



OUTWARD BOUND
INDIA - HIMALAYA®

An Explore Program Outward Bound Experience

IT IS NOT WHAT YOU DO
FOR YOUR CHILDREN,
BUT WHAT YOU HAVE
TAUGHT THEM TO DO FOR
THEMSELVES, THAT WILL
MAKE THEM SUCCESSFUL
HUMAN BEINGS.
- ANN LANDERS



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A Message From Bull Kumar



CHAIRPERSON'S STATEMENT

The mountains and the outdoors taught me leadership, perseverance, compassion and collaboration and this is exactly what I would like our youngsters today to imbibe.

Over 50% of India's youth is below the age of 25 years and the younger you start them on a program like Outward Bound, the more responsible citizens they will grow up to be.

A program that teaches collaboration and competition, diversity and inclusion,

service and compassion, and above all the ability to handle success and failure - all through wilderness and challenging experiences.

Col. Narinder "Bull" Kumar

PVSM, KC, AVSM, MacGregor Medal, IMF Gold Medal, Padma Shri, Arjuna Award, Fellow of the Royal Geographic Society.

Col. Narinder 'Bull' Kumar is India's most celebrated soldier-mountaineer. Bull Kumar was the first Indian to scale Nanda Devi, the Deputy Leader of the first successful Indian expedition to Mount Everest, and the first to climb Kanchenjunga from its toughest north-east face.

Perhaps, the feat this redoubtable soldier and mountaineer is most famous for is his capture of the Siachen Glacier in April 1981. Bull Kumar planted the Indian flag on the Siachen Glacier that year, which, in 1984, formed the bedrock of Operation Meghdoot, when India thwarted Pakistan's occupation of Siachen. Kumar Post - a key base on the glacier, is named after him, perhaps the only living Indian army officer to enjoy this singular honour.



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The Outward Bound Program

WHO IS IT FOR?

Young people between 12 and 15 years

WHAT CAN I EXPECT HERE?

A 6-Day camping and trekking experience in the Tons Valley - Uttarakhand

WHEN IS IT?

Fri May-25th To Wed May-30th

WHERE IS IT?

In the Tons Valley, 6-hours drive from Dehradun airport

HOW WILL WE GET THERE?

You need to reach Dehradun airport. You could fly in direct from Mumbai or Delhi, or catch the overnight train Mussoorie Express from New Delhi Railway Station.

HOW MUCH WILL IT COST?

An all-inclusive cost of:

- ₹ 33,650/- : Per Person

EXPERIENCE THE WILDERNESS

Leave your friends, family - and mobile phones, behind these summer school holidays and step up to the Outward Bound challenge.

It's a 6-day challenge, where you swap the busy streets of your city lives, the malls and movie halls, for forest paths, clean mountain air and gushing waterfalls. Are you game for that? Then this is the program for you.

You will be challenged, you will be stretched, and you will not be allowed to give up. And eventually, you will prove Kurt Hahn's iconic words: "*There is more in you than you think.*"

BUILDING THE "YES I CAN" SPIRIT

An Outward Bound India Himalaya (OBIH) experience isn't just another 'summer camp'. It is a team-based outdoor leadership development program that aims to help young people prepare for their journey of life.

OBIH does this by instilling self-belief, confidence, resilience and compassion. Over these six days, this program will help

young people discover themselves, their fellow travellers, their surroundings and ultimately their own potential to transcend self-limiting barriers.



TO BUILD CONFIDENCE, RESILIENCE, COLLABORATION AND COMPASSION

A unique Outward Bound experience that involves 5 Nights/6 Days of expedition style camping and trekking - combined with swimming in fresh water pools and under waterfalls! Yes this will be challenging, but oh so rewarding when you sit back and reflect on the experience on the last day! Here's an outline of your itinerary.



Day 1: Travel Day

Arrive at Dehradun latest by 12 noon. We'll head out for a 6-hour drive that will take us to Bull's River Camp in the Tons Valley. You will arrive just in time for dinner. Sleep early, tomorrow your real adventure begins!



