

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"]
    },
    "washrooms": {
      "answer": "Base camps have basic western/indian toilets. During the trek, there are no restrooms; nature calls must be attended to in the wild.",
      "type": "Basic/Shared"
    },
    "mobile_network": {
```

```

    "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

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{
  "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.