

# Nandadevi Outdoor Leadership School (NOLS INDIA)



## General Information: Trip Leader India Course

Course Location: Kumaon Himalayas  
Course Size: 15 students and 3 instructors

### Meeting Place and Time:

Your instructors will meet you at NOLS India Base on your course start date.

NOLS India  
Vania Heritage Cottage  
Mall Road, Ranikhet – 263645  
Uttarakhand

The NOLS Base is 7 Kms before Ranikhet town when you are coming up from Kathgodam. Please get off 300 meters before China View Gate, NOLS India Base is on the down hill side. We encourage participants to show up one day prior to the course start date.

### Getting to Ranikhet:

#### Option 1: By Train

##### DLI-KGM

15013 / Ranikhet Express

Dep: 10.40 PM (From Old Delhi - DLI)

Arr: 5.00 AM (KGM) 4.30 AM (RMR)

15035 / UTT Samprak Kranti Exp

Dep: 4.00 PM (From Old Delhi - DLI)

Arr: 10.40 PM (at Kathgogam)

12040 / ANVT KGM SHT

Dep: 6.15 AM (from Anand Vihar Terminus)

Arr: 11.55 AM (does not run on Thursdays)

##### KGM-DLI

15014 / Ranikhet Express

Dep: 8.40 PM

Arr: 4.00 AM (Arrives at Old Delhi)

15036 / UTT Samprak Kranti Exp

Dep: 8.50 AM

Arr: 3.20 PM (Arrives at Old Delhi)

12039 / KGM ANVT SHT

Dep: 3.45 PM (Arrives at Anand Vihar Terminus)

Arr: 9.20 PM (does not run on Thursdays)

From Kathgodam, one can take shared taxis all the way to Ranikhet.

#### Option 2: By Bus

One could take a direct Non-AC bus from Delhi run by Uttarakhand State Transport Company to Ranikhet overnight from Anand Vihar ISBT. It would take about 9 hours to get to Ranikhet.

AC/Volvo buses leave Anand Vihar Inter State Bus Terminal overnight to Haldwani – 7 hours. One can get shared Taxi from Haldwani – 3 hours or public buses – 4 hours.

Haldwani	Volvo	0815, 2100, 2200, 2300hrs (Fare~520)
Haldwani	AC	0730, 0830, 0930hrs (AM) (Fare~360)
Haldwani	AC	2030, 2130, 2300hrs (PM)

Booking Counter & Departures: Volvo buses-> Platform #160. A/C Buses-> Platform #134, #154

**Please Note:** The above- mentioned time and platform are subject to change. Participants should check first and make their travel arrangement accordingly.



## **Beginning of Course:**

Day 1 of your course will begin with breakfast followed by Course Orientation. Post that, your instructors will check your equipment and issue items that you will need for the course. You will then help pack ration 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 7-8 hour jeep journey to the roadhead.

## **Gear**

There will be no rental charges on personal gear rented from NOLS India Outfitting Store. In the event, that the gear comes back damaged/not fit for further use, the concerned participant will be billed for the damaged gear.

Any group gear lost by the entire group will be billed to the whole group. Any purchase from the NOLS India Merchandise Store would need to be cleared on the last day of the course in cash/INR.

## **End of Course:**

The course will end in Ranikhet. The evening when you return to the base will be slotted for group gear clean up and inventory. The next day is slotted for de-brief, personal gear de-issue, clean up, storage of equipment and final clearance of dues. The course will end with tea on the last day. 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 –  
Course Name -TLI  
NOLS India,  
Vania 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:

*Proper prior preparation prevents poor performance! NOLS instructors live by this mantra, and you should, too. Conditioning before your course is important for avoiding injury and staying healthy. It will add to your enjoyment and ability to participate on your course. Follow our advice on physical conditioning, and you'll be well prepared for a fun and successful NOLS experience.*

### Start Your Conditioning Program Now

If you are already in good shape, keep it up. If not, consult with your physician or your school's athletic trainer and get started as soon as possible. You don't need to be a superb athlete to enjoy the wilderness. Regardless of what course you're taking, increasing your muscle strength, flexibility, and aerobic fitness will enable you to focus on the curriculum and activities of the course. For NOLS courses, an exercise routine should develop aerobic endurance, muscle strength, and flexibility.

### The FITT Principle of Training

The FITT principle of training provides a basis for how to benefit from a physical conditioning program. FITT stands for Frequency, Intensity, Time, and Type.

*Frequency:* Exercise should be done five to six times per week. Remember, your NOLS course is active seven days per week and exercising just a few times per week is not an adequate representation of what you'll be doing.

*Intensity:* Exercise at about 60 percent of maximum effort. Use the "talk test." If you are breathing so hard that you can't converse with a partner, you're working too hard—slow down a little. If your fitness is already high, you can exercise at a higher intensity. For a more in depth explanation on this and the rest of the FITT principle, go to [www.sport-fitness-advisor.com/fitt-principle.html](http://www.sport-fitness-advisor.com/fitt-principle.html).

*Time:* For a low-fitness individual, 20–30 minutes (not counting time for warm up and cool down) is sufficient to start, but as fitness improves this time can increase to 45–60 minutes.

*Type:* Aerobic exercises should be "total-body"—involving the large muscle groups—and should be rhythmical and continuous in nature. Examples include running, walking, swimming, dancing, cycling, aerobics classes, and circuit training. Resistance exercises can include lifting weights, resistance bands, or exercises using body weight resistance.

### Develop Aerobic Endurance

Having a base of aerobic endurance is beneficial for all NOLS courses. For mountain courses, where hiking is the method of travel, endurance should be achieved with exercises using the lower body. One guideline is to be able to run 1.5 miles in 11 minutes or 5 miles in 40-55 minutes.



### **Improving Muscle Strength**

Strength conditioning that focuses on the core muscles (the muscles that run the length of the trunk and torso) is beneficial for lifting and carrying backpacks and other gear and for generally withstanding the rigors of backcountry living. These muscles stabilize the spine, pelvis, and shoulder and provide a solid foundation for movement in the extremities. They help control movements, transfer energy, shift body weight and distribute the stresses of weight-bearing and protect the back. Core strengthening can be achieved through body weight resistance exercises such as sit ups, push ups, pull ups; exercises using equipment such as medicine balls, balance balls, or balance boards; or using weights such as dumb bells.

### **Flexibility**

Flexibility is also important and should involve stretching of all muscle groups. Stretch easy; don't bounce or over stretch. Maintain each stretch for 10–20 seconds and don't hold your breath or strain. You should feel tension not pain.

### **Get Inspired**

Make a commitment to becoming physically prepared for your course. Schedule a time for exercise and don't let it take second place to other activities or demands. We want to encourage, not intimidate you. NOLS courses are strenuous, but they are within the limits of a person in good physical condition. Being in shape will not guarantee you an easy time on your course, but will allow you to perform at your optimum level, recover from the physical stress faster, and allow you to focus on learning skills, gaining experience and enjoying the natural beauty of the wilderness and companionship of your fellow expedition members.