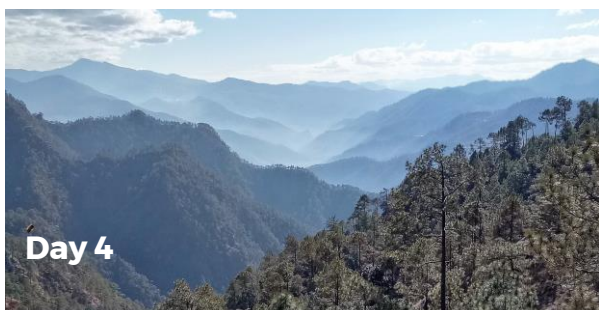
Day 2: Trek (4 Hours)

Morning energizers and breakfast.. After breakfast, collect your gear and take a short 10-min drive to the trek start point. Your trek today will start with a short uphill trudge, after which you walk beside a little river and the vista opens up into wide green meadows and pine forests. Evening bonfire and reflections, Camp overnight in expedition tents.



Day 3: Trek (4 - 5 Hours)

Early morning wake up call and energizers. Today will be slightly more challenging - and you will need to work together to get through this day. Packed lunch enroute. Bonfire circle and reflections in the evening. Overnight in expedition tents.



Day 4: Trek (4 - 5 Hours)

Early morning wake up call, morning energizers. Today is really one of the best days for mountain views with glimpses of some high mountains like Swargarohini peak, Nag Tibba, Kedarkantha and many more ranges of the Garhwal Himalaya! Reflections and camp overnight in expedition tents.



TO BUILD CONFIDENCE, RESILIENCE, COLLABORATION AND COMPASSION



Day 5: Trek (2 hours)

As always - an early morning wake up call. This is your last trekking day. In the first half you will trek through a beautiful route between pine trees towards the road head. It's a 30 minute drive back to Bull's River Camp. Reflect on your entire trip around a well-deserved bonfire!



Day 6:

Time to head back. It's a 6-hour drive to Dehradun airport, just in time to catch your afternoon flights back home.

On Day 5, the group review session will have the young people present their chosen experiences through their chosen method (drama, drawing or song) and reflect upon what they have learnt during the entire camping trip. **Outward Bound Certificates** will be given out at this time..



Your trekking days on this trip are an absolute outdoor, wilderness experience, so please be prepared to rough it out.

You will be sleeping in alpine tents with 1" thick mattresses and sleeping bags will also be provided. You will get hot water to wash twice a day but baths will not be a possibility - unless you brave a cold stream! Jokes apart, we do have guests who have done precisely that, and if you're one of them, then please carry bio degradable soap and shampoo - Forest Essentials/ Khadi/ Fabindia all have them.

The toilet facilities at Bull's River Camp and while on the trek are dry pit loos. This is a basic toilet with a pit dug into the ground. An iron contraption with a western style commode, (like the one you have at home), is placed strategically on top of this pit. There is a pile of mud/sand/lime lying just outside the loo tent, with a scoop on top - to cover up after you're done with your business. * You could also encounter a behind the rock/bush experience where you get to chat with the birds!!! I can promise you it is the one part of your trip that you will go home and remember for a long time!

Please go through the packing and gear list and do call or write if you have any doubts about anything. It is going to be cold and warm during the day. So be sure to dress in layers - dri-fit or thermal by the body, wool or fleece over that, down jacket with wind/ water proofing over that. And a rain jacket on the side - because you can never say when the rain Gods decide to descend on us!

Where water is concerned, you will be provided with filtered and boiled drinking water everyday - as often as you like. You need to fill up your bottles or water bladders (whatever you are more comfortable with) since we will not be providing you with the plastic alternatives on this trip. From our experience - give the kids the 1 ltr water bladders with their rucksack - it's easier to carry and they will stay continuously hydrated.

* Attached please find a note on dry pit loos and why OBIH prefers them to chemical toilets.



