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Note: The medical officer should be MBBS/GAMS and given his/her registration number of the council.

WHAT PERSONAL ARTICLES TO BRING WITH YOU FOR THE COURSE

MOUNTAINEERING COURSES

SR.NO	NAME OF ITEM	QUANTITY
1.	TRACK SUIT	01 set
2.	GLOVES	02 Pairs.
3.	TREKKING SHOES	01 Pair.
	(Good Rubber soled)	
4.	WATER BOTTLE	01 No.
5.	SUN HAT /CAP	01 No.
6.	SNOW GOGGLES	01 No.
7.	SUN BLOCK CREAM	01 No.
8.	WARM PULLOVER	01 No.
9.	WRITING MATERIAL	As required
10.	WOOLEN SOCKS	02 pairs
11	STEEL MUG	
12	SPOON	
13	WARM UNDER GARMENTS	
14.	TORCH (with spare batteries)	01 No.
15.	CAMERA/BINOCULAR	optional

SR.NO NAME OF ITEM QUANTITY **TRACK SUIT** 1. **01 set** 2. **GLOVES** 02 pairs 3. WATER BOTTLE 01 No. 4. SUN HAT /CAP 01 No. 5. **SNOW GOGGLES** 01 No. 01 No. 6. **SUN BLOCK CREAM** WARM PULLOVER 01 No. 7. 8. WRITING MATERIAL As required **COTTON SOCKS** 02 Pairs 9. WARM UNDER 10. **One Set GARMENTS**

SKIING COURSES

WATER SPORTS COURSES

SR.NO	NAME OF ITEM	QUANTITY
1.	SWIMMING	02 Nos.
	COSTUMES	
2.	BIG TOWEL	01 No.
3.	IDENTITY CARD	required
4.	MOSQUITO	01 No.
	REPALLENT	
5.	WRITING	As
	MATERIAL	required

ADVENTURE COURSES

SR.NO	NAME OF ITEM	QUANTITY
1.	WOOLEN / COTTON	02 Pairs
	SOCKS	
2.	TRACK SUIT	01 No.
3.	GLOVES	01 pair
4	SUN BLOCK CREAM	
5	SUN HAT/CAP	
6	WATER BOTTLE	
7.	SUN GLASSES	01 No.
8.	TORCH (with spare	01 No.
	batteries)	
9.	WRITING MATERIAL	As required