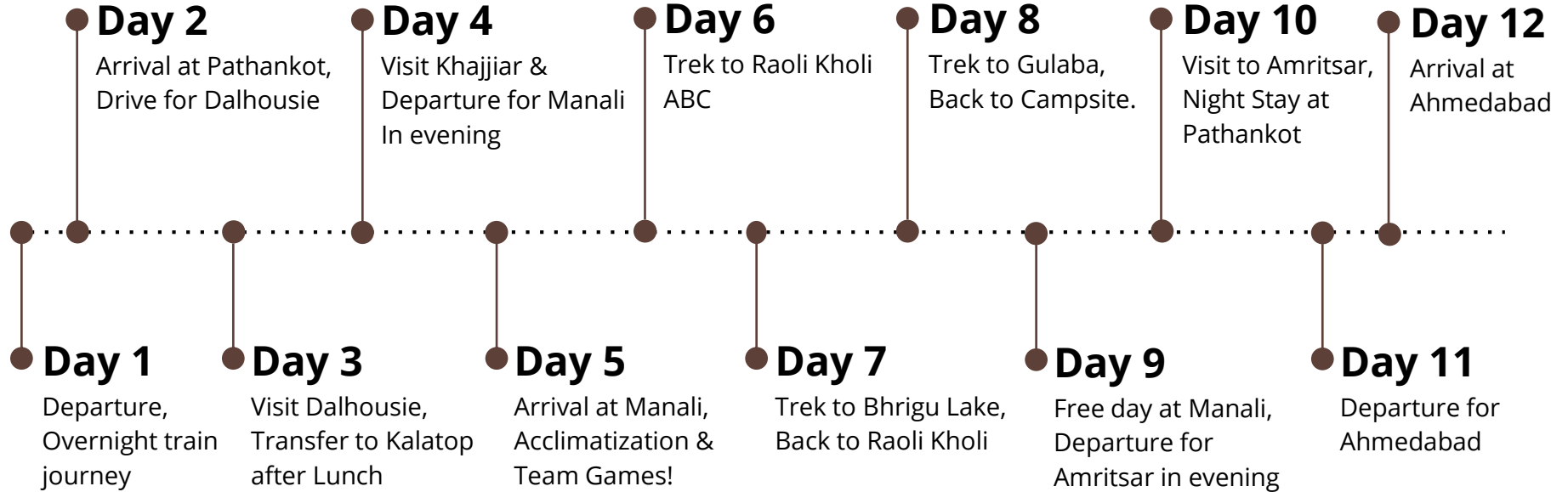




Explore Himalayas & Visit Amritsar

Summer Trekking Camp 2019

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, carry bag and plastic bags
2. 5 pair of full sleeve cloths (shirt/T-shirts + trousers)
3. Warm clothing (Waterproof gloves, woolen cap, heavy jacket, socks, thermal wear)
4. Raincoat or Poncho
5. Trekking Shoes

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
7. Power Bank

Others

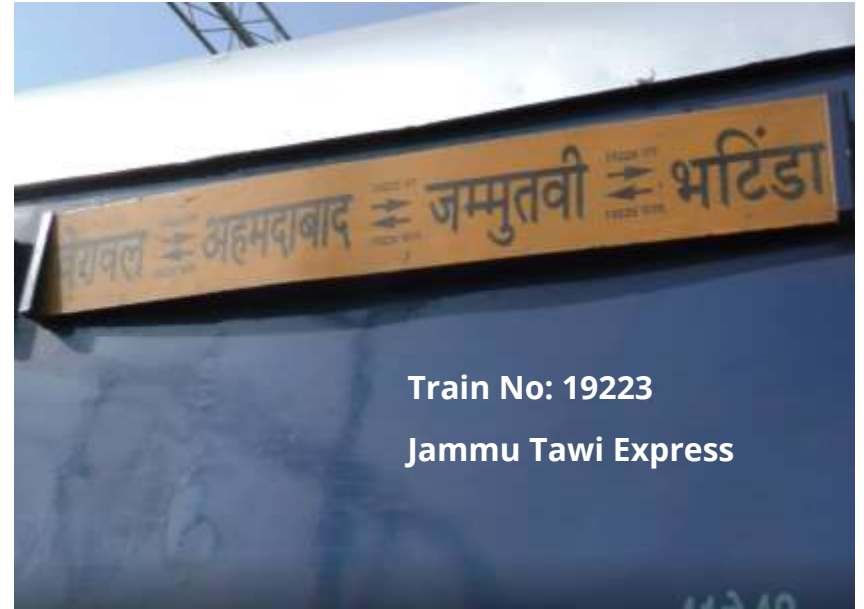
1. **Original Identity Proof**
2. **Soft Copy Fees Receipt**
3. Bedding for travel
4. Mobile, camera, chargers
5. Snacks & chocolates
6. Personal medication if any
7. Trekking Stick (optional)

