

A rider wearing a red and black helmet with goggles, a black jacket with a 'Rally' patch, and a black backpack is sitting on a white Royal Enfield motorcycle. The motorcycle has a 'ROYAL ENFIELD' badge on the front and a 'Nomadic Knights' sticker on the side. The rider is positioned in the center of the frame, looking towards the right. The background features a vast mountain range under a blue sky with scattered white clouds. The overall scene conveys a sense of adventure and exploration.

Nomadic Knights

LIVE LIFE. LOVE ADVENTURE™

Your Information Pack

Thank you for booking a place on our Himalayan Adventure. This information pack requires information from every participant, the information you supply is essential to ensure that we provide the best possible experience for you... *it's the only dull bit of this adventure I promise you.*

Page 1

Contents

It's extremely important that you take the time to read through this Information Pack. It will answer all your questions in regards to the ride and will also help to thoroughly prepare well in advance.

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Page 2

Things you must bring with you to India

1. Complete pages numbered 3, 4 and 5 of this Information Pack and bring with you. You don't need to bring any other pages.
2. Bring x 2 (two) photocopies of the following documents with you:
 1. Photo page of your current Passport.
 2. Current Driving Licence, both sides.
 3. Front cover and photo page only of your current International Driving Permit. (IDP)
 4. Travel Insurance policy page showing the policy number and start & expiry dates.
 5. 4 x Passport sized colour photographs

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Document Check List

PLEASE TICK

Completed forms (Pages 3, 4 & 5) and bring to India.

There is no need to bring any other pages.

Bring x2 (two) photocopies of the following documents regardless as to whether you have previously emailed them.

Passport photo page

Current Driving License, both sides

Front cover and photo page only of your current International Driving Permit. (IDP)

Travel Insurance policy page showing the policy number and start & expiry dates.

x4 (four) photographs as per specification on page 2 of this information pack.

IT IS ESSENTIAL THAT YOU BRING THE ORIGINAL DOCUMENTS WITH YOU. YOU WILL NOT BE TO RIDE WITHOUT THEM.

If you are travelling with other participants, please write their names below:

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Insurance Details & Emergency Contacts

Please provide full details of your travel insurance policy and their contact details plus the names of 2 people who should be contacted in the event of an illness or accident, please write clearly and in CAPITAL LETTERS and include international dialing codes on all contact numbers.

Name of participant:

Name of Insurance Company:

Policy Number/Expiry Date:

24 hour Emergency Tel Number:

Emergency Contact No.1

Name:

Relationship:

Daytime Telephone Number:

Evening Telephone Number:

Mobile with country code:

E-mail address:

Emergency Contact No.2

Name:

Relationship:

Daytime Telephone Number:

Evening Telephone Number:

Mobile with country code:

Email address:

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Medical Questionnaire

Name of Participant:

It is for your own safety that we know as much as possible about your medical history. Your answers will be treated in the strictest confidence and will not necessarily have an adverse effect on your chances of participating. Please advise us in the space below of any condition, past or present, which you think may have a bearing on your ability to take part.

Please be advised that a letter may be required from your doctor or consultant should any doubts arise concerning your health.

Please tick the appropriate box:

Are you allergic to any drug / medicinal product? Yes No

Are you suffering from or are you a carrier of any infectious disease? Yes No

Are you allergic to any food or drink products? Yes No

If 'Yes' to any of the above, please give full details below together with any other information that may be relevant:

Are you taking regular and/or occasional medication? Yes No

If yes please give full details of ALL regular medication and dosages in the space provided below. Also include any occasional medication that you will be using on the event.

Your health:

You will be riding in varied conditions and in changing climates, often for long periods; therefore it is important that you are in reasonable health. If you have any medical condition that could be adversely affected by strenuous exercise, riding at altitude, heat or cold or are in any doubts concerning your health, or taking any medication, you must get advice from your doctor beforehand. It is also your responsibility to inform us of any conditions that may arise in the period between completing this form and the event. It is important that we know about any potential problem well in advance.

