

## **LIST OF ITEMS REQUIRED DURING WINTERS**

1. Umbrella (Comes Handy During Snow Fall While Moving from Hostel to Mess Etc)
2. Head lamp / Torch with spare batteries
3. Cap (To Keep Your Head Warm and Cover Your Ears)
4. Polarized Sunglasses and Ski Goggles
5. Face Mask
6. Neck Warmer and Balaclava
7. Upper Thermals - 2 Pair Minimum
8. Fleece Jacket
9. Down Jacket
10. Rain Coat and Jacket (wind proof and water proof)
11. Trek suit (wind proof, water proof)
12. Waterproof Gloves
13. Knee Cap and Crape Bandage
14. Lower Thermals - 2 Pair Minimum
15. Ski/Trekking Pants
16. Warm Socks - Regular Wear - 3/4 Pair
17. Ski / Knee Length Socks - 3 Pair Minimum
18. Personnel clothing includes underwear's, undershirts, handkerchief, warm clothes, Needle & thread etc.
19. Plastic Gumboots & Trekking Shoes ( Which You Can Easily Pull And Are Of Sufficient Length To Walk In Snow While You Move From Hostel To Mess And Bathroom Etc )
20. Knap sack / small day Bag
21. Sunscreen >SPF 30+, 100 ml
22. Lip balm/ Moisturizing lotion/ Vaseline/
23. Mouthwashes.
24. Book and Pen
25. Mustard Oil For Feet Massage
26. Electrolyte Powder / ORS (Dehydration Is Very Common Due To Exertion And Less Water Intake In Cold Weather)
27. Painkiller Ointment of Your Desire
28. Thermos Water Bottle 1 liter ( Of Desirable Quality To Keep The Water Warm For Long Hours Because Drinking Of Cold Water Is Not Advisable And May Lead To Sore Throat)
29. Hot Rubber Bottle for Sleeping Bag.
30. Toiletries.

## **LIST OF ITEMS REQUIRED DURING SUMMERS**

1. Umbrella (Comes Handy During heavy rains)
2. Head lamp / Torch with spare batteries
3. P Cap and Hat (Sun Shade)
4. Polarized Sunglasses (Big)
5. Face Mask
6. Neck Warmer and Balaclava
7. Upper Thermals - 2 Pair Minimum
8. Fleece Jacket
9. Down Jacket
10. Rain Coat and Jacket (wind proof and water proof)
11. Trek suit (wind proof, water proof)
12. Waterproof Gloves
13. Knee Cap and Crape Bandage
14. Lower Thermals - 2 Pair Minimum
15. Trekking Pants
16. Woolen Socks - Regular Wear - 3/4 Pair
17. Woolen Socks - 3 Pair Minimum
18. Personnel clothing includes underwear's, undershirts, handkerchief, warm clothes, Needle & thread etc.
19. Trekking shoes (High Ankle) & Sports shoes
20. Knap sack / small day pack
21. Sunscreen >SPF 30+, 100 ml
22. Lip balm/ / Moisturizing lotion/ Vaseline
23. Mouthwashes.
24. Mustard Oil For Feet Massage
25. Book and Pen
26. Electrolyte Powder / ORS (Dehydration Is Very Common Due To Exertion And Less Water Intake)
27. Painkiller Ointment of Your Desire
28. Thermos Water Bottle 1 liter ( Of Desirable Quality To Keep The Water Warm For Long Hours Because Drinking Of Cold Water Is Not Advisable And May Lead To Sore Throat)
29. Normal Water bottle 1 liter
30. Toiletries.
31. Tiffin Box /Mess-tin for Pack Lunches

**Note: For Mountaineering training, the dresses should be comfortable befitting the training to include trek suits, full sleeve T-Shirts, loose clothing, cargo pants, stretchable clothes etc. Skin tight dresses to include slim fit clothing, tight clothing, half sleeves will not be permitted.**