



TOURS

UNBOX ADVENTURES

INDIA'S PREMIER ADVENTURE TRAVEL COMPANY

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IMPORTANT OUTDOOR GEAR TIPS

- ☐ Trekking trousers
- ☐ Trekking shirts
- ☐ Sunscreen
- ☐ Sandals
- ☐ Woollen cap
- ☐ Water bottle
- ☐ Lip balm
- ☐ Hand sanitizer
- ☐ Towel
- ☐ Shampoo
- ☐ Moisturizing cream
- ☐ Socks
- ☐ Toilet paper
- ☐ Snacks
- ☐ Buffs
- ☐ Shower gel
- ☐ Trekking poles
- ☐ Sleeping bag liner

(Optional)

- ☐ Sun hat/baseball hat
- ☐ Neck gaiter
- ☐ Deodorant
- ☐ Diary
- ☐ Kit bag and lock



- ☐ Trekking Boots
- ☐ Rucksack with pack cover
- ☐ Passport size photos
- ☐ Camera with extra battery
- ☐ Socket adapter
- ☐ Fleece
- ☐ Sunglasses with straps
- ☐ Flashlight
- ☐ Wind and water proof jacket
- ☐ Spare glasses/lenses
- ☐ Gloves
- ☐ Inner thermal
- ☐ Water purification tablets
- ☐ Fleece pants
- ☐ Down jacket
- ☐ Wind pants

(optional)

- ☐ Vitamin Supplements
- ☐ Running shoes
- ☐ Binoculars
- ☐ Books
- ☐ Tablet computers
- ☐ Swiss army knife
- ☐ Zip locks
- ☐ Gaiters



What we supply for your trek, Safari, biking, expeditions etc. In terms of gear:

- We supply a comprehensive first aid kit carried by your guide. For individual bikers and small groups. You can ask for assistance from them on any basic medicine or advise you may need during the trip.
- All guides and porters are fully equipped with gear and clothing (snow gear, warm gear, sleeping gear).
- Two Pax Mountain tents Dome or A Shape, ground mattresses
- Dining tent, Chairs, Tables, Toilet tents, Kitchen tent, Entire Kitchen utensils etc.

What gear you will need to bring with you:

- Sleeping bag and liner – A 3 or 4 season bag is recommended, depending on your trek (if it's not in your inclusions already, since most clients prefer to use personal one).
- Down jacket – need for this depends on the season and where you are going.
- Kit / duffel bag – required to pack your gear in (suitcases are totally a no no). Since they need to be carried by porters or mules – horses.

Please note: Unless you advise us otherwise we will assume you are bringing these items with you. If you need help to buy or rent them, please just let us know, we're more than happy to help.

Other items that we recommend you take on trek, safari, biking, expeditions etc.:

- Loose comfortable T-Shirts NOT COTTON or long sleeved shirts for sun protection
- Long trousers (for cultural reasons, we request you not to wear tight pants or
- Shorts. If you really want to wear shorts, please make them loose fitting and long)
- A warm jacket / fleece pullover
- A thermal layer (shirt and pants)
- A water and wind proof layer (jacket and pants)
- Woolen or thermal gloves
- Sun hat and sun glasses
- Woolen or fleece hat
- Scarf / stretchy 'buff'
- Socks – depending on the season bring either warm, woolen socks or cool, breathable cotton socks
- Comfortable and worn in trekking boots
- Sandals or flip flops for camp
- A comfortable day pack with adjustable waist and shoulder straps
- Personal toiletries - shampoo, soap, shavers, moisturizer, and travel towel, etc.
- Zip lock bags are handy for convenient leak-proof storage
- Sun block and lip balm
- Dust mask/ scarf / stretchy 'buff' for dusty trails
- Personal first aid kit + any personal medications you need to take + water treatment tablets/drops
- Camera, batteries and charger, music, book

- Airtight and waterproof 'dry bags' are great for 1) keeping your clothes dry and 2) storing your dirty
- Laundry separate from clean clothes!
- Sleeping bag liner – either silk, cotton or fleece
- WATER BOTTLES - please be able to carry 2 liters of water and have bottles that can handle boiling/hot water
- HEAD TORCH and spare batteries
- Your sense of humor and adventure!

What to take with you in your day pack:

Please carry the following in your day pack, as a minimum:

- 2 liters of water (please make sure your water bottles will take boiling/hot water)
- Sunscreen, sun glasses, sun hat, lip balm, dust mask / scarf / 'buff' to help on dusty trails
- Warm fleece or thermal layer and gloves
- Water proof layer
- Head torch
- Hand cleaner
- Your camera
- Any money you want for snacks/drinks along the trail
- **CRITICAL – take any personal medications you require during the day – you will not see your kit bag until evening.**

The rest you can put into your kit bag which will be carried by the porters, whom you won't see until camp in the evening. It's a great idea to use dry bags (i.e airtight/waterproof) in your kit bag to store your dry clothes in to keep them DRY in case it rains and one to put your dirty laundry in (to keep from making everything else in your bag smell bad!).