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Kit list

You do not need to bring excess clothing unless you are planning to stay in India after the trip. Do not bring clothing, baggage or any equipment that you are worried about damaging. Some facilities during the event are at times basic. Your luggage will be carried in our support trucks. It is important that you are as comfortable as possible in your riding kit to ensure that you can direct as much of your attention as possible to the road or track ahead. Temperatures can change significantly during the ride so a good tip is to wear several layers to give you the ability to adjust your kit to suit the conditions.

HYDRATION PACK (ESSENTIAL – 3 LITRE CAPACITY STRONGLY RECOMMENDED)

HELMET (ESSENTIAL)

Any helmet that has approval for road use is acceptable and must be worn at all times when riding the motorcycle. The ideal type is the full-face road/motocross or enduro type helmet as they have the best compromise of features. The peak acts as a sunshade, the chin guard gives good protection and ventilation and the overall design allows the comfortable wearing of goggles – strongly recommended for keeping out dust! Goggles are advisable instead of sunglasses for the same reason. Most people use tinted visors or goggles. If you do then I would strongly advise that you carry a spare clear lens for your goggles/helmet for riding in the rain or dark.

UPPER BODY ARMOUR (ESSENTIAL)

There are a few different styles of body armour available; the hard plastic 'rooster-tail deflector' or tabard style, the 'all-in-one' mesh jacket (which includes hard armour in all the vulnerable areas and a kidney belt) or separate pieces of hard armour fitted into a jacket. It is down to personal choice as to which is most comfortable. It is important that elbows, back, shoulders and chest are as well protected as possible.

JACKET (ESSENTIAL)

A warm textile motorcycle jacket is highly recommended as they usually feature a removable lining. This is ideal as it allows adjustment of kit according to temperature changes during the day.

PROTECTIVE TROUSERS (ESSENTIAL)

Hard wearing and breathable are the most important features, beyond that it is down to personal choice. Motocross or enduro type pants are ideal although alternatives such as reinforced denim jeans or combats could be considered. It is essential that adequate knee protection is worn, the hard type being recommended.

OVER ANKLE MOTORCYCLE BOOTS (ESSENTIAL)

GLOVES (ESSENTIAL)

Two pairs of gloves are required – one lightweight/summer pair and one warm/waterproof winter pair. Temperatures and conditions vary greatly during the ride so ensure that you carry both with you.

THERMAL BASE-LAYER (ESSENTIAL)

Basically, thermal underwear! It is worth purchasing a base layer specially designed for outdoor pursuits. It will have properties built in to keep moisture away from the body and keep the wearer dry and warm. Separate top and bottoms rather than an all-in-one suit are recommended.

WATERPROOFS (ESSENTIAL)

The changeable conditions in the Himalayas mean that there is the possibility of rain or sleet during the event. A lightweight waterproof suit serves a dual purpose. They keep the rain out and also act as an extra insulator against wind and cold. Suits are available as either a one or a two-piece. Both have their advantages. The one-piece is more watertight and the two-piece can be worn as separate items and is easier to put on and remove.

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Kit list continued

TANK BAG

Not required as all the motorcycles are fitted with soft panniers and a magnetic tank bag. Please bring a proper waterproof bag(s) **(ESSENTIAL)** for your documents, mobile phone, camera, valuables etc. **Don't bring plastic bags as they are terrible for the environment.**

PASSPORT PHOTOGRAPHS (ESSENTIAL)

Please bring 4 passport style photographs as specified on page 1 of this Information Pack.

BASIC FIRST AID KIT (ESSENTIAL)

Include a sufficient supply of any personal medication. Items that may be very useful include rehydration salt sachets, paracetamol, ibuprofen, antiseptic cream and sticking plasters.

ANTISEPTIC ALCOHOL-BASED HANDWASH (ESSENTIAL)

SUN BLOCK (ESSENTIAL)

A high factor is strongly recommended.

SLEEPING BAG

Although bedding will be provided every night, you may prefer your own sleeping bag for nights in the more remote locations.

