



Blue Magpie Adventures

Dear Parents,

We are excited to take your child on this adventure-filled trip to Kanatal! To ensure a safe and enjoyable experience, please go through the following "Instructions" and "Dos & Don'ts" carefully.

Important Instructions for students going for the Kanatal Trip Mar 27-29, 2025

1. Remember you are going to the hills - Kanatal can get really cold.
Weather in the mountains can be very unpredictable. Rain and hailstorm can be expected anytime.
2. Carry proper woollens
 - a. Heavy jacket: Wear it early in the morning and after the sun sets.
(Goes in a big backpack/rucksack/suitcase).

Click [here](#) for a guide to renting/buying a rucksack
 - b. Light jacket, cap, gloves, muffler/buff/bandana (Keep it handy in small bag)
3. You will be provided with 1 blanket at the camp. You can always ask for additional blankets from our team. Additionally, you can even wear your jacket while sleeping.
4. You may carry Polo/any medicine if you are prone to motion sickness.
5. If you are not feeling well, do not hesitate in reaching out to our team members and teachers.

6. Stay with the group - DO NOT stray away.
7. Maintain due decorum befitting students of your school.
8. Follow instructions of our team members and your teachers.
9. Follow camp activity schedule diligently.
10. You are going camping in the hills. This experience is going to be very different from city life or a hotel in the hills - camping has its own fun and challenges. Pack accordingly and be ready for some adventure.
11. Necessary updates will be provided by the teachers on the Parent-Teacher WhatsApp group.

Do's & Don'ts (For both Students & Parents)

DOs:

1) Packing Essentials

NOTE: The Mountains are not a place to show-off, please pack only essential items

- ☐ Shoes: Any good sports shoes with ankle support; thick, sturdy yet flexible sole with nice grip. Wear them beforehand to break into them to avoid blisters during the trip. (Good options available at Decathlon/Azad market (near Sadar Bazaar)/Gopinath Bazaar (near Delhi Cantt.))
- ☐ Small bag (20-40L | To be carried along):
 - a. Hand towel
 - b. Hand sanitizer
 - c. Light jacket (water repellant, with hood)
 - d. Rain poncho (Should cover till knees)
 - e. Water bottle (One 1.5L bottle(reusable, lightweight))
 - f. Sun glasses
 - g. Sunscreen.
 - h. Warm gloves (Wollen/polyester/other) | Will only be required early mornings and night when it is cold.
 - i. Trail food (Dry fruits, chocolates for munching while trekking)

- ☐ Big bag
 - a. 2 sets of clothes (Avoid bright colors to keep insects away).
 - ☐ Upper:
 - ☐ T-shirts | Preferably quick-dry (athleisure) | It will be warm during the day.
 - ☐ Sweater/Pullover
 - ☐ Heavy jacket (Early morning and late evening)
 - ☐ Inner
 - b. Lower:
 - ☐ Inner (Only in the evenings and night).
 - ☐ Comfortable track pants/trekking pants | No jeans please, it takes time to dry, if it gets wet.
 - c. Other items:
 - ☐ Warm gloves (Wollen/Polyester/other)
 - ☐ Muffler/Neck warmer/bandana/buff
 - ☐ Safety Pins, rope/string (नाड़ा) || For emergency
 - ☐ Basic toiletries (brush, toothpaste, soap, wet wipes, sanitary pads, etc.)
 - ☐ Slippers (preferably crocs) for roaming around in the campsite.
 - ☐ Torch (**MUST**)/headlamp (optional) with extra batteries.
 - ☐ Mosquito Repellent Cream, Lip Salve, Vicks VapoRub
 - ☐ Rough Notebook for Journaling
 - ☐ Recreational Material like Books and cards.
 - ☐ Any **necessary** prescription medicines along with a doctor's note (if required).

2) Behavior & Discipline

- ★ Follow the instructions of the trip leaders, teachers and adventure guides at all times.
- ★ Stay with the group and do not wander alone.
- ★ Maintain discipline and respect fellow students, teachers, and staff.
- ★ Be punctual for all activities and mealtimes.
- ★ Keep the surroundings clean and avoid littering.

3) Health & Safety

- ★ Inform your trip leader or teacher if you feel unwell at any point.
- ★ Follow all safety instructions during adventure activities.
- ★ Use designated washrooms and maintain hygiene.
- ★ Eat well and drink sufficient water to stay energized.
- ★ Let our team know beforehand about any medical conditions that you may have. This will be our little secret.

DON'Ts:

1) Restricted Items

- ★ No mobile phones, cameras or other electronic gadgets (Teachers and staff will handle all **necessary** communication.)
- ★ Avoid bringing expensive items like jewelry, unnecessary cash or valuable belongings.
- ★ Do not bring junk food, chewing gum or energy drinks.
- ★ Carrying or using any kind of sharp objects (knives, blades etc.) is strictly prohibited.
- ★ Avoid perfumes/fragrances to keep insects away.

2) Behavior & Safety

- ★ Do not misbehave with fellow students, teachers or staff.
- ★ Do not push, pull or engage in rough behavior especially during adventure activities.
- ★ Do not step into restricted or unsafe areas.
- ★ Do not consume any food items from unknown sources or vendors outside the designated areas.
- ★ Do not attempt any adventure activity without the guidance of instructors.

3) Environmental Responsibility

- ★ Do not litter, always use dustbins provided.
- ★ Do not damage plants, trees or disturb wildlife.
- ★ Avoid wastage of food and water.

ADDITIONAL NOTES:

1. All warm clothes would be required in the mornings and evenings. As you walk you can keep taking-off and wearing different layers.
2. The outer layer is the final layer between you and the elements and must be windproof and waterproof. Poncho/Raincoat is a must.
3. If you are buying new shoes, buy them as early as possible and break into them. This is essential for preventing blisters.
4. Certain items like toothpaste, sunscreen, toilet paper, insect repellent and rehydration salts can be shared.

We appreciate your cooperation in ensuring a safe and memorable experience for everyone.

Thank you!

Team Blue Magpie Adventures

Call/WA: 90150 89767

IG: [@bluemagpieadventures](https://www.instagram.com/bluemagpieadventures)

W: www.bluemagpieadventures.com