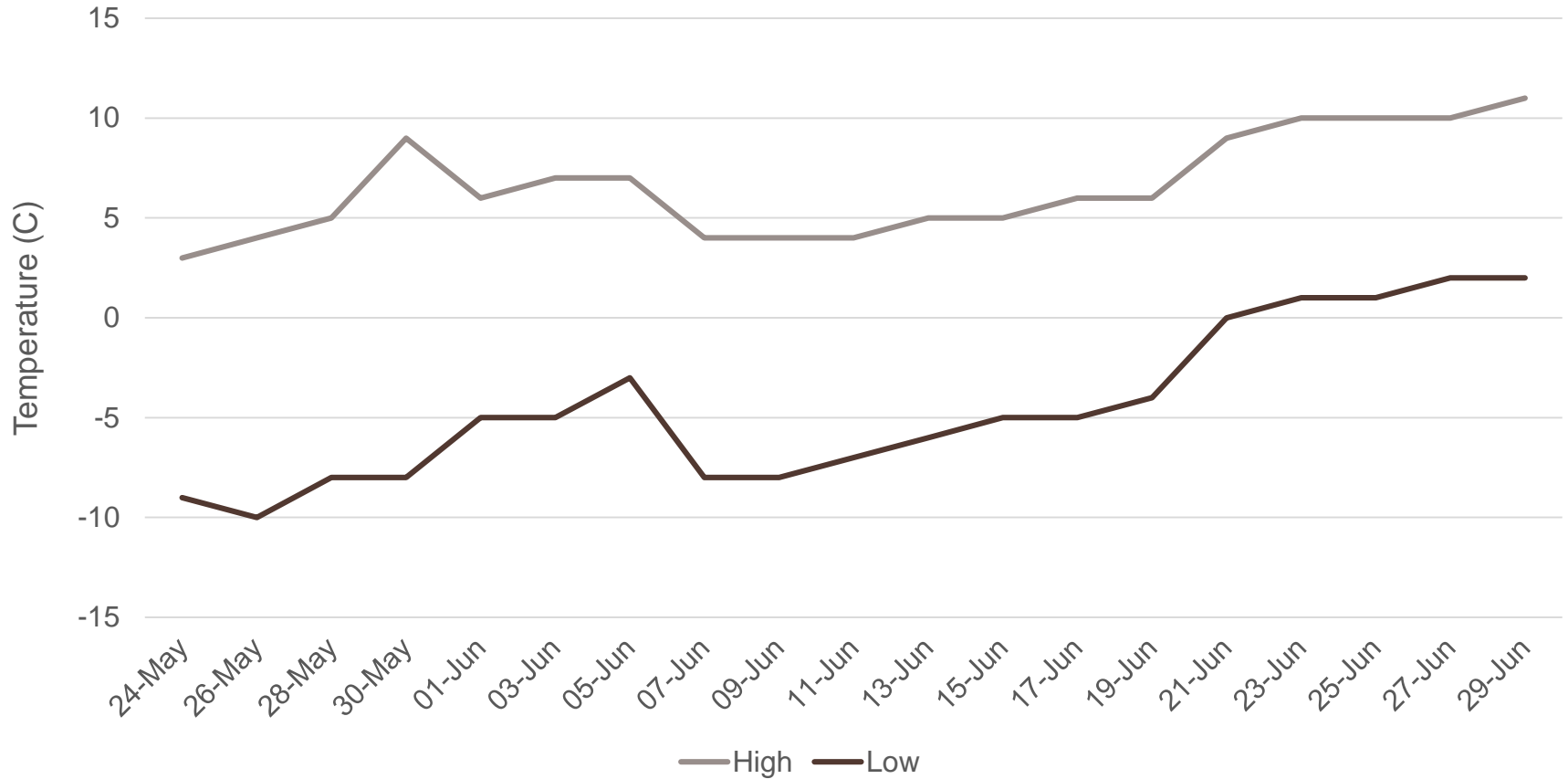
Just take care...

- Attend the Briefing & Introductory Sessions.
- Don't miss food/soup/hot drinks.

Altitude Graph



Weather Forecast



Acclimatization

“Acclimatization is the process in which an individual organism adjusts to a gradual change in its environment, allowing it to maintain performance across a range of environmental conditions.”

Some Tips for better acclimatization:

- ✓ Climb slowly and do not over- exert
- ✓ Drink plenty of water, keep yourself hydrated
- ✓ Stay away from anti-depressant drugs, alcohol, smoking and tobacco
- ✓ Keep-up the body warmth & Consume Carbohydrates, eat properly
- ✓ Do not sleep during daytime and enjoy the atmosphere
- ✓ Remain positive, be friendly to all and keep control on emotions
- ✓ During night sleep in upright position

Rules & Regulations

- ✓ All the participants will have to follow the instructions clearly given by the Instructors/Rope Leaders/Camp Manager.
- ✓ Discipline during the camp duration is must & any case regarding the discipline will lead to cancellation of the participation and the participant might be ordered to leave the course & camp site at any time.
- ✓ If any participant will be found drunk during these days, inside or outside the campsite area that will directly lead to cancellation of the participation and no refund will be paid.
- ✓ Accommodation for girls and boys are separate. Going to girls' rooms/tents for boys and vice versa is strictly banned and can lead to cancellation of participation.
- ✓ Also consider the terms & condition, that you agreed/signed during filling the application forms.
- ✓ Speaking abusive language will be reacted strictly.

Banned Items

With a vision of safety and experience based training of the young participants, we have banned these items...

- × **Smoking & Drugs**
- × **Tobacco Items**
- × **Alcohol**

Taking any of the above mentioned items during the camping duration will directly lead to cancellation of the participation and no refund will be made.



IMPORTANT NOTE: Many a times in the past expeditions, we have found participants drunk and they were directly relegated from the camp. In such cases, no responsibility of the participant will be taken by the NGO and every service from the very moment will be discontinued. Any type of misbehavior with the staff/locals is to be treated in a strict way and all these matters will be a subject of Ahmedabad Jurisdiction.

Emergency Contacts



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Thanks a Lot...

For choosing to be with
Nature & Mountains!

