

## **REQUIRED ITEMS FOR TRAINEES DURING SUMMER COURSES**

<b>S/No</b>	<b>Items</b>	<b>Qty</b>
1	Goggles Polarised	01
2	Socks full size	03
3	Thermal inner suit	01
4	Jacket wind proof / water proof	01
5	Trek suit wind proof, water proof	01
6	Trekking shoes (High Ankle) / Sports shoes	01
7	Water bottle	01
8	Note book with pen	01
9	Sim card, Post paid/ pre - paid (BSNL or Airtel)	01
10	Sun screen lotion SPF> 40+,100 ml	01
12	Moisturising lotion/ Vaseline/lip guard	01
13	Needle & thread	01
14	Rain coat (Poncho) / Umbrella	01
15	Pea Cap / Hat (Sun Shade)	01

## REQUIRED ITEMS FOR TRAINEES DURING WINTER COURSES

<b>S/No</b>	<b>Items</b>	<b>Qty</b>	<b>Remarks</b>
1	Gloves (wind proof, water proof)	02	
2	Goggles (Polarised)	01	
3	Woollen cap	02	
4	Face mask	01	
5	Socks pairs (COTTON)	05	
6	Thermal inner suit	02	
7	Jacket (wind proof / water proof)	01	
8	Trek suit (wind proof, water proof)	02	
9	Trekking shoes	01	
10	Knap sack /small bag	01	
12	Water bottle	01	
13	Thermos	01	
14	Head lamp/ Torch with spare batteries	01	
15	Note book with pen	01	
16	Sim card (post paid/ pre- paid) ( BSNL J&K only)	01	
17	Sun screen lotion >SPF 30+, 100 ml	01	
18	Moisturising lotion/ Vaseline/lip guard	01	
19	Needle & thread	01	
20	Small blanket	01	