

Things to Carry

- Extra pair of clothes
- Comfortable Dress for activities (Preferably old track-suits, jeans, trouser or salwars.)
- Shirts or t-shirts preferably with long sleeves.
- Towel
- Soap and Shampoo
- Blanket
- Prescribed Medicines / first aid kit while travelling
- Water Bottle
- Sunglasses
- Sun screen
- Hats and Caps
- Swimwear (participants will not be permitted without swim wear)
- Sports Shoes / Running / Hiking Shoes
- Toiletries
- Pullovers / Sweatshirts / Fleece / Jackets
- Cargoes / Trek pants
- Mosquito Repellants