



33rd BASIC ROCK CLIMBING COURSE 2017

25th – 28th November 2017 at Susunia Hills, Bankura (WB)

Organized by

SOUTH CALCUTTA TREKKERS ASSOCIATION

14 Chakraberia Lane, Kolkata-20 / 45B Puddapukur Road, Kolkata-20

www.scta.in / scta1983@gmail.com

JOINING INSTRUCTIONS

ONWARD JOURNEY: From Howrah to Chhatna by 58011 Howrah-Chakradharpur Passenger on 24th Nov.
From Chhatna to Susunia Hills by reserved bus/trekker.

RETURN JOURNEY: On 28th Nov from Susunia Hills to Bankura by reserved bus.
From Bankura by CKP-Howrah Passenger (Arrival at Howrah: 4:20 AM, 29th Nov)

Reporting time and venue: Howrah Station (New Complex), in front of the main enquiry office by 9:30 PM sharp on 24th November.

Trainees have to bring their own dinner for 24th November.

Trainees are requested to carry the following articles:

1.	Rucksack / Kitbag / Duffel Bag	1 No.
2.	Blanket / Sleeping Bag	1 No.
3.	Ground Sheet (Mattress / Sataranchi)	1 No.
4.	Bed sheet	1 No.
5.	Plastic Sheet (to place under the mattress)	2 Mtrs
6.	Air-pillow	1 No.
7.	Keds / Power Sports Shoe with Rubber Sole of exact fitting (NO PVC sole/ Sneaker)	1 Pair
8.	Trousers / Track suit	2 No.
9.	Short Pant	1 No.
10.	T-Shirts	2 No.
11.	Full Sleeve Cotton Shirt with collar (must)	1 No.
12.	Windcheater / Half Sleeve Woolen Sweater	1 No.
13.	Jacket / Full sleeve Woolen Sweater	1 No.
14.	Slipper / Chappal	1 Pair
15.	Cotton Socks	4 Pairs
16.	Water Bottle 2lt (with strap)	1 No.
17.	Plate, Mug & Spoon	1 Each
18.	Torch with extra cell (must)	1 No.
19.	Diary with Pen (must)	1 Each
20.	Cotton Rope of 1/4th inch diameter (must)	2 Mtrs
21.	Personal Toilet Kit	1 Set
22.	Toilet paper	1 Roll
23.	Odomos / Mosquito repellent lotion	1 Tube

** Please note, item 7 is of utmost importance, without which climbing on the rock surface will be very difficult

You are advised to cut your fingernails properly before the course, as big nails create problems in grabbing the rock-holds

For Further Details please contact the Club Room between 7.30pm and 9.30 pm on any Thursday

Or Contact : Sayantan Dutta @ 9433645889
Koushik Das @ 9748413725
Brijes Day (Sumit) @ 9830068404