



37th BASIC ROCK CLIMBING COURSE 2023

17 – 20 November 2023 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 18011 Howrah-Chakradharpur Express on 16th November.
From Chhatna to Susunia Hills by reserved bus/trekker.

RETURN JOURNEY: On 20th Nov, from Susunia Hills to Bankura by reserved bus.
From Bankura by 18012 CKP-Howrah Express (Arrival at Howrah: 4:30 AM, 21st November)

Reporting time and venue: Howrah Station (New Complex), in front of the main enquiry office by 10:00 PM on 16th November.

Trainees have to bring their own dinner for 16th November night.

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 up to rock area)	1 Pair
15.	Slipper / Chappal	1 Pair
16.	Cotton Socks	4 Pairs
17.	Water Bottle 2 lt (with strap/string attached)	1 No.
18.	Plate/Bowl (for lunch/dinner), Cup (for tea/coffee) & Spoon	1 Each
19.	Torch (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

Toenails and Fingernails must be cut properly before the course. Long nails are not suitable for climbing.



For Further Details please contact:

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