

National Civil Defence College, Nagpur
Organises
Civil Defence Himalayan Trekking cum Training Camp
in collaboration with
Directorate of HG's, CD & FS Himachal Pradesh

1-6 May 2018

About Program:

The CD Himalayan Trekking cum Training Camp is being organised purely on voluntary basis in collaboration with Directorate of HGs, CD & FS Himachal Pradesh at Prini near Manali . The Trek-cum-Training Camp will begin from Prini (Near Manali) from 1st to 6th May 2018. Manali is located at an altitude of 2,050 mtrs and is the most popular tourist resorts in Himachal Pradesh which is also famous for adventure sports life trekking, mountaineering, paragliding etc., . The CD Himalayan Trekking and training camp will cover regions of Prini, Setan, Kharimindiyaria, Ooching Bihaii, Chikka, Panduropa & back to Manali. The other details are:

- Maximum Altitude covered - 3150m.
- No. of days - 05 nights & 6 days.
- Trip Type - Trekking cum Training Camp
- Location - Manali / Prini(2050m) road head (3km)
- Reporting Place - Base Camp at Prini (Manali).
- Age Group - Above 20 yrs.
- Batch Size - 40

Medical Fitness:

All participants selected for the camp must be physically & medically fit and free from any chronic illness like asthma, heart disease, high blood pressure & high altitude sickness / hypoxia. The participants will have to produce a medical fitness certificate from Registered Medical Practitioner. Any special medication advised by medical specialist must be carried by participants.

The Organizers :

The Civil Defence Himalayan Trekking and Training Camp will be organized by National Civil Defence College, Nagpur with the assistance of mountaineering / trekking experts working in Manali region.

Arrival & Journey:

The participants will make own travel arrangements to arrive at Manali / Prini by 1st May 2018 (morning). Manali is located 593 Km from Delhi. The organizers will arrange transport from Manali Bus Stand to the base camp.

Trek Grading:- Moderate

The trek in the beginning is a moderate walk up to a little Mountain Base camp called Gourudugh. The steepness in the trek increases gradually. On the 3rd day, a little portion is steep to negotiate and provides for a very challenging experience in a straight steep portion.

Trek Itinerary:

Day 01: The participants **arrive at our Base Camp at Prini** road head (3km from Manali). In the evening, the students will go through a briefing.

Day 02: Base Camp Prini - Setan Village (2600 m) 4 hours. The first day's walk is an acclimatization trek to camp via Jamdagin Rishi Temple

Day 03: Setan – Kharimindiyari (3250m) 4 hours.

Day 04: Kharimindiyari - OochingBihaii (3060m.) 4 hours.

Day 05: OochingBihaii - Chhika and back camp 4 hours.

Day 06: OochingBihaii - Base Camp Prini 5hrs. and departure to Delhi.

After having Lunch participants are free to depart to their respective locations.

NOTE: (a) The itinerary is subject to change due to high accumulation/ volume of snow on the trek at higher camps and other natural calamities & circumstances. In this condition optional route itinerary will be given/followed at the happening point.

(b) In case of changes in route and properties, NCDC Nagpur will accept no liability but make arrangements for substitution of equal measure.

(c) The NCDC will ensure complete safety measures during the trek / training camp and provide all support to the participants. However, in case of accident, natural disaster, illness, injury or mishappening, the National Civil Defence College will have no liability or responsibility on its staff wholly or partially. All participants will provide a no liability undertaking to the trek leader when applying for the program.

Who can participate?

All Civil Defence Officers, personnel & volunteers above the age of 20 yrs, but less than 60 yrs can participate. All participants must be physically and medically fit.

Accommodation facilities – Tented accommodation will be provided on sharing basis.

Certification: Participants successfully completing the CD Himalayan Trek –cum Training Camp shall be awarded participation certificate.

Participation charges:

The participants will have to pay charges of Rs. 8200/- for the below given equipment and facilities arranged for the CD Himalayan Trek cum Training

1. Tents, Sleeping bags (Holofil), Rucksack, Wind Proof Jackets (Gore-tax) and Carry mats.
2. Ponchos (Water Proof).

3. A Portable Hyperbaric Chambers (Inflatable PAC) – GAMOW BAG- Severe Altitude Diseases i.e. AMS, HAPO and HACO would place at High Camps only.