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

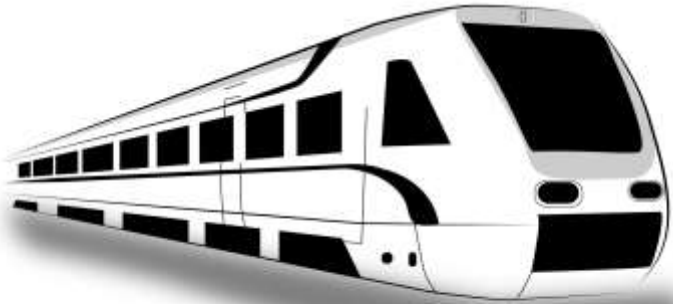
Jammu Tawi Express

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**



Arrival at Pathankot Station

- ✓ On arrival at Pathankot Railway Station, you will be received by our camp manager. He/She will lead you to the bus for the forward journey.
- ✓ Keep warm cloths & other needy things with you before dumping your luggage in the loading vehicles.



Arrival at Manali Campsite

- ✓ Camp Manager will allot you the tents and will give you instructions regarding the stay.
- ✓ Don't go for bath directly after arrival.
- ✓ Follow the instructions, its important for settling down & acclimatization of your body.

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 senior instructor/volunteer for the further help.

During Stay at Manali...

You will stay in tents in 3 or 6 sharing fashion...

- ✓ No participant will be allowed to leave the campsite 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.

During Trekking

Trekking in the hilly area is the most joyful and adventurous part of this trekking expedition.



- ✓ Trek in a queue and do not walk close to valley side slopes. Maintain the gap between two participants. Do not stop or sit in between the trekking path.
- ✓ Remove your heavy pullover/jackets if your body gets overheated.



Just take care...

- Don't take photos when it is prohibited.
- Do not waste your water during height gain.

During Stay at Advanced Camp...

You will stay in Tents at Advanced Basecamp...

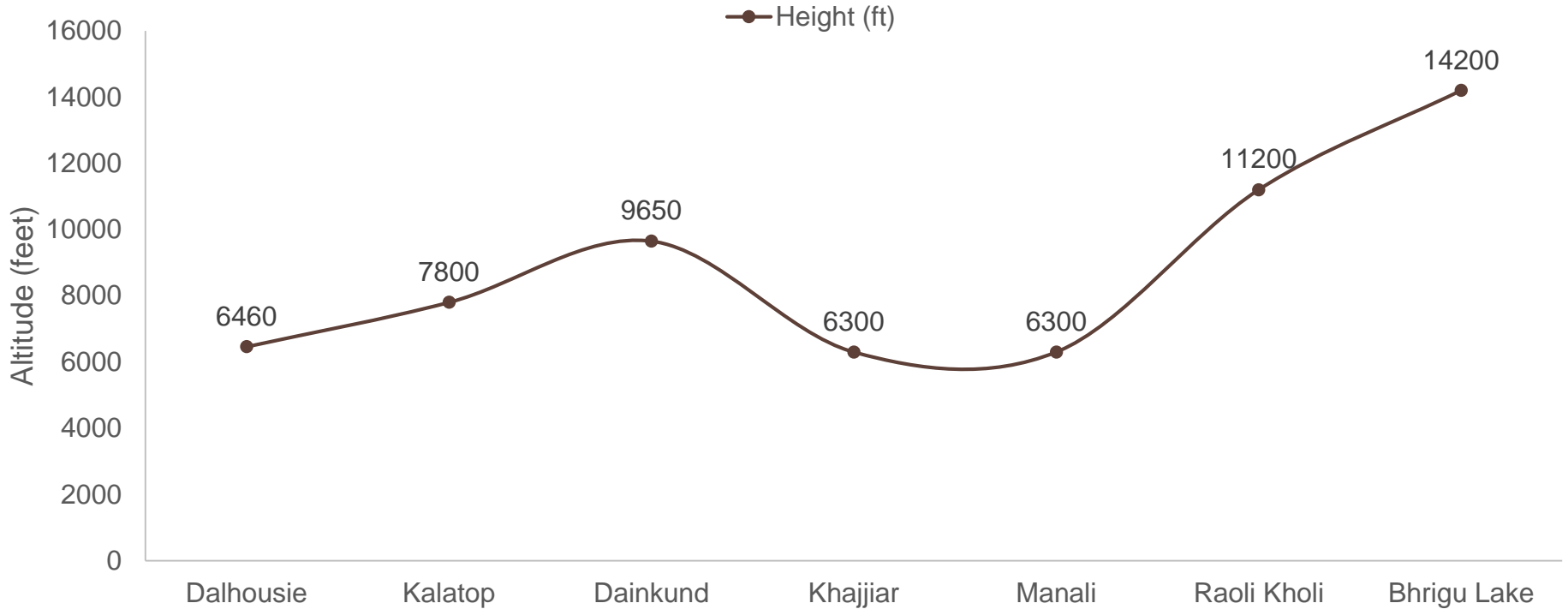
- ✓ No participant will be allowed to leave the campsite for any cause without permission of the camp manager.
- ✓ Keep your body covered with proper cloths & keep changing your socks. Drink water.
- ✓ Participate in every activity & do not sleep during the day time, it may harm your acclimatization
- ✓ Be punctual so that the planned schedule can be maintained.
- ✓ Enjoy campfire during evening instead of sleeping.
- ✓ Learn to **Adjust & Enjoy** the Adventure!



