

NOLS India  
General Information- TRIP LEADER COURSE

Course Location: Roop Kund, Kauri Pass area in the Garhwal Himalaya.  
Course Date: 20<sup>th</sup> Sept – 10<sup>th</sup> Oct 2006

**Meeting Place and Time:**

On 20<sup>th</sup> September 2006, we will meet you outside Kathgodam railway station at the arrival of the Ranikhet express from Old Delhi. The scheduled arrival time of the train is 6.15 am. From here, you will travel in jeeps to Ranikhet. It takes approx. two and half hours to reach the NOLS base, where breakfast will be waiting for you. After an orientation meeting, 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 next day's journey. The following morning, you will leave Ranikhet for the road head.

**End of Course:**

The course will return to Ranikhet on 9<sup>th</sup> October. That evening and the next day are slotted for written evaluations, cleaning up, return and storage of equipment. The course will end with graduation and lunch on 10<sup>th</sup> October. We will arrange jeeps for your return journey to Kathgodam to be there in time for the Ranikhet express that leaves at 8.40 pm. You should book your own return tickets.

**Money and Personal Expenses:**

NOLS 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:**

With Cell phone coverage getting better by the day, at present only BSNL provides coverage in the Kumaon and Garhwal. There are only a few towns that is covered by Hutch. 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  
NOLS Trip Leader Course,  
'Himavat', Kalika Estate,  
Ranikhet 263645.  
Uttaranchal

**Illegal Drugs/Alcohol/Tobacco:**

Illegal drugs, alcohol and smoking tobacco are prohibited on NOLS courses. NOLS 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.