

# Dress Code

## Men:

- Preferably old track-suits, jeans or trouser.
- No Shorts or Bermuda's'.
- Shirts or t-shirts preferably with long sleeves.
- Sneakers or ked or PT shoes. Shoes with flexible rubber soles to provide a good grip, along with socks. No leather soled shoes, slippers, sandals or bare feet.

## Women:

- Preferably old track-suits, jeans or salwars.
- Shirts or t-shirts preferably with long sleeves.
- No saris or skirts.
- Sneakers or ked or PT shoes. Shoes with flexible rubber soles to provide a good grip, along with socks. No leather soled shoes slippers or sandals or heels or bare feet.

## NOTE:

- Avoid expensive Reeboks and Nikes' as they tend to get damaged. Bata PT shoes, "Hunter" or "Jungle Boots" from Bata or "Shikari" from Duckback are ideal. Factory shoes with flexible PU soles can also be used.
- There might be a problem with contact lenses. Please carry a set of spectacles as back up.
- Do not wear tight fitting or very baggy clothes.
- Do carry a towel, soap and a change of clothes as you might like to shower and change before leaving the site in the evening.
- Please carry Water Bottle
- Mobile charging facilities may not be available. Please ensure that your mobile phone is adequately charged.
- Please do not carry any valuables.