

# Pre-Trek Briefing

With

**Surmount Adventures**



## What to Carry for your Trek

आपल्या ट्रेकसाठी काय घेऊन जावे



- Personal water bottle (minimum 2-3 liters)
- Sun cap and sunscreen
- Quick-dry or Dry-Fit clothing (Avoid Jeans)
- Winter Jacket
- Head-torch or Hand-torch for night trek
- Extra set of clothes (Top, Bottoms, Socks, Jacket)
- Lightweight hand towel
- Personal medications
- Personal Hygiene Kit (Facewash, brush)
- Dry snacks (such as biscuits, dried fruits, and fresh fruit)
- Ziplock or reusable plastic bag for changed clothes
- Sturdy shoes with good grip
- Identification proof
- Trekkers can wear Slippers/Sandals during bus travel

सह्याद्रीतः हिमालयपर्यन्तम्



[surmount\\_adventures](https://www.instagram.com/surmount_adventures)



[Our Trekking Community](https://www.facebook.com/OurTrekkingCommunity)

[9359228702](tel:9359228702) | [7507979777](tel:7507979777)



# Do's & Don'ts On a Trek

## ट्रेकवर काय करावे आणि काय करू नये

### ✓ Do's on a Trek

#### ट्रेकवर काय करावे

- Adhere to the instructions provided by Trek Leaders consistently.
- Uphold decorum throughout the trekking experience.
- Enjoy the journey and immerse yourself in the natural surroundings.

### ⊘ Definitely No on a Trek

#### ट्रेकवर काय करू नये

- Do not consume alcohol during or prior to the trek.
- Smoking is strictly prohibited.
- Please avoid littering/throwing garbage along the trails.
- Never leave the group/leaders un-informed
- Do not use loudspeakers or play music while on the trails.

### Disclaimer | डिस्क्लेमर

If a participant is found to be in violation of the rules, they will be promptly barred from further participation. Participants are required to adhere to the guidelines established by Surmount Adventures throughout the event.

## सह्याद्रीतः हिमालयपर्यन्तम्



[surmount\\_adventures](https://www.instagram.com/surmount_adventures)



[Our Trekking Community](https://www.facebook.com/OurTrekkingCommunity)

[9359228702](tel:9359228702) | [7507979777](tel:7507979777)

