

The Universal Guide

General Company Policies & Trekking Gear Guide

📦 Universal Packing List (For all Treks)

- * **Footwear:** Trekking shoes with good grip (Decathlon MH100 or similar). Sports shoes are risky on slippery rocks.
- * **Clothing:** Quick-dry T-shirts (Avoid Cotton).
- * Trek pants (No Jeans/Denim - they get heavy when wet).
- * Light fleece jacket for night.
- * **Rain Gear:** Poncho or Raincoat (Mandatory June-Nov).
- * **Essentials:**
 - * Power Bank (No electricity at most base camps).
 - * Headtorch (For sunrise treks starting at 4 AM).
 - * Water Bottle (1 Litre reusable).
 - * Personal ID (Aadhar/Driving License - Original).

📈 Cancellation & Refund Policy

- * **> 7 Days before trip:** 90% Refund.
- * **3-7 Days before trip:** 50% Refund.
- * **< 48 Hours:** No Refund (Slots cannot be resold).
- * **Act of God:** If Forest Dept cancels permission due to rain/fire, 100% Refund or Voucher is provided.

🚨 Safety & Liability

- * **Insurance:** Not included in the base price.
- * **Medical:** Guides carry a Basic First Aid Kit (Dettol, Cotton, Bandage, Volini). Personal meds (Inhalers/BP) must be carried by the user.
- * **Alcohol/Drugs:** Strictly Prohibited during the trek. Immediate expulsion if found intoxicated.

Facts and cheat sheet

```
{  
  "faq_quick_lookup": {  
    "pets": {  
      "answer": "No. Pets are not allowed on Forest Department trekking trails (Kumara Parvatha, Chembra, etc.) due to wildlife risks. They are allowed only in private campsites in Wayanad/Sakleshpur.",  
      "allowed_locations": ["Wayanad Private Camping", "Sakleshpur Homestays"]  

```

```

    "Coorg": "Jio/Airtel works at Base Camp. No signal at Peak.",  

    "Wayanad": "Good coverage in most places. Weak inside Deep Forest Camp.",  

    "Kodaikanal": "Good 4G coverage everywhere except Berijam Lake."  

},  

"food_preferences": {  

    "veg_nonveg": "We provide both. Non-veg is usually Chicken Curry. Pork is available in  
Coorg Homestays on request.",  

    "vegan": "Available on prior request (Rice/Dal/Chapati)."  

},  

"solo_travelers": {  

    "policy": "Yes, solo travelers can join our mixed groups. We ensure gender-segregated  
tents for safety.",  

    "safety_rating": "High"  

}  

}  

}

```

Safety & Emergency Protocol

```

{
    "emergency_protocols": {  

        "general_rule": "In case of severe injury, the Guide will coordinate evacuation. Helicopter  
rescue is NOT available in South Indian treks. Evacuation is by stretcher/jeep only.",  

        "nearest_hospitals": {  

            "Coorg": {  

                "name": "Vivekananda Memorial Hospital, Madikeri",  

                "distance_from_base": "45 mins",  

                "specialty": "General Trauma & Ortho"  

            },  

            "Wayanad": {  

                "name": "WIMS Medical College, Meppadi",  

                "distance_from_base": "30 mins",  

                "specialty": "Advanced Trauma Care"  

            },  

            "Kodaikanal": {  

                "name": "Van Allen Hospital",  

                "distance_from_base": "15 mins (City Center)",  

                "specialty": "General Medicine"  

            }  

        },  

        "wildlife_encounters": {  

            "Elephant": "Stay calm, do not run. Listen to the guide. Do not use flash photography.",  

            "Leeches": "Common in Monsoon. Apply salt/sanitizer. Do not pull them off forcibly."  

        }  

    }
}
```

The Food Menu

🏔 Trekking & Camping Food Menu

Philosophy: We provide simple, high-calorie, nutritious local food. Do not expect hotel-style luxury.

🌿 Campsite Meals (Wayanad/Coorg/Kodai)

* **Breakfast (8:00 AM):**

- * IDLY/VADA with Sambar & Chutney OR
- * Poori/Bhaji OR
- * Bread/Omelette + Tea/Coffee.

* **Lunch (Packed):**

- * Lemon Rice / Tamarind Rice / Veg Pulao.
- * *Note:* Served in eco-friendly leaf plates or foil.

* **Dinner (8:30 PM):**

- * **Veg:** Chapati, Dal Fry, Jeera Rice, Veg Sabzi, Papad, Pickle.
- * **Non-Veg:** Chicken Curry (Kerala style in Wayanad / Coorgi style in Coorg).

* **Snacks:** Tea/Coffee with Biscuits or Bajji (Fritters) at 5:00 PM.

🏔 High-Altitude Trek Meals (Kumara Parvatha)

* **Restriction:** No heavy cooking allowed at the peak.

* **Menu:**

- * Instant Noodles (Maggi/WaiWai).
- * Ready-to-eat MTR packets (Pongal/Upma).
- * Energy Bars & Glucose water.