



## Outbound Training Camp

# Packing List Information & Important Do's & Don'ts

### A) Do's: (What to bring)

- 1) **Clothing:** 4 set comfortable body wear & 1 nightwear. (Avoid Tight, Short & Sleeveless clothing)
- 2) **Essentials:** Cap, Water Bottle, Single Bed Sheet & Pen. (Pocket torch is recommended)
- 3) **Personal Hygiene:** Toothbrush & Paste, Soap, Towel, etc.
- 4) **Footwear:** 1 pair of sturdy sports / outdoor shoes & 4 pair Socks for activities, 1 pair of Slippers or Sandals (do not bring high heels, fancy / plastic / foam shoes)
- 5) **Weather Clothing:** Pack a Rain wear for Monsoon, a warm jacket for Nov. to Jan.
- 6) **Luggage:** Use small backpack or handy bag for packing. (Avoid suitcases / wheeled Strollers or heavy luggage)
- 7) **Medications:** Prescription of Registered Medical Doctor only permitted.
- 8) It is advisable to carry a copy of ID for emergency purpose.

### B) Don'ts: (Avoid bringing)

Large amount of Cash, Expensive Watch or Jewelry, electric gadgets, game consoles,, cameras, music systems, game kit, playing cards, tissue papers/face wipes, chewing gum, tobacco products, pan masala products, aerated drinks, junk food or food items, plastic disposable or non-biodegradable items or unnecessary items.

### C) Important Note:

Nature Bound Sahyadri adheres to the "LEAVE NO TRACE" (LNT) pledge & enforces a "ZERO TOLERANCE" for any disturbance of fellow participants, staff, abusive behavior, foul language and property or environmental destruction. Violations will be taken seriously.

### D) Strictly Prohibited: (Do-not bring)

Smoking, possession or consumption of Liquor, Intoxicants or Tobacco products, Adventure gear, Knives, Arms or Ammunition, Combustible or Inflammable items, Hazardous items or any item banned by law or that poses danger to you, others or the environment, We remain round-the-clock vigilance to ensure safety and rule compliance, Violations are termed as **breach of terms & conditions, potentially resulting in termination of program & evacuation from the campsite.**

### E) Additional Guidelines / Information for Parents/Guardians:

While parental calls are allowed during designated hours, please refrain from calling outside this time to avoid disrupting program activities and routines, your calls are permitted between 9.00 PM to 10.00 PM on –

**95134 89414 or 76191 89414**

**Google Search:** Nature Bound Sahyadri Camp