



INDIAN ADVENTURE FOUNDATION

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Creating An Adventurous India

एक साहसिक भारत का

Our Motto:

We Train Your Brain In The Terrain...

LIST OF ITEMS COURSES/CAMP

REQUIRED ITEMS FOR TRAINEES STUDENT DURING **SUMMER/ WINTER COURSES/CAMP**

S/No	Summer	winter
1	Goggles	Gloves (wind proof, water proof)
2	Socks full size/short	Goggles (Polarized)
3	Thermal inner suit	Woolen cap
4	Jacket wind proof / water proof	Face mask
5	Trek suit wind proof, water proof	Socks pairs (COTTON)
6	Trekking shoes (High Ankle) / Sports shoes	Thermal inner suit
7	Water bottle	Jacket (wind proof / water proof)
8	Note book with pen	Trek suit (wind proof, water proof)
9	Sim card, Post paid/ pre - paid (BSNL or Airtel and idea)	Trekking shoes
10	Sun screen lotion SPF> 40+,100 ml	Knap sack /small bag
12	Moisturising lotion/ Vaseline/lip guard	Water bottle
13	Needle & thread	Thermos
14	Rain coat (Poncho) / Umbrella	Head lamp/ Torch with spare batteries
15	P Cap / Hat (Sun Shade)	Note book with pen
16	Personal kit (Daily use)	Sim card (post paid/ pre- paid)
17	Personal utensils	(BSNL /Airtel /idea)
18	(BSNL /Airtel /idea)	Sun screen lotion >SPF 30+, 100 ml
19	Small blanket	Moisturising lotion/ Vaseline/lip guard
20	Light Sleeping bag	Needle & thread
21		Small blanket/Sleeping bag