



34th BASIC ROCK CLIMBING COURSE 2018

29th November – 2nd December 2018 at Susunia Hills, Bankura (WB)

Organized by

SOUTH CALCUTTA TREKKERS ASSOCIATION

14 Chakraberia Lane, Kolkata-20 / 45B Puddapukur Road, Kolkata-20. www.scta.in / scta83@gmail.com

JOINING INSTRUCTIONS

ONWARD JOURNEY: From Howrah to Chhatna by 58011 Howrah-Chakradharpur Passenger on 28th Nov.
From Chhatna to Susunia Hills by reserved bus/trekker.

RETURN JOURNEY: On 2nd Dec, from Susunia Hills to Bankura by reserved bus.
From Bankura by CKP-Howrah Passenger (Arrival at Howrah: 4:20 AM, 3rd Dec)

Reporting time and venue: Howrah Station (New Complex), in front of the main enquiry office by 9:30 PM sharp on 28th November.

Trainees have to bring their own dinner for 28th November.

Trainees are requested to carry the following items:

1.	Keds (with Rubber Sole of exact fitting) – MUST **	1 Pair
2.	Rucksack / Kitbag / Duffel Bag	1 No.
3.	Backpack (light & small) (optional)	1 No.
3.	Blanket / Sleeping Bag	1 No.
4.	Ground Sheet (Mattress / Sataranchi)	1 No.
5.	Bed sheet	1 No.
6.	Plastic Sheet (to place under the mattress)	2 Mtrs
7.	Air-pillow (optional)	1 No.
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.	Sneakers / Sports / Trekking / Walking shoes (for uphill trekking to rock area)	1 Pair
15.	Slipper / Chappal	1 Pair
16.	Cotton Socks	4 Pairs
17.	Water Bottle 2lt (with strap/string attached)	1 No.
18.	Plate/Bowl (for lunch/dinner), Cup (for tea/coffee) & Spoon	1 Each
19.	Torch with extra cell (must)	1 No.
20.	Diary & Pen (must)	1 Each
21.	Cotton Rope of 1/4th inch diameter (must)	2 Mtrs
22.	Personal Toilet Kit	1 Set
23.	Toilet paper	1 Roll
24.	Odomos / Mosquito repellent lotion	1 Tube

**** Please note, item 1 is of utmost importance, without which climbing on the rock surface will be very difficult**

Fingernails must be cut 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 Call : Sayantan Dutta @ 9433645889
Koushik Das @ 9748413725
Rajsekhar Maity @ 9874623808