SUNGLASSES

MOSQUITO REPELLENT Bring some just to be safe.

TORCH - A head torch is very useful.

DUCT TAPE, CABLE TIES, WASH BAG, SCARF / BANDANA (TO PROTECT NECK), FLEECE /PULLOVER, TOWEL, TRAINERS OR SANDALS, T-SHIRTS, CASUAL TROUSERS, SWIMWEAR, BUNGEE CORDS...

and finally - EAR PLUGS - To protect against snoring room mates!

PLEASE NOTE: For further information and advice regarding rider gear, please visit our You Tube channel via the website and watch – Rider Gear: Nomadic Knights

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Riding conditions

It's not always about your riding ability. It's more about your attitude in tackling the situations we find ourselves in. Each of us has different riding capabilities but we all tend to share a positive attitude, a sense of humour and a passion for adventure. Every day is invigorating, some days more than others. Conditions during the tour will challenge us all however it will be easier to take it in your stride when surrounded by a like-minded bunch of people. Our days are planned so we can stop and take photographs of the incredible scenery, have regular breaks to take in fluids (chai) and grab something to eat.

Here's a description of the riding conditions.

The Indian Himalayas are unpredictable and this is as accurate as I can get.

Min Temp – 0 degrees

Max Temp - 35 degrees Celsius

Sunshine - Yes

Rain - Possible

Sleet – Possible at higher altitude.

Challenge level - 90% due to changeable & challenging conditions.

Riding conditions in the Himalayas is varied and unpredictable due to its mountainous terrain. During the tour we will be expecting mostly sunshine however it's possible we could run into some rain or sleet, be prepared for all seasons. Daytime riding temperatures can sometimes be very warm or suddenly very cold so make sure you carry warm layers with you on the motorcycle. The roads will be a mix of everything. Forest trails, high mountain passes, narrow tracks, broken roads (some pot holes, mud and loose gravel) along with beautiful stretches of tarmac. The weather can very much dictate the condition of the roads and it can change at very short notice. The risk of road closures due to landslides is also a possibility.

Acute Mountain Sickness (AMS)

AMS can affect anybody and can be life threatening. The condition has no connection as to whether you are fit or not. It can generally affect you at over 2,500 metres and as we ascend to over 5,000 metres on some of the days you need to be aware of this condition. It can occur due to the lack of oxygen and the symptoms are usually temporary. They are a headache, nausea and dizziness. It can also disrupt sleep. If this affects you when riding then you must stop immediately.

Symptoms can be reduced by staying well hydrated with water and by taking Diamox tablets. Please ensure that you bring your own supply of Diamox tablets with you. We always carry a supply of Diamox tablets however it's essential that they are kept for emergency use only.

We also have oxygen cylinders readily available in case you need it. From my own personal experience it only affects around three people in every one hundred and is usually dealt with very quickly by our team.

We will advise you further regarding this when you arrive.

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Questions & answers

What should I expect with regards to the accommodation and will I have to share a room?

The accommodation during the event will vary. It may not always be up to top standards but it will always be safe, clean and the best we can secure in the remote areas we visit. Wherever possible, rooms are allocated on a twin-share basis. If you are travelling with a friend or partner we will do our best to accommodate you accordingly provided we are aware of the situation well in advance of the trip. If you are travelling alone you will be expected to share with another solo participant unless you have specifically booked a single room. Due to the remoteness of parts of the route, at times it may be necessary to sleep more than two to a room and in some of the accommodation our requirement for twin-bedded rooms may exceed the supply and only double rooms may be available. This will mean that, at times, your space will be limited. We recommend a sleeping bag for those concerned about personal space! Think basic and then nothing will shock you. Expect everything from tents, lodges, cabin-style accommodation to luxury hotels – it's all part of your adventure.

Do I have to return from India on the date specified?

No, If are you able to extend your stay we would recommend that you do so. India is a wonderful country and offers much to those wishing to explore.

Do I book my flights through you?

