



Out Beyond - Things to Bring / NOT to Bring for OutBeyond three day Camp

✓	tick and use as a check list if you want !	
A	Important	Nos
	Photo identity copy	1
	Prescribed Medication if any*	

B	Clothing (including whats worn)	
	Shorts	1
	T-Shirts - light	5
	Night dress set	1
	Undergarments	3
	Full pants (trek or as per comfort)	3
	Rain Coat	1
	Swimwear	1
	Bed Sheet /comforter	1

C	Toiletries/Cosmetics	
	Bath soap small	1
	Paper soap strips and Hand Sanitizer	2
	Tooth brush.	1
	Tooth paste.	1
	Comb.	1
	Mosturiser	1
	Mosquito repellent tube	1

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D	Accessories.	Nos
	Sun Hat/Cap	1
	Dark Goggles.	1
	Numbered Specs with case.	2
	Water bottle - 1 lt	1
	Note book 50 pages	1
	Pen	2
	Kerchief	3
	Napkin	1
	Torch with new cells.	1
	10lt Small backpack for trek	1
	Towel	1

E	Wollen Cloths	
	Warm Jacket/Sweater	1
	Wollen Cap	1
	Hand gloves	1

F	Footwear. (including whats worn)	
	Trekking shoes/Sport Shoes	1
	Cotton Socks	5
	Chapples/ sandal	1

Note :- In case the participant is on regular medication, please send it with them and inform the school staff accompanying the group.

Things NOT to bring

In trips such as these actually, what not to bring is more important that what needs to be brought .:) Here are some instructions:-

- 1) **Cell Phones** - Are **not allowed** in the OutBeyond Program. Any student found using a cell phone in the campus, will have the phone confiscated & not returned.
- 2) **Electronic devices** such as i pods, tablets, music players etc are strictly not allowed and any such instruments found during the trip will be confiscated and not returned.
- 3) Do NOT wear or bring **Precious Jewelry, Valuables or Cash** to the camp. We are NOT responsible for any belongings of the participants.
- 4) **Packaged food**, snacks, drinks, chewing gum etc is NOT allowed. If parents wish to send eatables with the students, it should be in a lunch box or a container. However please avoid sending food since the student then do not eat our tasty nutritious meals.
- 5) Needless to say, if any **addictive substance** such as tobacco, alcohol, drugs and other such items if detected with the participant, it will be reported to the legal authorities, and she/he will have to face the consequence.(at their own Cost)

This document is to be retained by the Parents.
If you so wish, you can print it and use it as a check list !