Some tips for staying healthy:

- Do NOT drink or brush your teeth with tap water or untreated water!
- Drink only properly boiled water or use water purification tablets, such as iodine. Bottled water is available, but as the plastic cannot be recycled we request you to consider the waste impact of your bottles – we recommend you drink boiled water or use iodine.
- Your hands are perhaps your biggest enemy in terms of your health as they get very dirty during the day. Wash your hands before every meal or snack. People often think they get sick from the food, but it's far more likely they forgot to wash their hands!
- During the trek DO NOT try to test your fitness and walk too high, too quickly! Listen to your guide and take their advice as they are trained to look after your safety. Altitude sickness is a killer and you MUST take it seriously.
- It is recommended that your personal medical kit includes not only your preferred painkillers, but also throat lozenges, plasters, strapping tape for blisters, etc. If you are taking regular medication you MUST bring those medicines with you PLUS an extra supply in case one pack is lost.

- If you have any allergies and/or take any medications, you MUST advise us when booking your trek!

The trails:

- Trekking trails vary from wide, road-like avenues to narrow, slippery paths built out over enormous drops. In many places, a fall from the trail would be fatal. One must pay attention at all times to where you are placing your feet. Be especially careful not to move while looking through the view finder of your camera! We want you safe first. Also when leaving camp in the evenings for a walk around the area, please inform your guide where are you headed and approx. return time so we can keep a check on you for safety reasons.

Be prepared for the weather:

- Each altitude has its own weather, from tropical heat to arctic cold. In the main cycling seasons in the spring and autumn, the weather is generally stable and even the high passes may be free of snow and relatively easy to traverse at times.
- Some cyclists who have encountered an easy day at altitude may spread the word that boots and warm clothing are not required. This is a mistake. Sudden storms occur at any time, dumping snow on the passes without warning. At that point, anyone poorly equipped will not be able to proceed and may even be stranded for a number of days risking their life and the lives of others.
- You are heading into the world's highest mountain range. Be prepared for changes in temperature and weather!!

Altitude and preventing Altitude Sickness

- Being in a hurry in the mountains can be deadly. Acclimatization is the word used to describe the adjustments your body makes as it ascends to higher altitudes.
- Ascending slowly, with appropriate rest days and drinking plenty of water is one of the best ways not to get Acute Mountain Sickness (AMS). Data indicates that drinking 3-4 liters of fluids (water, soup etc.) per day to avoid dehydration helps in the acclimatization process.
- You should not plan to go to high altitude if you have heart disease, difficulty breathing at sea level or are pregnant. You should consult your doctor about any known medical conditions if you are considering cycling in high altitude (over 2500m).
- Avoid sleeping pills, alcohol and smoking while at altitude as they tend to decrease breathing and lead to AMS.
- The first aid kit carried by your guide includes Diamox and other altitude medications and he/she is trained in the identification of AMS symptoms and their treatment. You MUST take their advice. If anything happens to your guide the first aid kit has a Wilderness Medicine handbook with comprehensive information about altitude sickness and other ailments.
- When relevant, your pre- cycling briefing will include information about what to expect and what to do to avoid AMS before embarking on your cycling.

Tipping and cash requirements:

- While all main meals are provided on trek, do not forget to bring some money for drinks or snacks that you might purchase on the way. You will be surprised by what is available on the popular cycling routes.
- The amount to carry on the cycling routes depends on the area you are going to cycling, so please ask your guide for advice. Tipping is now common but there is no strict rule about how much the tip should be. Needless to say, you should only tip if you are satisfied with the service. Tip consideration is usually for Guide, Chef, Camp Assistants, Porters, Horse man.

Photographing and interacting with local people:

- During your cycling you will have many opportunities to photograph local people and the amazing scenery and you will use tons of film/memory space! When you want to take a photo of a person, please ask them first and respect their right to refuse – you will be surprised how easy it is to convey the request to take someone's photo even when you don't share a common language!
- If you have a digital camera it is considerate (and fun!) to show them their photo and if it's possible to arrange to have copies printed and sent to them this is an amazing gift! However do not promise to do so if you are not sure you can deliver on the promise, so please talk to your guide about this! Photos can be a brilliant way to establish a connection with local people, but please respect their right to privacy.
- Refrain from giving money or food to children. There are many good organizations working to help these children and we recommend you support them instead of encouraging them to beg. One other way is to collect books, pencils and other such articles and donate them to village schools you will find on your way.

Considering the Environment:

There are many ways you can help to conserve the environment of the area in which you cycling. Here are some simple tips.

- While cycling you have to be careful not to destroy the very environment you are enjoying so much. It is not only for your enjoyment - people and wildlife rely on this environment for their drinking water and food supply and many places are of enormous religious significance to local people.
- Pick up any litter along the trail.
- Burn all your toilet paper and bury your faces when not in camp, make sure you go at least 50m away from any water source.
- Try and avoid making a campfire - if you must, be sure to use only fallen wood. Do not consume food cooked on wood fires.
- Drink boiled/treated water instead of mineral water as the plastic bottles are a problem.
- Stick to the trails to prevent erosion and damage to fragile alpine flora.
- Ensure all rubbish is packed out (or burnt/buried if appropriate).

Insurance:

- All tour participants should obtain their own personal insurance which covers medical and emergency evacuation at a minimum. You will of course also want cover for loss or damage to personal effects, flight or trip cancellation etc.



Welcome to our World of Adventures