



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

Dear Parents,

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

✓ DOs:

1) Packing Essentials

- Carry a small backpack with personal essentials
- Shoes + Slippers for Room and Campus
- Mosquito Repellent Cream, Lip Balm, Hand Sanitizer, Vicks VapoRub
- Rough Notebook for Journaling
- Recreational Material like Books and cards
- Sun Cap/Hat
- Safety Pins, rope/string नाड़ा
- Pack warm clothes (sweaters, jackets, gloves, and caps) as Rishikesh can be chilly, especially in the evenings
- Wear comfortable sports shoes with a good grip for trekking and adventure activities | There will be no activities in water.
- Bring a refillable water bottle to stay hydrated
- Basic toiletries (brush, toothpaste, soap, sanitizer, wet wipes, sanitary pads, etc.)
- Bring a torch/flashlight with extra batteries
- Carry any necessary prescription medications along with a doctor's note if required.
Let our team know about any medicines that you would be taking.

2) Behavior & Discipline

- ★ Follow the instructions of the trip leaders, teachers and adventure guides at all times.

- ★ Stay with the group and avoid wandering 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.

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, 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.

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.
- ★ Avoid stepping into restricted or unsafe areas.
- ★ Do not consume any food items from unknown sources or vendors outside the designated areas.
- ★ Do not attempt any 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 unnecessary wastage of food and water.

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

Thank you!

❖ Team Blue Magpie Adventures