- All baggage in WATERPROOF duffel bags / kit bags, lockable. **No hard top suitcases please - the ponies have a hard time with that** (no pun intended).
- Water-proof day packs (small haversack) to carry your personals, water bottle/water bladder, camera, packed lunch, snackies and your warm layers. **AT NO TIME SHOULD YOU BE WITHOUT YOUR WATER BOTTLE/BLADDER, JACKET AND RAIN GEAR).**
- Rain coat (a poncho style one if you prefer – it covers your day pack as well).
- Insect repellent.
- Sun Glasses. Avoid the blue tinted ones. Experts argue that high-energy visible (HEV) radiation, or blue light, penetrate deeply into the eye and can cause retinal damage. Most sunglass lenses that block a significant amount of blue light will be bronze, copper or reddish-brown (again there is research to argue this either ways, so go with what matches your comfort level).
- Water Bottles or Water Bladder (if you're carrying a water bottle, please make sure that they're easy carrying ones that fit in the side of your day pack).
- Sun hat or peak cap.
- Sun Block (50 SPF).
- Lip Balm.
- Flash light or head torch with spare batteries.
- A small towel to wash up every morning – a *gamcha* works best – it dries up quickly and soaks up enough water even for a cold-water bath. Otherwise, Decathlon has those soft trekking towels which work well too.



Take clothing suitable for extreme cold and warm temperatures, the mountain sun can make the days really warm, but there is always a wind chill factor, so plan for layers. Here's a suggested packing list:

- Warm, waterproof down jacket preferably with a hood.
- Warm inners - poly pro or thermal long johns and top X 2 pairs.
- Thin Fleece jacket x 1
- Woolen socks - pure wool socks are the best to wear while walking, breathable and comfortable. They tend to slip around less when your feet are wet (river crossings remember?) and they dry faster. If you don't have pure wool, wear thin cotton under and then wool on top - yes, two layers.
- Fleece cap - make sure it covers your ears totally.
- Fleece gloves.
- Full sleeved shirts - preferably the dry fit variety x 4.
- 1 pair of good hiking boots. They must be well broken in. **DO NOT WEAR NEW ONES.**
- Comfortable shoes for while in camp after the days walk. Or a pair of Teva/Keen/Merrell sports sandals (basically floaters) which will be good for wading in the streams as well.
- Short sleeves T-shirts - dry fit variety x 2 pairs. Avoid the cotton ones.
- Trekking trousers/Track suit pants x 2 pairs.
- Thick cotton socks for the night x 2 pairs.
- Dri-fit shorts ((or what are called river shorts) x 2 pairs.
- Personal toiletries - carry as many band aids as possible. It's the one thing that could stop your trekking holiday from turning into a nightmare. A useful tip - tape up any abrasion areas before you start walking to prevent blisters. And carry some in your pocket to apply the moment discomfort starts.
- And most importantly, pack in your sense of adventure!



WHAT DOES THE COST INCLUDE?

In two words - almost everything.

- All meals starting from Breakfast on Day 1 to Lunch on Day 6. Fruits and snacks while travelling.
- Filtered and boiled water/treated drinking water is provided.
- Accommodation in twin sharing Deluxe Tents at the Base Camp, and in expedition tents while on the trek.
- Transportation by Innova Car Dehradun - Tons - Dehradun and local transportation while on expedition and at Base Camp.
- All camping equipment including sleeping bags and mattresses and all trekking arrangements including kitchen equipment and staff - cook and helpers, trekking guides, tents etc.
- Adventure sports insurance - includes medical evacuation and hospitalization.
- Cost of OBI Facilitators and Instructors and their travel and medical insurance.
- OBI T-Shirts, Journal, and Certificates.
- All government taxes.

WHAT IS EXCLUDED?

- Any expenses of a personal nature, like purchase of cool drinks and/or mineral water (neither is encouraged), on any other hot/cold beverages or snacks while enroute.
- Unforeseen expenses that demand a change in itinerary like natural forces, changes in weather, road blockages, flight/train cancellations and illness or any other situation beyond our control



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For The Parents... Your Questions Answered Here

WHAT HAPPENS IF SOMEONE IS UNWELL, ARE THERE ANY HOSPITALS NEARBY?

