

Important

TOUR HEALTH AND FITNESS REQUIREMENTS

To ensure that all participants get the most out of the tour, it is important that you are fully aware of the level of activity, fitness and medical health required to successfully complete this itinerary. Please read this dossier carefully prior to confirming your place on the tour and, having established the facts, it is your responsibility to contact us with any concerns regarding individual levels of fitness, health, or ability. If you would like to discuss any of these issues further please contact Ms Tahira Naqash @6006090509

NOTE: Acute mountain sickness can occur to any one at an altitude above 10,000 ft. from the sea level. The most common symptoms of acute mountain sickness are headache disturb sleep loss of appetite, nausea, coughing, irregular breathing, breathlessness, lassitude and lack of concentration. Since Leh Town is situated at an altitude of 11,500 ft. above sea level. It is advisable to take the following precautions, so as to acclimatize your body properly.

- Take complete rest for the first 36 hours of your arrival at Leh. However, this period may vary with different people.
- Your body should get used to the lower oxygen levels.
- In case you develop any of the above-mentioned symptoms, please consult a Doctor.
- Rescue and precaution for mountaineering and trekking in Ladakh
- Tourist undertaking mountaineering and trekking in Ladakh, whether in groups or individual, should take some precautions. There is no private aerial rescue agency in Ladakh and only as a life saving measure; engaging the Indian Air Force help in evacuation

DO's

- Always carry drinking water and dry food.
- Take Disprin with you if you want to go to Khardung La, as it is very high altitude of 5359m.
- If you are not able to go further from a particular spot in day, do not move stay there, as road condition is very bad in some places and it would be very difficult to travel in night.
- Temperature in Ladakh is too low and if you will throw any biodegradable item, it will remain in the same state for very long time, especially in snow, people defecate and the shit remains in the same form for years, so please try the Ladakhi winter toilets.
- Use vehicles, which have good-ground clearance and are in good condition. SUVs like Tata Sumo Grande, Toyota Qualis and Highlander, Mitsubishi Pajero work best over there.
- Make a first-aid box and carry proper medicines for headache, fever, and vomiting also in it.

- There is electricity problem in Leh, so it is better to take extra batteries for digital products like camera, mobiles phones, etc. Charge them fully before leaving for the tour. You may not get electricity at some remote places and also because of the cold, the battery gets discharged soon.
- If you are planning to visit Leh-Ladakh on your bike, please make a group of 2 or more. Please do not go alone on bikes, especially Royal Enfield Electra or Bullet as it is very dangerous.
- People there are very friendly and hospitable. Respect them.

DON'T's

- If you reach Leh by air, stay that day and do not plan to go anywhere for that day, as you will need a day or two to acclimatize yourself. Drink plenty of fluids (that does not include alcohol), do not move much for the first two to three days.
- Don't use Polythene bags. Ladakh is a "no polythene" zone. Kindly respect this and please carry back all the plastic you take with you.
- Refill your water bottles instead of buying new ones. Mountain water is good. If you have doubt, boil it and refill.
- Wear nice clothes covering your body while on roads, especially while visiting a Buddhist Gompas.