Adventure Activities

1. Parasailing is also known as ***parascending*** (or) ***parakiting.***
2. What are the safety tips advised by the parasail safety council?
    - ***Licensing***
    - ***Established operators***
    - ***Visual Inspection***
    - ***Release forms***
    - ***Weather***
    - ***Age limits***
    - ***Fear of Heights***
3. ***Slithering*** is to slide or glide like reptile
4. ***FRIES*** means ***Fast Rope Insertion / Extraction System.***
5. ***Uses and Technique of Slithering:-***

    Slithering is most commonly used in three situation

    - When the ground is soft or uneven making for a dangerous landing situation.
    - Deployment into an urban setting with low building rooftops can be completed using a fast rope without having to find a large clearing to set down the helicopter.
    - A slithering deployment can be used when there is risk of fire from the opposition as fast roping shortens the time required to get the soldiers down on to ground, then the helicopter moved is out of danger.

Rock Climbing

6. ***Definition:*** It is an activity in which participants climb up, down or across natural rock formations or artificial rock walls.
7. Rock Climbing techniques:
    - ***Foot jam***
    - ***Toe jam in a crack***

8. Foot jam technique is also known as ***heal to toe jam***

9. ***What are the safety tips keep in mind during rock climbing?***
    - Always check harnesses
    - Always check knots
    - Always wear a helmet
    - Always check the rope and belay device
    - Always use a long rope
    - Always bring enough gear
    - Always climb with rope over your leg

- Always properly clip the rope
- Always use safe anchors

10. ***What are the items used for trekking?***
    - Good rucksack in proper condition
    - Clothing like winter sweaters, woollens as per your requirements of the stay.
    - Water, food and cooking utensils
    - Camera and it's accessories
    - First aid box
    - Sleeping mat or sleeping bag
    - Oral rehydration solution
    - Rope
    - A good pair of shoes
    - Cap
    - Toiletry items
    - Torch and batteries
    - Marker and chalk

11. ***Useful tips for trekking:-***
    - Keep toilet items handy. This will ensure that no germs/ infection enters the body through consumption of water or food.
    - Carry all possible essentials in the rucksack with the expedition. Heavy items could be carried by road.
    - Carry sleeping mattress for night halts.
    - Carry adequate woollens for the period of trek.
    - Take off your shoes at drink and lunch halts. This will give relaxation to your feet.
    - Take small steps when ascending up slope.
    - Ensure to consume water at regular intervals.
    - Carry essential medicines to cater minor injuries or disorders.
    - Acclimatization is a must for high altitude marches.