

Welcome to the LAND OF SNOW
Himalayan Camp at Dharamshala- Dhauladhar Range
Minkiani Pass
Trekking Based Programme
(Nagpur to Nagpur 11 days)

Day 1	Report at Nagpur Railway station, main Entrance on at for boarding towards New Delhi.
Day 2	Reach New Delhi, Fresh up and lunch and proceed for Dharamshala by 2x2 Luxury Volvo bus.
Day 3	Dharamshala: Situated at the northern end of the Kangra valley, Dharamshala has spectacular views of snowcapped peaks and wooded slopes. Surrounded by towering peaks at an arm length, Dharamshala's major assets are its proximity to the snow line. Reach Mclodganj, Dharamshala. Drive to (Base Camp) Bhagsu Nag (1800m) 2 kms, Check in Hotel, Fresh up, Breakfast, Briefing. Lecture on Camp & Camp hygiene, Lunch, Lecture on Rope & Knots, Tea & Snacks, Rest, Dinner & night stay in Hotel.
Day 4	Base Camp Bed tea, Acclimatisation walk, Exercises, Breakfast, Lect. on Rock-climbing, Rappelling & Jumaring, Demo, Practise, Lunch, Village walk, Lect. on Mountain Walking, Tea & snacks, Knots Practise, Games, Dinner & Night stay in tent.
Day 5	Base Camp- Kareri Village (1900 mts) Bed tea, Acclimatisation walk, Exercises, After Breakfast trek to Kareri Village (3 kms), Lect. on River-crossing, Demo, Practice, Lunch, Check in Tents/ Guest House, Knots Practise, Tea & Snacks, Lect. on Ruck-sack Packing, Games, Dinner & Night stay in Guest house / tent at Kareri Village.
Day 6	Kareri Village – Rayoti Camp (2600m): Bed tea, After breakfast Trek to Rayoti Camp (2600m) 5 & half km, Check in tent, Lunch, Rest, Lect. on Surrounding area, Tea & snacks, Knots test, Games, Dinner & night stay in tent.
Day 7	Rayoti Camp – Kareri Lake (3250m): After breakfast trek to Kareri Lake (3250m) 6 & half km, Check in tent, Lunch, Rest, Acclimatisation walk, Lect. on Surrounding area, tea & snacks, Knots test, Camp- fire, Dinner & night stay in tent.
Day 8	Kareri Lake – Minkiani Pass (4350m): After breakfast trek to Glacier (towards Minkiani Pass) with packed lunch, snow craft, snow fun and back to Kareri Lake, tea and snacks, Rest, camp-fire, dinner and night stay in tent.
Day 9	After breakfast trek down to Kareri Village 13 km with packed lunch, and drive to Mclodganj Base camp (23 kms) Check in Hotel, Bath, Tea & snacks, Rest, Dinner, camp fire & night stay in Tent.
Day 10	After breakfast Concluding programme and certificate distribution, after lunch visit to His Holiness temple, Water fall, Shopping and departure to New Delhi.
Day 11	Arrival at New Delhi and departure for Nagpur on ata.m. by Train No.....

Fees Rs.17,500/- Himachal-Dharamshala- (with III AC/Sleeper Class Journey) **Conditions apply***

****Additional charges for Tatkal Fare shall be applicable.**

****Additional Charges for Transportation from other cities to Nagpur.**

HIMALAYAN CAMP '2019

15 May to 26 May 2019

Parent Manual

What to Bring:-

1. Light weight Suitcase with chain and lock. Nap sack
2. Personal clothing 5 pairs + [2 sets for traveling], two bed sheets, Shawls.
3. Sports shoes 1 Pair, Chappal, Extra pair of socks (6 Nos.).
4. Drinking water in 1lt disposable water bottle 2 Nos.
5. Warm jacket, Sweaters, Woolen cap, Hand Gloves.
6. Sun glasses with hard case.
7. Toilet kit (hair Oil, Soap, Cream, Powder, Toothpaste, Toothbrush), Paper soap [5pkts].
8. Pen, one 100 pages copy, Camera (optional & at own risk)
9. Personal medicines, Glucose, Electoral powder, Band aid, Odomos.
10. Dry snacks, packed food for one time
11. Torch with extra cells.

NOT TO BRING

1. Playing cards, Tattoos.
2. Ornaments.
3. Video games.
4. Walkman & i-pods, Mobile.

Participants will be provided during the camp

1. Rucksack
2. Sleeping Bag
3. Sleeping mattress.
4. Adventure Equipments

Note: Keep four Plastic Carry Bags for water proofing of your belongings.

Physical Fitness

The first prerequisites are right attitude and excellent fitness level because mountaineering is mentally and physically demanding.

1. Kindly avoid eating outside or in hotels a month before joining the camp. This will ensure your fitness.
2. Running and skipping are good cardio exercises because they are simple. You can do these on alternate days to avoid boredom. Do cardio at least for one hour daily.
3. Do not forget to stretch before and after the exercise.
4. Follow the acclimatization instructions given by the instructors sincerely for your own benefit. If you do not acclimatize well within the prescribed time frame, you will not be able to participate in the camp activities.
5. Please feel free to ask if you have any queries.
6. Consult your doctor in case of any previous illness.

Travel Tips:

1. Keep sufficient water with you.
2. Carry chain & lock for safety of your luggage.
3. Arrive at the station well in advance, minimum 45 minutes prior to the departure of the train. Report to the tour escort
4. Be considerate towards your fellow passenger's .Avoid creating noisy scenes in your compartment. Let your travel be a pleasure for others too, not only for yourself.
5. Don't talk to or accept any eatables from the strangers.
6. Travel with minimum luggage.

Staffing Ratios

For Himalayan Camp 1:10 instructor: camper ratio is maintained for all activities.

Administration:

- Fees once paid will NOT be refunded for any reason.

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Camp fees Includes:

- Tent / Hotel Accommodation, Veg. Food, Equipment Hiring Charges,
- Train Journey (III AC / Sleeper Class):
- **For Dharamshala Camp:** Nagpur –Delhi –Nagpur

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Mode of Payment:- a) Cash
b) By Cheque in the name of 'Prahar Samaj Jagruti Sanstha'.

The admission to the Himalayan Camp is strictly on first come first admitting basis!

Inclement Weather Policy:

The camp incharge/instructor reserves the right to conduct or cancel activities subjected to the weather conditions or any other situation.