

SOUTH CALCUTTA TREKKERS ASSOCIATION

45B, Puddapukur Road, Calcutta 700 020

36th ADVENTURE CUM NATURE STUDY CAMP 2024

from 25th to 29th December 2024, Horhap Forest, Jharkhand.

JOINING INSTRUCTION

The trainees are requested to report at **Howrah Railway Station (New Complex)**, in front of Platform No. 22 & 23 by 19:30 hrs. on 24th December 2024.

Onward Journey From Howrah to Ranchi. by **18615 UP Kriya Yoga Express**.
Departure time 21.10 hrs. On 24th December 2024. From Ranchi to Camp Site by Bus.

Return Journey From Ranchi to Howrah by **18616 DN Kriya Yoga Express** on 29th December 2024.
The guardians are requested to be at Howrah Railway Station (**New Complex**), in front of Platform No. 22 & 23 by the time of arrival of the train (06:30 hrs. approx.) on 30th December 2024 to collect their wards.

The TRAINEES SHOULD CARRY THE FOLLOWING ARTICLES:

Sl.	Item	Quantity
1.	Ruck Sack / Haver Sack	1 No.
2.	Sleeping Bag / Blanket	1 No.
3.	Foam Mattress	1 No.
4.	Polythene Sheet (2mtrs x2mtrs)	1 No.
5.	Bed Sheet	1 No.
6.	Air Pillow	1 No.
7.	Trouser/ Track Suit	3 Nos
8.	Short Pant	1 No.
9.	T-Shirt (At least one full cotton T-Shirt with collar Must have)	3 Nos
10.	Wind Cheater	1 No.
11.	Sweater / Jacket Full Sleeve	1 No.
12.	Sweater (Half Sleeve)	1 No.
13.	Monkey cap (Woolen)	1 No.
14.	Woolen Hand Gloves	1 Pair
15.	Keds / Sneaker (Rubber Sole) Right Size	1 Pair
16.	Socks	3 Pairs
17.	Chappal / Flip flop	1 Pair
18.	Water Bottle (Must have)	1 No.
19.	Small Knap Sack for full day out	1 No.
20.	Rope ¼" (6mm) diameter (Cotton)	2 mtrs.
21.	Mesh tin, Mug, Spoon– Applicable for 2nd Year onwards Must	1 No. Each
22.	Plate/ Bowl for food, Mug, Spoon, -- Applicable for 1st Year only	1 No. Each
23.	Torch with extra cell	1 No.
24.	Knife	1 No.
25.	Personal Toilet Kit including hand sanitizer (mask optional)	1 Set
26.	Note Book , Pencil / Pen, Drawing Material	1 No. Each
27.	Odomos Ointment / Mosquito Repellent (Small Tube)	1 No.
28.	Polythene Sheet good quality (3mtrs X 3mtrs) (NOT BLACK or TRANSPARENT) -- Must have	1 No.
29.	Rope 1/8" (3mm) diameter (Cotton)	12-15 mtrs.

Note:

- **THE TRAINEES SHOULD BRING THEIR DINNER for Train on 24th December.**
- **No CELL PHONE, VALUABLE ITEMS, EXTRA FOOD.** Parents are requested to let their wards make a list of the items they are carrying, in the notebook themselves to find and pack up easily at the time of return.
- **Contact Persons:** Dipen Samanta 94332 93756, Sapath Das 98308 31496, Sayantan Dutta 94336 45889