

WHAT TO PACK LIST

No.	Essential things to pack	<input checked="" type="checkbox"/>
1	Minimum Three sets of Cotton Clothes (1 full pant, 2 shorts and 2 T-shirts), Set of Quick Drying Clothes & Night dress with extra pair of pajamas along with a Sweater / Pullover.	
2	Canvas / Sports Shoes (<i>highly recommended</i>) with 3 pairs of Socks and Floaters or Chappals.	
3	Towel, Napkin, Toothbrush, Toothpaste, Soap, Moisturizer, Sunscreen and other toiletries.	
4	Water bottle (1 litre).	
5	Personal First Aid or Personal Medicines along with doctor's prescription and dosage.	
6	Small Torch with fresh Batteries.	
7	Diary, Pen, Pencil and Eraser.	
8	Windcheater OR Jacket (to protect from sudden showers).	
9	Trolley Bag / Rucksack and small sack.	

No.	Optional things to pack	<input checked="" type="checkbox"/>
1	Shawl (Bedding will be provided).	
2	Sketch Book/ Drawing Book and colour pencils.	

No.	Things NOT to be brought	X
1	Any amount of cash, ornaments and mobile handsets.	

Here are some tips for a great camping experience !

Dear Foliager,

We are glad to have you with us as a part of the evergreen and ever growing Foliage Family ! We request you to go through the details mentioned below, which will help you prepare well for this camp.

More about Essential camping gear -

❖ **Clothing :**

Bright coloured cotton clothes are recommended, as they will help us to locate you easily, during activities and trails. We also recommend full sleeve T-shirts / shirts as also full length track pants. These clothes are especially useful during activities and trails. Do carry a windcheater or jacket, since the nights will be cold.

❖ **Footwear :**

Please carry sports shoes that your feet are used to, rather than purchasing new ones immediately before the camp. This will help you to avoid problems like shoe bites, blisters, etc. Also carry at least 3 pairs of socks. Floaters or chappals can be used at the campsite and / or during travel.

❖ **Personal Hygiene products :**

Do not forget to carry your toothbrush and toothpaste along with a towel and napkin. A sunscreen lotion (SPF 15 and above) is recommended to avoid sunburns. We suggest you pack shampoos, lotions and gels, etc. in ziplock bags, to prevent spillage.

❖ **Stay Hydrated :**

Staying well hydrated is extremely essential, so do carry at least one water bottle (minimum 1 litre). Filtered water is provided by the campsite. It would also be a good idea to carry energy powders like Glucon - D or Electral.

❖ **Personal First Aid and Personal Medicines :**

In case you are on specific medication, also include these personal medicines in slightly more than sufficient quantities along with doctor's prescription and dosage. Local medical shops might not stock all the medicines easily available in city stores.

❖ **Small Torch with fresh batteries :**

Most of our campsites are at off-beat locations, where supply of electricity may not be regular. Our chosen resorts do have generator back-ups. But it is always useful to have a small torch, in case of sudden power failure especially after sunset.

❖ **Light Snacks for the camp :**

For all our camps, we provide milk with Bournvita and biscuits in the morning, breakfast, lunch, evening snacks with *sharbat* and dinner. These meals are served at regular intervals and at appropriate timings. However, if a participant is used to having meals at any other time interval, these snacks will prove helpful to satiate hunger. Do carry dry snacks that have a minimum shelf life of 5 days and are mandatorily packed in ziplock bags.

❖ **Rucksack/ Trolley Bag :**

All the above mentioned essential camping gear must be packed in a duffel bag or rucksack. You should be able to carry this bag on our own, so pack only as much gear as you can lift without anyone's help. Do carry a plastic bag to store clothes separately within the bag or rucksack.

❖ **Small Sack / Backpack :**

This bag would be separate from the main bag used to carry your clothes and other belongings. A small sack or backpack would be used during short treks/nature trail to carry your water bottle, snacks, diary and pen, sunscreen lotion, etc.

Please Note : We will be clicking photographs during the camp and our team will be sharing the same on the Telegram Chanel for your child's camp.

Please feel free to contact us in case of any queries or clarifications. We would be happy to help!

We wish you a happy and safe journey !

Happy Camping !

--

TEAM FOLIAGE