Just take care...

- Contact Instructor anytime if you find problem.
- Don't wander in nights, as there's a threat from wild life.

Altitude Graph



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

Do's

- ✓ Carry a good quality of rubber sole shoes and extra pair of socks.
- ✓ Keep your camera/mobile fully charged. Carry extra batteries for torch.
- ✓ Keep doing exercise and walking well before the expedition.
- ✓ Carry your valid Identity Proof with you to avoid any unpleasant situation during travel.
- ✓ Keep extra copies of your passport size photos & Identity Proof.
- ✓ Carry some sweets/chocolates for trekking.
- ✓ Carry enough bedding for travel, as it will become too cold in nights in train.
- ✓ Make new friends and enjoy the nature!
- ✓ Cooperate with other participants and volunteers during challenging situations, if any.
- ✓ Attend informative sessions and enjoy the experience sharing from instructors.

Don'ts

- ✓ Don't carry suitcases & trolley, instead carry rucksack and carry bags.
- ✓ Don't use new pair of shoes for trekking, as it may bite.
- ✓ Don't keep tight cloths for trekking.
- ✓ Don't carry unnecessary items as it may affect you during the initial trek.
- ✓ Don't listen to songs and don't use your gadgets too much.
- ✓ Don't eat fast-food on free day at Manali, because on the very next day, you have to go for a long trek.
- ✓ Don't make your groups, instead of that meet all and enjoy your trek.
- ✓ Don't speak during activities, it will waste your energy as well affect your breathing.
- ✓ Don't lose your heart during trekking, push yourself hard and reach to goal.

Must **DO's** in this camp..!

Pathankot & Kasol

Punjabi Lassi

Enjoy Lassi at Pathankot in typical Punjabi style.

First Fire on Mountains

Wake up early & enjoy the beauty of mountains before the sunrise.

Manali Basecamp

Snowman

Make a snowman out of fresh white snow powder during free time.

Sunset & Nightview

Grab a chance to see the sun setting in hills and also look at the shining Manali during nights.

The Summit Moments

Pir Punjal & Dhauladhar View

Don't miss the 360 View from the highest point of our trek.

Hoist the Flag

Get into the group photo with the Indian Flag at the Summit.

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.

Useful Information

- ✓ You can WhatsApp on 9099400699 for any query regarding packing & preparation.
- ✓ You can visit Invincible Pre-Event Meetup at Ahmedabad. The Date, Time & Venue of such events will be shared with you via an SMS/WhatsApp Group.
- ✓ Invincible has set up a Campers' Store at Manali Hotel to provide necessary items at lowest cost. The list of items available are given in the next slide.
- ✓ A WhatsApp group will be created a week before the departure. Invitation Link will be sent to all participants via an SMS. Please note that once you join the group, your contact no will be visible to other participants.
- ✓ **Emergency contact shared with you should be accessed in case of emergency or critical situations only. Do not call on emergency contacts for silly doubts/queries.** Anyways girl participants can contact Lady Instructor over WhatsApp if necessary.
- ✓ Snow Boots and Rain Coats are available for rent (i.e. ₹50/3 days for each)

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 Contact



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Thanks a Lot...

For choosing to be with
Nature & Mountains!