All OBIH instructors are medically trained with a nationally accredited Wilderness First Aid qualification. All trips carry a complete first aid kit. If there are any serious injuries during the program and further medical treatment is required, a decision will be taken whether the program participant needs to rest at base camp or be taken to the nearest doctor/hospital as required.

There's a Community Health Centre at Purola (1-hour | 33 KM) and a Government Hospital at Mori (5 Min | 2.6 KM) with basic medical facilities. The closest multi-specialty hospital is a 6-hour drive located in Dehradun.

Address and contact number of the hospitals are as follows-

- Fortis Escorts Hospital, Dalan Wala, Dehradun - 248001 , Uttarakhand 248001. Phone: +91 135 398 0201
- Caronation Hospital, Dalan Wala, Rajpur Road, Rajpur Road, Dehradun, Uttarakhand 248001. Phone: +91 135 265 3984

IS A MEDICAL KIT REQUIRED?

Although we will be carrying a basic medical kit, it is recommended that you bring along a small personal medical kit, especially for your child that includes preferred painkillers and prescribed regular medication. You MUST pack these in two separate places, in case one pack is lost or gets wet.

WHAT HAPPENS IF YOU/YOUR WARD NEEDS TO GET A MESSAGE ACROSS TO THE FAMILY?

You will be required to provide us with a designated contact and our OBIH team will send daily updates.

DO YOU PROVIDE TOILET TENTS? IS IT NECESSARY TO DIG DRY PIT LOOS?

At Base Camp, basic washrooms are available, but while on the expedition, there is no civilization or buildings. No concrete toilets are available. Dry pit loos and toilet tents give the required privacy and are environment friendly and hygienic.

WILL MY CHILD BE COMFORTABLE IN TENTS?

Most kids enjoy the unique experience of camping out and have a lot of stories to share when they return! The tents are often set up by themselves and they take a lot of pride in it! Each program participant will be equipped with a mattress and a sleeping bag. However, do remember, you are in a remote location, and expectations will need to be managed accordingly.



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WHAT KIND OF FOOD WILL BE SERVED?

We're founded by an army man and we firmly believe that "an army marches on its stomach"! Our expedition chefs will try their best to cook up a storm!

WHAT LEVEL OF FITNESS IS REQUIRED?

This is an easy-grade expedition and an average level of fitness is all that is required. OBIH always chooses the level of physical challenge that is appropriate to the group.

WHAT ABOUT INSURANCE FOR THE TRIP?

Yes, we have taken adventure sports insurance for all participants on this trip. This covers medical and emergency evacuation and hospitalization. It, however, does not cover your regular travel insurance.

ARE THERE ANY SHOWERS? WHAT ABOUT BATHING?

Are you serious? You're on a trek in the high Himalaya - who has a bath??!! 😊 But seriously, there are no showers, however bucket bath can be made available depending on time restraints and weather. Water and hand sanitizer is always available.

ARE THE CHILDREN ALLOWED TO BRING GADGETS ON THE PROGRAM?

They can travel to and from the program with gadgets such as iPods, tablets. Once they arrive at Base Camp, they will be asked leave it all behind in a designated safe place and will not be allowed to take it on the program - barring cameras of course (and no, the camera on their cell phone will not be allowed unless the SIM card is removed!)

You might want to consider purchasing a waterproof bag or box for the camera, batteries, and memory cards. A zip lock bag works well too. Disposable waterproof cameras aren't such a bad idea either.

IF MY DAUGHTER HAS HER PERIOD, CAN SHE STILL PARTICIPATE FULLY IN ALL THE ACTIVITIES?

In simple words - yes. It also depends a lot on her comfort levels. There are many opportunities for privacy during the program. And as we usually camp by a stream, there are plenty of opportunities for her to wash and maintain hygiene standards. Your daughter should carry her own supply of sanitary requirements.

