

# National Outdoor Leadership School (NOLS) India



## General Information: Trip Leader Course

Course Location: Kumaun Himalayas.  
Course Size: 15 students and 3 instructors  
Course Date: 19<sup>th</sup> Oct – 8<sup>th</sup> Nov 2010.

### Meeting Place and Time:

You instructors will meet you at NOLS India Base at Vaniya Heritage Cottage, Mall Road, Ranikhet – 263645, NOLS Base is 7 KMS before Ranikhet town when you are coming up from Katgodam, please get off 300 MTS before China View Gate, NOLS India Base is on the down hill side.

We encourage you to show up the evening of 18<sup>th</sup> Oct as the course start at 8 AM on the 19<sup>th</sup>.

### Getting to Ranikhet: By Train:

1. Ranikhet Exp #5013 Dep Old Delhi 10.30 PM – Arr at Katgodam 5.20 AM
2. Lal Kuan Exp #0518 Dep Old Delhi 5.00 AM – Arr at Lal Kuan 11.30 AM
3. Sampark Kranthi Exp #5035 Dep Old Delhi 4.00 PM – Arr Katgodam 10.40 PM

Katgodam to Ranikhet one can get shared taxis – 3 hours and Rs 150/-

Public Bus to Ranikhet – 4 hours and Rs 100/-

Lal Kuan to Ranikhet – Please take a shared taxi to Haldwani and from Haldwani one can take shared Taxi or Public Bus.

Please note if you travel by Sampark Kranthi Exp, we encourage you to stay at KMVN outside the train station the night and come up early morning to Ranikhet as there will be no public transportation playing during night time on hill roads.

### By Bus:

Ranikhet has service from Anand Vihar Bus Terminal (ISBT) over night, this are non AC buses, one could get a AC bus overnight to Haldwani and take a shared taxi to Ranikhet.

All the above trains also come to Ramnagar (Jim Corbett National Park), you can get public transportation to Ranikhet 5 hours.

Day 1: After Orientation and Break Fast, your instructors will check your equipment and issue items that you will need for the course. You will then help pack rations and equipment into porter loads and organize the luggage for the jeep journey. It is also a great time to get to know your course mates and share in this critical part of the course preparation. The following morning, you will leave Ranikhet for a 7-hour jeep journey to the roadhead.

**End of Course:**

The course will return to Ranikhet on 7<sup>th</sup> November. That evening and the next day are slotted for written evaluations, de-issue and storage of equipment. The course will end with tea on the 8<sup>th</sup> Nov. You should plan your own return journey arrangements.

**Money and Personal Expenses:**

NOLS India will cover the cost of food on the course, transportation to the mountains and back, and equipment as indicated in the equipment list. You are requested to carry some extra cash if you wish to make purchases en-route or buy items of a personal kind.

**Communication:**

Once the course begins, do not plan on being able to make or receive any phone calls until back in Ranikhet. If you wish to receive mail on the last day of the course, have it sent to:

Your name – TLI 10/19/10  
NOLS India, Vaniya Heritage Cottage,  
The Mall,  
Ranikhet 263645.  
Tel #: 05966 221428

**Illegal Drugs/Alcohol/Tobacco:**

Illegal drugs, alcohol and smoking tobacco are prohibited on NOLS courses. NOLS India will not be held responsible for anyone caught with illegal substances.

**Medical Information:**

As with all NOLS courses, your final acceptance onto the course is contingent upon our approval of your medical form, signed by a qualified doctor who is not related to you. All our Instructors are trained in first aid to deal with emergency medical situations.

However, remember that you will be in a remote location and immediate medical support will be days away. This influences personal risk taking attitudes on the course.

Your instructors will be carrying a complete medical kit. It is important that we know about any prescribed medications that you are taking. Please indicate these on your medical form. If you are given any new prescriptions before the course begins, please inform your instructors on day 1.

Since you will be responsible for all charges you incur in the event of hospitalization due to sickness or accident, you may wish to take an insurance policy that covers you for the duration of the course.

**Fitness Recommendations:**

We feel that the Himalaya provides an excellent setting for learning and applying expedition and camping skills, while also providing an opportunity to apply these skills at high altitude. Most efficient gains will result from using training activities that are “specific”, i.e. like the activity for which you are training. Since trekking is primarily a lower body activity, running and cycling are perhaps of more benefit than swimming, for example. Progress gradually to avoid over-stress and injuries. Work on time (duration) first, and then begin to increase intensity. Being physically fit will enable you to take full

advantage of this opportunity; it will also make your course a safer and more enjoyable experience.