



## OUTDOOR LEADERSHIP AND ADVENTURE CAMP 2014

**Camp dates:**

**10.05.2014 to 11.05.2014**

The Backpackers Foundation is an association where we give hands on environmental education program offering an interactive, fun, educational programs and activities that utilize participant's willingness to learn. It offers an exciting array of activities like Trekking, Tent Pitching, Survival Techniques, First Aid class, Map Reading, River Crossing, Bird watching, camp fun etc... These programs give an overall perspective to the participants, which acknowledge the fact that natural environment and man made environment are interdependent.

Adventure camp encourages initiative, rewards innovation and enhances self belief, by throwing up new challenges; it has the potential to transform a person in many ways. Here one tends to learn social living skills, experience new and challenging activities, decision making and leadership skills, develop self - esteem and make new friends. Imagine being able to breathe fresh air while at the same time releasing and submitting yourself completely to nature.

**Location: Ramnagaram,**

50 kms from Bangalore, considered as the Mecca for rock climbing, these are natural rocks catering to beginners to professional with various difficulty levels of boulders. Various activities are offered like chimney climbing, rappelling, Zipline, Archery and Trekking. Shivaramagiri, Yatirajagiri, Somagiri, Krishnagiri, Revannasiddeshwara Betta, Jalsiddeshwara Betta and Sidilakallu Betta are the seven hills in Ramanagaram. Ramanagar is also famous for its silk cocoon marketing centre.

### **SAFETY**

Our focus is on safety, followed by learning and fun. Our first commitment is to the physical, psychological, and emotional safety of every participant. We leave no stone unturned to provide a safe experience and create an environment where people feel free to stretch their limits. At the beginning of the program, all participants go through a briefing to familiarize them with basic safety guidelines and to ensure a safe and enjoyable stay at the camp. The participants are given an extensive briefing and demonstration on how to use the equipment and are not allowed participating in an activity until the instructor is satisfied that they have fully grasped the basics.

### **TEAM**

All the instructors guiding the program are certified mountaineers from recognized mountaineering institutes and have the best credentials in their field. They are chosen for their experience, skill and enthusiasm for working with children. You will find all our instructor's are warm welcoming and willing to understand your child's needs and interests. All activities are led by qualified instructors who have experience and skills in running and teaching these activities and ensure that the campers are safe, engaged and having fun. Our main motive is to promote the building of character and leadership development, with a particular emphasis on respect for others, taking responsibility for oneself and the environment. Every participant always has access to and is supervised by an adult leader. It also ensures individualized attention for the participants.



about



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### **You are prohibited from...**

- Bringing any electronic gadgets – Ipods, walkmans, and video games.
- Bringing junk food (chips, chocolates etc.) as nutritious food is given by us.
- You should adhere to the instructor/facilitator's decisions at all times during the program. At no time act on your own decisions and thoughts until and unless called for.
- ✓ Most of the programs are held in forest areas. Please maintain silence and do not bring about any harm to the flora and fauna.
- ✓ No candles, match or cigarettes will be lit near any camping or activity gear. Most of the gear are made of nylon material and would burn down very easily.
- ✓ Please do not handle any wild animal / reptile. Please respect their habitat and environment.
- ✓ In case of any emergency please follow the instructor/facilitator
- ✓ Do not act on your own decisions. Everybody would be briefed at the beginning of the program. We request you to abide by them. .

The team will have to carry all the equipment, food and other items with them during the trek.

The emphasis will be on low impact camping and hiking. Meaning the team will have to think about garbage disposal, campsite location, water etc. To put it simply "Leave No Trace" ideology.

### **Some Points to Observe:**

- ✓ Walk as silently as possible. Keep in visual sight of each other.
- ✓ Do not drop litter.
- ✓ Obey and cooperate with the group leader.
- ✓ Keep to the campsite while camping.
- ✓ Help in fetching water for cooking, washing up, putting up tents, dismantling and packing tents, and any other camp chores that needs to be done.
- ✓ Do not collect any specimens from the jungle.
- ✓ Do not wash any vessels / plates directly in any running water; carry the water away from the running water source to wash the vessels / plates



**In the camp**



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**SCHEDULE AT OUTDOOR LEADERSHIP AND ADVENTURE CAMP 2014**

Here's what a typical day at camp runs like:

- 07.00 – 07.30 Hrs Assemble at Pick up Point
- 08.15 – 08.30 Hrs Reach Camp site
- 08.45 – 09.30 Hrs Breakfast
- 09.30 – 13.00 Hrs Adventure Activity
- 13.00 – 14.00 Hrs Lunch Break
- 14.30 – 16.00 Hrs Adventure Activity
- 16.00 – 16.30 Hrs Milk/Tea & Snacks
- 16.30 – 17.30 Hrs Camp Games
- 20.30 – 21.30 Hrs Dinner
- 21.30 Hrs Lights Out



**What to bring**

- Dress (3 pairs)**
- Water bottle**
- Sun Cap**
- Torch**
- Tissue paper**
- Toilet Kit**
- Hawaii Slippers**

**Rubber soled shoes**

**Bedding (Bed Sheet)**

**Personal Medicine**

**Plate, Cup and Spoon**

**Key details**

**PROGRAM DATES: 10.05.2014 TO 11.05.2014**

**COST : Rs.1850/-**

**Includes:**

- ❖ TRANSPORTATION (BANGALORE TO BANGALORE)
- ❖ FOOD (NUTRITIOUS, VEGETARIAN)
- ❖ ACCOMODATION (MODEST AND CLEAN)
- ❖ ACTIVITY AND SAFETY EQUIPMENT
- ❖ INSTRUCTORS FEES
- ❖ FOREST ENTRY CHARGE

**AGE GROUP : 9 TO 15 YEARS**

**PROGRAM SCHEDULE**

- Departure : 10.05.2014
- Reporting Place : Kanteerva Stadium, Near Climbing wall
- Time : 07.00 am
- Arrival : 11.05.2014
- Arrival Place : Kanteerva Stadium, Near Climbing wall
- Time : 8.00 pm

**CONTACT**

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**LAST DATE FOR REGISTRATION**

**30.04.2014**

**Email: [lacchii@bakpackers.org](mailto:lacchii@bakpackers.org)**

**the backpackers foundation  
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