

A wide-angle landscape photograph of a mountain valley. In the foreground, a winding asphalt road follows the left bank of a river with milky, white water. The river flows through a deep, rocky gorge. The surrounding mountains are rugged and layered, with some peaks covered in snow. The sky is filled with heavy, grey clouds, creating a moody atmosphere. The overall color palette is dominated by earthy browns, greys, and the white of the snow and river.

# ADVENTURUSH



## ADVISORY

- High altitude may lead to Acute Mountain Sickness due to lower oxygen pressure than usual. Some of the symptoms include headache, nausea and more. It is hence advised to acclimatize yourself to this altitude. Consuming garlic, ginger water, chocolates or chewing gum can be helpful. You can also take medications as prescribed by your doctor, to reduce the symptoms of altitude sickness. Make sure to consult your doctor before taking the medicine.
- The check-in time is 12 noon. Early check-ins are only subject to availability.
- In situations beyond normal circumstances, additional expenses will be incurred by the travelling group. The same is valid if there is a change in the itinerary due to certain circumstances like political disturbances, flight cancellation, natural phenomenon etc.
- Guests are responsible for the safety and security of their luggage. It is recommended to carry a daypack bag to carry valuables.
- In case of any damage to property, guests will have to bear the compensation charges.
- Carry enough cash with you as most of the places do not have the facility of payment through Credit or Debit cards. Also, while there are SBI/J&K/HDFC/PNB/AXIS bank ATMs available, these are usually jam-packed or out of order due to huge tourist movement.
- There are network issues in certain parts of Ladakh. Hence inform your family and friends about the same. However, Airtel and Jio post-paid have decent network in most parts of Manali, Jispa, Leh, Kargil and Srinagar.
- Make a visit to your doctor before travelling to Ladakh. This is especially for those who have any heart related issues or even asthma.
- Carry light and healthy snack options with you, in case you are stuck due to a roadblock or landslide.
- Wear covered clothes and avoid wearing shorts. This is especially true if you are going to religious places including monasteries.
- Carry back all the plastic that you use. Ladakh is a “no polythene” zone, so do not litter.
- Please carry Photo & address identity proofs that are issued by the Government of India like Aadhar, Driving License, Passport, Voter ID. (PAN card will not be considered as a valid address proof)

## PREP - WEAR, CARRY, FITNESS

### To avoid AMS during trip

AMS or Acute Mountain Sickness is caused by the quick exposure to low oxygen levels at high altitude. Symptoms of AMS include nausea, fatigue, rapid heart rate and headache to name a few. The below mentioned precautions can reduce the symptoms of AMS.

- **Medication** - Consult your doctor before you take any medicines
- **Garlic** - Garlic improves the flow of blood in the body, and lowers dizziness and nausea
- **Cloves** - Like garlic, cloves also make the body use oxygen more efficiently
- **Ginger water** - it helps you feel less nauseous
- **Fluids** - Stay hydrated. You should consume four to five liters of water every day to get acclimatized faster
- **Eat Light** - Keep eating at regular intervals. Take small and light meals
- **Avoid** smoking, alcohol, sleeping pills or antidepressants

### Clothing

- **Walking and trekking shoes** - keep waterproof, comfortable and strong shoes
- **Extra pair of socks**
- **Woollen clothes** - Keep sweaters, jackets, comforters, shawls especially in the months between April and July, and October-November
- **Full-sleeved T-shirts and track pants**
- **Water-proof clothes** - Carry raincoats and rain jackets

### Accessories

- Sunglasses with UV protection
- Lightweight gloves/mittens
- Water bottles that are preferably insulated
- Large Plastic bags to keep items dry
- Headlamp/flashlight with spare batteries as extreme cold weather damages batteries

### Medical supplies & toiletries

- High SPF sunscreen
- Moisturisers
- Lip Balms
- Small wash and hand towels
- Hand Sanitizer
- Pain relievers - Keep sprays or balms like Moov or Volini

## PREP - WEAR, CARRY, FITNESS

- Doctor prescribed medicines for headache
- Mosquito Repellent
- Antiseptic cream
- Rehydration salts

### Luggage & Bags

- Waterproof backpacks and handbags
- Duffel bag with personal gears
- Avoid trolleys and heavy suitcases

## CANCELLATION POLICY

Full Refund- If cancelled before 15 days before scheduled date

No Refund- If cancelled by customer less than 15 days before scheduled date

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable. In order to avoid cause inconvenience to the other travellers, the expedition will continue in such case and participant will have to make their own arrangements, if they continue their stay

## PAYMENT POLICY

100% at the time of booking