

### Clothing

- 3-5 Cotton shirts/t-shirts
- ] 3 Trousers/slacks/Track pants
- 4 sets Underclothing
- 2 Sleeping suits
- 4 pairs of socks
- 2 Bath towels
- □ 1 Face towel

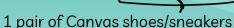
resistant

**1** Cap



# Footwear

upper Cap Tems list



- 1 pair of Jungle boot/trekking shoes
- 1 pair Slippers



### Other essentials

- Personal toiletries hand sanitizer, soap/shower gel, sun screen (SPF 40+), lip balm, cold cream & mosquito repellent.
- 🔲 1 Pen knife/pocket knife
- A pair of sunglasses
- A torch or headlamp (bring spare batteries)
- Medicines, if you use any regularly
  - ] Water bottle at least 1 litre capacity
  - ] Small Knapsack/ Day pack to carry your
  - personal items with you



Limit to 1 piece of luggage for the ease of carrying

Warm/Woollen/Water

Use a rucksack if it's available

2 Windcheaters/ sweatshirts

1 Raincoat/Cape/Rain suit

## No Expensive

## item/jewellery/cameras

- Do note that ULEAD does not take
  responsibility for any item like jewellery,
  cameras, or expensive clothes.
- Participants may carry a camera that they can take care of themselves.

#### Money

- Everything is included in the registration fee. NO extra money will be charged on the camp
- Please carry money if you need to buy anything from the local market, for buying any other eatables, etc. for the train journey
  - Do not carry more than Rs 2000. Do note that participants are responsible for the same unless it is handed to the Instructor/Course Leader to be deposited in the campus safe

Please note that the numbers in front of items are indicative, so feel free to bring more or less depending on your needs. Also, we don't want you to spend money on buying things unnecessarily. The first preference is to borrow it from someone who has it .

Thankyou

