



38th BASIC ROCK CLIMBING COURSE 2024

7 – 10 December 2024 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: 6th December, from Howrah to Chhatna by 18011 Howrah-Chakradharpur Express.
From Chhatna to Susunia Hills by reserved bus/trekker.

RETURN JOURNEY: 10th December, from Chhatna to Howrah by 12884 Rupasi Bangla Express
(Arrival at Howrah: 9:15 PM, same day)

Reporting time and venue: Howrah Station (New Complex), in front of the main enquiry office by 9:30 PM on 6th December.

Trainees have to bring their own dinner for 6th December 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 (30 Liter size)	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 no. 1 is most critical, 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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