No, you will be responsible for booking your own flights. You will find the travel arrangements in the "HOW TO GET HERE" section on your trip page.

Do I need to be an experienced rider?

It is important that you feel comfortable and confident on a motorcycle for riding in India. We usually suggest that you have at least two years recent riding experience and strongly recommend that you take part in an off road training day as this will, for 99% of riders, improve not only your safety but your overall enjoyment of the event.

Can I bring a pillion?

Yes, It very rarely happens, but the organisers reserve the right to request a pillion passenger to dismount and travel in one of the support vehicles at any times when weather or road conditions deem it necessary. Any such space has to be prioritised for any participant with an injury or illness and pillion passengers may not be able to choose to hop in and out of vehicles at will.

Do I need to be reasonably fit?

You do not need to start marathon training but it would not hurt to increase your cardiovascular workout. If you are not doing any exercise and have no desire to join a gym then we recommend that you try to walk at a fast pace for a minimum of twenty minutes three or four times a week. For those of you who are members of a gym carry on as usual. Stamina is important because the combined effects of long arduous rides at altitude in hot and/or cold conditions can leave you exhausted. Combine this with early starts, little sleep and new food and it becomes clear your body needs as much help as it can get. A small amount of effort prior to departure can make all the difference.

How much does it cost?

The cost of participation in our Roof Of India events can vary depending on the tour. We require a booking deposit of \$850.00 (eight hundred and fifty US dollars) that is non-refundable but deductible from the overall total.

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Questions and answers continued

What is provided?

Use of the motorcycle, your fuel, accommodation, breakfast and evening meal, mechanics, medics, team leaders, luggage services and support vehicles.

What is not provided?

Costs which are the responsibility of the participant, not Nomadic Knights include: travel arrangements out with our proposed itinerary, any costs pertaining to inoculations, visa and personal travel insurance; lunch/snacks; drinks in the evenings; telephone calls.

How much luggage can I bring?

Some airlines usually restrict hold luggage to around 20kg so pack light! Please check with your airline to confirm these details as they do vary.

Is there anything I should not bring?

We recommend that you do not bring any valuables; this includes laptops and other electrical equipment. Don't bring clothing or footwear that you are worried about ruining. Expensive camera equipment should be insured and well protected.

Currency Requirements/How much spending money will I need?

You will need to bring some spending money with you but not a great deal. In India the currency is the Indian Rupee. You will be able to exchange money when you get here therefore the best currency to bring would be US dollars as they are exchanged in most places. Whilst recognizing that everyone's spending patterns are different, as a rule of thumb we recommend that you bring \$500.00 USD. This should cover most drinks or food you may want to buy throughout the day and evening.

Should I tip?

Tipping is at your discretion however it's customary to tip porters at hotels/taxi drivers etc. Please ask if you are unsure. At the end of the tour we will hold a collection for the drivers and mechanics that supported us throughout. You will find them friendly, invaluable and incredibly helpful.

Will electricity be available?

Most of the time, yes – but this cannot be guaranteed at all times. Power cuts are likely in all destinations on the tour but these are usually short-lived. Remember to pack a world adaptor if you need to charge your camera, phone, etc.

Will laundry facilities be available on the trip?

Yes. During our rest day in Leh.

What will the food be like?

Forget almost every Indian restaurant that you have ever been to, the food in India is incredible! There is enough choice to keep everyone happy and contrary to popular belief, not every dish is heavily spiced or ridiculously hot. Whilst we encourage you to try as many different dishes as possible we also understand that Indian food on a daily basis is not to everyone's liking. Taking this into consideration breakfast will usually consist of toast, butter, jam, scrambled eggs, porridge, fruit, tea and coffee. Dinner will usually be Indian but the proximity to China and Tibet means that food of a more "Chinese" nature also finds its way onto the menu. The food will be a mixture of vegetarian and non-vegetarian. When you are on the road we recommend that you try to avoid meat. Whilst most roadside vendors offer nothing but the best and well cooked food there is always the possibility that you may get one who is not so scrupulous. Should you decide to have meat, make sure that it is thoroughly cooked. Any fruit should be of the peelable variety. The most important thing is to think before you eat.

