



Suitable clothing for a day trek / activity:

Shoes & Socks

Light Tee Shirt / shirt

Cotton or QuickDry material

Recommend a tee shirt for any activity like rappelling and rock climbing

Half or Full Sleeves (Full sleeves recommended if available, to protect against thorny undergrowth, sunlight, cold winds, flies and insects)

Recommend ladies to wear a round neck tee shirt for trekking and especially for activities like Rappelling and Waterfall

Rappelling to maintain decorum

Comfortable Full Pants

Cotton or QuickDry material

Capris or Pedal pushers are okay if you are comfortable walking with them and are ready to take a few scratches on your lower calves and shin. Recommended if participating in **Rock climbing**

Recommend full pants for treks to protect against thorny undergrowth, cold winds, flies and insects

Cap to protect against sun

Light Wind Proof Jacket / sweat shirt for night walks / early morning walks / stops on windy trails

Keep a **napkin** or a small towel handy.

Avoid wearing **tight fitting clothes / action wear** as also flowing dresses.

Avoid wearing a **hard leather belts** with large / heavy buckles. If necessary wear a fabrics / canvas / nylon strap belt.

Avoid wearing **denims** as they do not allow you the flexibility while walking and will be a liability to carry if wet.

What you need to get for a Day's Adventure – (Trekking & Rappelling)

- **Back Pack - Mandatory**
 - At least 25Lts to carry all your belongings.
- **Shoes (& Socks) – Mandatory (for advise on how to buy shoes visit http://www.odati.com/gearadvice_new.php)**
 - Please ensure that your shoes for the activity / trek are sturdy & last you the length of the trip.
 - Shoes you hike in must have deep treads, good & sturdy soles that will prevent entry if thorns or sharp objects.
 - In monsoons, quick dry shoes may be of great value.
 - Shoes with ankle supports are always good help in the long term.
 - If you are using old shoes, ensure that they will last you the trek & have been in active use for some time before the trip. Get them mended or reinforced if necessary.
 - If your shoes are new, you may want to break-in to them by wearing them for casual walks before the commencement if trek to avoid blisters.
 - Sport shoes make a comfortable wear but these are not built for the wear & tear of outdoors & will often give away & make your trip uncomfortable & sometimes agonizing. Old (one that have not been used for long time) sport shoes must be avoided for trekking as they almost always give away on trek.
- **Floater**
 - You may want to carry extra floaters in case you think that your shoes may not last long or if the trek is short & you may want to rest your feet during long periods of inactivity or travel.
 - Floaters may be used for activities like basic rappelling / waterfall rappelling / rock climbing or cycling. But please call us and understand the terrain before you choose to wear ONLY them for a trip.
- **Water bottles - Mandatory**
 - Carry at least 2Lts of water in sturdy non-disposable bottles to avoid littering in the outdoors.
 - Alternately you may carry Hydration Packs
- **Change of Clothes**
 - You may carry 1 change of clothes in case the ones you trek in get wet or soiled.
 - Facility to change clothes at the end of the trek / activity will be arranged with local homes / refreshment point before your return journey.
 - For a day's trek, you may leave the change of clothes in the car, but at your own risk.
- **Torch - Mandatory**

- It is mandatory to carry a torch even if it is a day trek as you may get late returning from the trek.
- **Mosquito Repellant - Mandatory**
 - This is a must to keep away mosquitoes & other flying insects while on trail.
- **Sun Block Cream - Mandatory**
 - At least a 30 SPF is a must to keep away tanning & the adverse effects of sunlight while outdoors.
 - Carry this even in monsoons as it is difficult to predict when the sun decides to be out on the trail!
- **Wind Cheater - Mandatory**
 - To keep yourself warm on a cold winter night or even windy days on trail.
- **Rain Poncho – (Mandatory for those who do not wish to get drenched in the rains)**
 - This is very handy to keep yourself dry in monsoon. The best is the plastic poncho that covers your back pack too.
- **Toiletries**
 - You may want to carry some basic toiletries like
 - Soap / facewash
 - Sanitiser
 - Tissues
 - Deodarant
- **Sun Glasses**
- **Cap**
- **A Small Pen Knife**
- **Energy Bars / Chocolates**
- **Plastic bags / ziplocks**
 - To store away your soiled clothes. Ziplocks are a great protect your valuable gear from rain & the elements.
- **Personal Medicines**
 - As prescribed by your physician (if any)
 - Though we provide a full-fledged medical kit, it is advisable to carry a few basics like band aids, Antiseptic Cream, Paracetamol Tabs, Ibuprofane Tabs, Relispray.
- **Loose cash / small money** for expenditure on the trail
- **Trekking Poles**
 - To your discretion
- **Camera** – Pack in a ziplock / watertight bag / pouch / bottle to protect it from getting wet & the wear of a trek.
- **DO NOT** carry lots of money, valuables, expensive electronics, jewellery, lots of Credits Cards, Privilege Cards etc. These tend to attract locals and as also are liable to get lost / washed away / damaged / soiled / in running water