4. Oxygen Cylinder.

5. Excellent **Vegetarian food**.

6. Complete camping facilities.

7. Guide, Cook and camp helpers.

8. Horses with horsemen to carry loads if the route requires (logistics).

9. High altitude porters to carry loads if the route requires (logistics).

10. Tent age accommodation on arrival and on the last day of trek at Base Camp.

11. Camping style of bathing and toilets would be provided at Base Camp.

12. The participants would be provided hot water shower / bathing at Base Camp.

13. Tentage accommodation will be provided during trek and mountain way of toilets at higher camps.

14. Either four persons will be accommodated in one tent or could be more as per a size of tent.

15. Technical equipment --- Rock Climbing & Rappelling equipment.

16. Free Stay for 02 teachers/ leaders per batch accompanying the participants.

17. On the last day of trek at the Base Camp Bara Khana Non- Vegetarian & Vegetarian food would be served.

Payment Mode: The participants must make full payments of the Participation Fee to Shri Bhavan G. Patel, Director, Lifevision Adventure Academy, by NEFT to the below given Account of State Bank of India Main Branch, Nagpur.(M.S.)

A/c No. 11172383835, IFSC Code – SBIN0000432.

The Cost Excludes:

Transport from Delhi to Manali and return to Delhi from the campsite. Personal expenses, Camera fees, sightseeing in and around, cancellation, Insurance, Risk and Release, Emergency evacuation costs are also excluded.

Any Personal portorage or horses requested for carrying of individual kit will have to be borne by the participants.

Medical Facilities: First aid will be provided at every camp. Those on special medication should bring their own necessary medicines.

Important Notice:

- Smoking, use of alcohol & narcotics of any description is strictly prohibited during the course of the program. Anyone found indulging in such activities shall be immediately checked out.
- Participants will not litter any wrappers / other material to spoil the trekking trail. Any trash generated will be carried and deposited at the base camp.

Checklist of Personal Items to be carried by the Participants

<i>Sr.No.</i>	<i>Name of Items</i>	<i>Number</i>
01	<i>LOOSE/COMFORTABLE CLOTHING (JOURNEY & TREKKING)</i>	<i>05 PAIRS</i>
02	<i>THICK PULLOVER</i>	<i>02 NOS</i>
03	<i>WOOLLEN SWEATER</i>	<i>01 NOS</i>
04	<i>WOOLLEN MONKEY CAP (BALACLAVA)</i>	<i>01 NOS</i>
05	<i>WOOLLEN HAND GLOVES</i>	<i>02 PAIRS</i>
06	<i>WOOLLEN SOCKS</i>	<i>02 PAIRS</i>
07	<i>COTTON SOCKS</i>	<i>04 PAIRS</i>
08	<i>SNOW HAND GLOVES (WATER PROOF)</i>	<i>01 PAIRS</i>
09	<i>SNOW UVI SUN GLASSES WITH HARD CASE</i>	<i>01 NOS</i>
10	<i>WOOLLEN MUFFLER</i>	<i>01 NOS</i>
11	<i>THERMAL INNERS</i>	<i>01 PAIRS</i>
12	<i>UNDERGARMENTS</i>	<i>04 PAIRS</i>
13	<i>TOWEL</i>	<i>01 NOS</i>
14	<i>TOILET KIT (SOAP/FACE WASH/ NAIL CUTTER/TOOTH BRUSH + PASTE/ HAIR OIL/COMB/SHAVING KIT)</i>	<i>01 SET</i>
15	<i>TOILET PAPER ROLL</i>	<i>01 ROLL</i>
16	<i>HAND SANITIZER</i>	<i>01 NOS</i>
17	<i>ANTISEPTIC/SUNBURN CREAM/COLD CREAM</i>	<i>01 NOS</i>
18	<i>WATER BOTTLES 01 LTR.</i>	<i>03 NOS</i>
19	<i>TORCH WITH SPARE CELLS/HEAD TORCH/SOLAR CHARGING TORCH</i>	<i>01 NOS</i>
20	<i>BED SHEET</i>	<i>02 NOS</i>
21	<i>LIGHT WEIGHT SUITCASE/HAVERSACK</i>	<i>01 NOS</i>
25	<i>DIARY& PEN</i>	<i>01 NOS</i>
26	<i>FLOATER'S</i>	<i>01 NOS</i>
27	<i>SPORTS SHOES TREKKING TYPE (ANKLE HIGH)</i>	<i>01 NOS</i>
28	<i>UMBRELLA</i>	<i>01 NOS</i>
29	<i>PONCHU</i>	<i>01 NOS</i>
30	<i>RAINCOAT</i>	<i>01 NOS</i>
31	<i>RAINCOVER</i>	<i>01 NOS</i>
32	<i>NAIPS</i>	<i>01 NOS</i>
33	<i>CHAIN & LOCK</i>	<i>01 NOS</i>
22	<i>PERSONAL MEDICINE</i>	
23	<i>PERSONAL IDENTITY (ORIGINAL)</i>	
24	<i>DRY FOOD/SNAX/BISCUITS (FOR TREKKING CAMP)</i>	

Note : Please keep five plastic carry bags for water proofing of your belongings.