

TENTATIVE TRAINING PROGRAMME
ADVENTURE COURSE 07 DAYS

Day	Time	Subject	Type	Responsibility	Place
D-1	1300-onwards	Arrival, Reception & Documentation	Miscellaneous	In-charge.	Institute
D Day	0800-0900hrs 1000-1130hrs 1130-1240hrs 1500-1530hrs 1530-1630hrs	Acclimatization March(5 Km) Issue of Equipment & Clothing Opening Address Intro to Mtn. Equipment Visit to Market	Acclimatization Miscellaneous Lecture Lecture Demo Miscellaneous	Instructors Store keeper Director/Medical Officer Instructors -do-	Mountains Institute -do- -do- Market
D+1	0700-0800hrs 0900-1000hrs 1020-1240hrs 1530-1630hrs 1700-1800hrs	Stretching Exercise Knot's & Hitch's Coiling of Rope Environment (Mountain Manners & Customs) Games	Physical Training Lecture Demo Practice -do- Lecture Game	Instructors -do- -do- -do- -do-	Mountains -do- -do- -do- Ground
D+2	0830-Onwards 1630-1730hrs 1800-1900hrs	Trek Biasaran Via Kashmir Valley Games Cultural Programme	Walk Miscellaneous Game	Instructor -do- -do	Mountains Institute Ground
D+3	0700-0800hrs 0900-1240hrs 1530-1630hrs 1700-1800hrs	Stretching Exercise Zip Line & Climbing on Artificial wall. Tent Pitching & Camping Games	Physical Training Lecture Demo Practice -do- Game	Instructors -do- -do- -do-	Mountains Institute -do- Ground
D+4	0700-0800hrs 0900-1240hrs 1530-1630hrs 1700-1800hrs	Stretching Exercise Principles of Climbing & Rappelling (Natural). Mountain Terminology Games	Physical Training Lecture Demo Practice Lecture Game	Instructors -do- -do- -do-	Mountains Institute -do- Ground
D+5	0700-0800hrs 0900-1240hrs 1530-1630hrs 1700-1800hrs	Stretching Exercise Stream Crossing. Do's & Don'ts in Mountains Games	Physical Training Lecture Demo Practice Lecture Game	Instructors -do- -do- -do-	Mountains -do- Institute Ground
D+6	0900 - 1100hrs 1000 - 1240hrs 1530-1700hrs 1700-1800hrs	Deposit of Equipment & Clothing Graduation Ceremony Visit to market for shopping Cultural Competition	Miscellaneous -do- -do- Competition	Store Keeper Director /Medical Officer Local Staff Instructors	Institute -do- Market Institute
D+7	0800hrs	Departure After Break-Fast	-	-	-

Note: - Programme changes subject to local weather conditions.

Legends: