

FAITH ITM 2018

PUNJAB & DHAULADHAR HIMALAYA FAM TOUR

Joining Instructions

Welcome to a great journey which is meant for an active traveler eager to experience a combination of the cultures and natures spectacles. This journey requires one to be reasonably physically fit as it requires easy to moderate trekking in the Indian Himalaya.

Snow Monk Base Camp (21st / 22nd September 2018)

Situated in a remote village called Salli, it is the starting point of the trek. You will be welcomed on the 21st September evening at the camp. The camp set up is as below:-

1. **The camp** – is a walk down of 1 minute from the road head with spectacular views of the valley. We will help you with your luggage if required.
2. **Accommodation** – provided in Large Safari Frame tents with camp cots, pillow and sleep bags on twin share basis. All tents have electricity for charging cameras, cell phones etc. Since it is a remote area, the electricity is erratic
3. **Bathrooms / Toilets**– are common modern western toilets with solar geysers within 1 minute walking distance
4. **Food & Dining** – we prepare fresh food in the in-house kitchen serving simple veg & non veg food. Please pre inform us if you have any dietary requests.
5. **Drinking Water** – Boiled and filtered water will be provided.

Camp 1 at Daled / Rehla (22nd / 24th September 2018)

1. **The camp** – The trek is an easy walk of around 5-6 hours/ 10 kms from Snow Monk Camp with spectacular experience of the valley.

2. **Backpack** – Every one may carry their day backpacks with essentials. Your one duffel bag not more than 5kgs (being a short trek) will be carried by us to the camp site on mules. Please note that the duffel bag must be of strong quality as there could be wear and tear due to the journey on the mule.
3. **Accommodation** – provided in alpine tents with carry mats and sleep bags on single share basis. We recommend that each one brings their own sleeping bags, however we can provide one with liners. Please note that these are dry cleaned properly but they are used commercially regularly. There is no electricity as being in the natural meadows.
4. **Toilets**– are common toilets set up in tents with dry pits and to cover with lime powder.
5. **Food & Dining** – we prepare fresh food in the moving kitchen serving simple veg & non veg food. Please pre inform us if you have any dietary requests.
6. **Drinking Water** – Boiled and filtered water will be provided.

Pack your bags - Essential Equipment to bring along

1. Duffel bag (Appx 50 Ltrs) waterproof - for your luggage on the trek
2. Day Pack - (Appx 25 ltrs) to carry essentials (like water bottle, rain protection, electrol powder, medicines, torch, Sun glasses, Wind-proof cheater, camera and accessories etc)
3. Water Bottle - We recommend you to invest in Life Straw water bottles which are perfect for converting any kind of available water into potable safe water. It removes bacteria, protozoa, and it incorporates a carbon capsule that reduces chlorine, bad taste and odor. You may order this bottle with us – <http://www.holidaymoods.net/camping-water-bottles.html>
4. Three season sleeping bag (fleece liner is recommended). We recommend that each one brings their own sleeping bags, however we can provide one with liners. Please note that these are dry cleaned properly but they are used commercially regularly.
5. Camp Boots filled with down feather for a good sleep
6. Mid layer (fleece)
7. Warm jacket (hollofil/ Fiber)
8. Windproof
9. Waterproof jacket and trousers/ Rain coat/ water proof poncho
10. Woolen Cap / Hat
11. Lightweight waterproof walking boots (worn in) with hard rubber soles (If possible Vibram)
12. Three pairs of walking socks (not too thick and preferably with wicking properties)
13. Floaters/ sandals with back strap
14. Hand gloves
15. Comfortable wear/tracksuit
16. T-shirts/shirts/base layers
17. Light weight trousers
18. Sunhat, sunglasses, sunscreen and lip salve with sun protection






19. Daypack
20. Head torch/ headlamp with extra batteries
21. Water bottle/ sipper
22. Plastic bags (bin liners) to line daypack and for packing clothing in the kitbag
23. Small towel for trek
24. Toilet kit
25. Personal medication
26. Mosquito repellent, thread, needle, safety pins. Buttons, rubber bands, peppermints, small knife,
27. Salt, sugar, limejuice, glucose powder etc
28. Dry ration like toffees, chocolates, munchies, dry fruits etc

Indemnity Bond

We request you to kindly fill your indemnity bond and send it to the below email latest by the 15th September 2018. Please download the form from here – [Click Here](#)

Please email your form to arshdeep@holidaymoods.net with a c.c. to contact@snowmonkcamp.in

Expected Weather

FRI 9/21	SAT 9/22	SUN 9/23	MON 9/24	TUE 9/25
				
25° /16°	25° /16°	26° /15°	25° /16°	26° /16°
An afternoon shower	A morning shower	A morning shower	An afternoon shower	Mostly sunny
<u>Hist. Avg.</u> 34°/22°	<u>Hist. Avg.</u> 34°/21°	<u>Hist. Avg.</u> 34°/21°	<u>Hist. Avg.</u> 33°/21°	<u>Hist. Avg.</u> 33°/21°

Important Links:

Please go through these important links as they may help you preparing for the trek

1. [Acclimatization](#)
2. [Altitude Sickness](#)
3. [Care for your feet](#)
4. [Correct Clothing & Packing](#)
5. [Health on the Trek](#)
6. [Insurance](#)
7. [Mountain Manners](#)
8. [Drinking Water](#)
9. [Rucksack Packing](#)
10. [First Aid Kit](#)
11. [Responsible Camping](#)

Emergency Contact:

(One Point Contact person for any further questions/ clarity)

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