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Questions and answers continued

The variety of foods is endless and it will not take long to find a favourite. Just remember before you take any risks that it is your stomach that will have to bear the consequences! Biscuits, chocolate and soft drinks are readily available at chai stops throughout the day for an added energy boost. Bottled water is also readily available – always make sure that the seal is secure. One of the best drinks is chai – hot tea as sweet as a tin of condensed milk that can be bought at the roadside. Despite the sweetness it is strangely refreshing and can be bought for pennies a cup, offering you the chance to buy a round at every stop! If you have time, watch the tea being made and poured, it beats throwing a tea bag in a cup and adding a splash of milk any day.

What visa do I need?

All participants will require a tourist visa to visit India. Please refer to page 12 of this Information Pack for further details. It is your responsibility to ensure that you are in possession of all necessary travel documents before departure.

What inoculations will I need if any?

You will be travelling in the north of India so please check with your GP for advice.

Do I need travel Insurance?

YES - participants MUST be covered by suitable travel insurance for the areas we travel in. This must include adequate provision for riding a motorcycle of up to 500cc in a foreign country and include medical and repatriation insurance. You are NOT required to cover the motorcycle or motor vehicle itself – third party cover is provided by the organisers but if damage to the motorcycle occurs due to rider error or neglect then you may be liable for the cost of repair. The organisers recommend that travel insurance be purchased by the participant when booking the tour and making payment. This should provide cover against cancellation charges, travel above 3,000 metres, unexpected curtailment of the event, medical expenses arising overseas, mountain rescue services, helicopter costs and loss or damage to luggage and personal liability claims. It is your responsibility to ensure that you have suitable cover. You must carry the original of this insurance document with you at all times during the ride.

Do I need an International Driving permit (IDP)?

Yes, you will need an 1949 International Driving Permit for India. You can generally find out how to obtain your International Driving Permit by contacting a motoring organization or Post Office within your own country.

How is the ride structured?

Shortly after arriving in India you will take part in a 'warm-up' ride that enables you to get used to the motorcycle and the riding conditions before embarking on the tour. Each morning during the tour there will be a briefing on safety aspects and that day's route. Each day will have planned stops and there will be plenty of opportunities for you to travel at your own pace and stop where required. We encourage you to do this – the photo opportunities are second to none and you must take some time out to meet the incredible people of North India. The group will be accompanied by Nomadic Knights team members to offer any help that may be required and to ensure that the appropriate pace for that day's ride is being maintained. We will allow you as much flexibility and freedom as we can in this regard but because of the changeable conditions in the region, there may be times when we will have to impose some control over your riding to ensure that we reach that night's destination at an appropriate time – i.e. before dark hopefully!!!

Do I need a Full Motorcycle Licence?

Yes. You must hold a current and full motorcycle licence at the time of the event. Riders will not be able to participate without proof of a valid licence. A provisional licence is not sufficient for participation on this tour.

Can I use the motorcycle in the evening?

No, we cannot allow you to ride independently for both safety and insurance reasons.

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Indian Visa

All participants will require a visa to visit India.

You require a current Passport with a minimum validity of six months.

Obtaining an Indian visa is very straight forward process and you can apply on line for what is known as an e-visa which is a visa upon arrival.

Apply directly at <https://indianvisaonline.gov.in/>

Please make sure your visa dates coincide with the trip you have chosen.

When filling out your visa application you may be asked for the hotel details where you are staying.

As follows:

Tethys Resort, Village Nagrot, Post Office Narkanda, Shimla Hills, Himachal Pradesh. 171213.
INDIA. Tel: 0091 1782 242641

You will be asked for the details of a reference in India, here are the details.

Alex Pirie*

Address. House 35/1, Pequeno, Vanalim, Salcete, Goa, India. 403708.

Tel: 0091 9623 048879

*This is 'Alex' owner of Nomadic Knights.

If you have any other questions regarding your adventure please email
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