



40th BASIC ROCK CLIMBING COURSE 2026

21 to 24 November 2026 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: 20th November, from Howrah to Chhatna by 18011 Howrah-Chakradharpur Express. From Chhatna to Susunia Hills by reserved bus/car.

RETURN JOURNEY: 24th November, 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 20th November.

Trainees have to bring their own dinner for 20th November night.

Trainees are requested to carry the following items:

1.	Rubber Sole Sports / PT shoes (Keds / Canvas shoes of exact fitting) – MUST **	1 Pair
2.	Rucksack / Kitbag / Duffel Bag	1 No.
3.	Backpack (30 Liter size)	1 No.
4.	Blanket / Sleeping Bag	1 No.
5.	Bed sheet	1 No.
6.	Air-pillow (optional)	1 No.
7.	Trousers / Track suit	2 No.
8.	Short Pant	1 No.
9.	T-Shirts	2 No.
10.	Full Sleeve Cotton Shirt with collar (must)	1 No.
11.	Windcheater / Light Jacket	1 No.
12.	Sneakers / Sports / Trekking / Walking shoes (for uphill trekking up to rock area)	1 Pair
13.	Clogs / Slipper / Chappal (Toe covered preferable)	1 Pair
14.	Socks	4 Pairs
15.	Water Bottle 2 liters (with strap/string attached)	1 No.
16.	Plate/Bowl (for lunch/dinner), Cup (for tea/coffee) & Spoon	1 Each
17.	Torch	1 No.
18.	Diary & Pen (must)	1 Each
19.	Cotton Rope of 1/4 th inch diameter	2 Mtrs
20.	Personal Toilet Kit	1 Set
21.	Toilet paper / TP Roll	1 Roll
22.	Odomos / Mosquito repellent lotion	1 Tube

**** Item no. 1 is most critical. Rubber sole shoes are essential for climbing on the rock surface.**

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



For Further Details please contact:

Sayantana Dutta (Riju) @ 99037 12818

Gargi Basu @ 89105 85321

Upal Chakrabarti @ 97481 60236