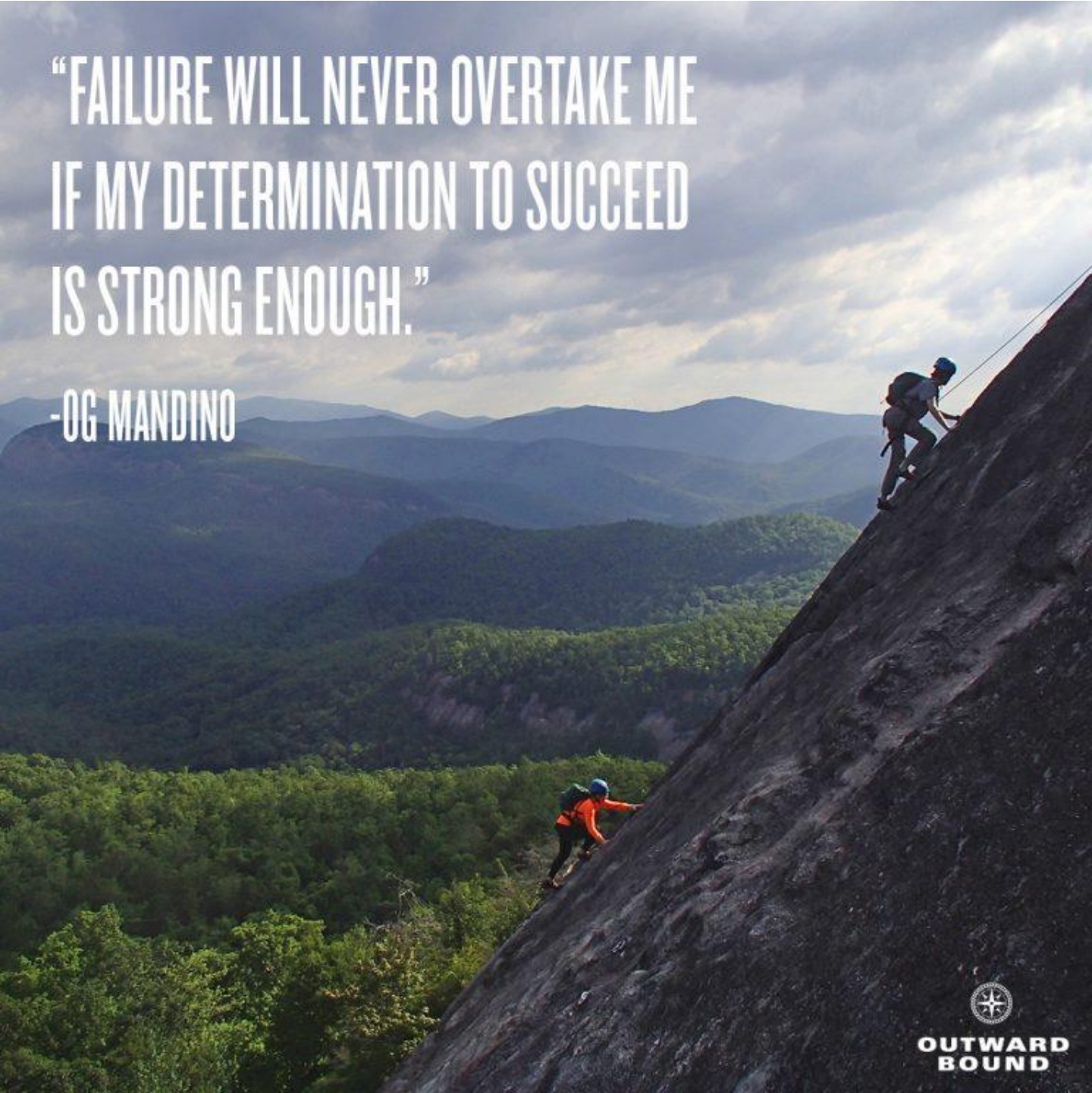


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An Outward Bound Experience

“FAILURE WILL NEVER OVERTAKE ME
IF MY DETERMINATION TO SUCCEED
IS STRONG ENOUGH.”

-OG MANDINO



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