



ADVENTURISH



ADVISORY

- ❑ This trek is for professional trekkers and for those who have done or undergoing professional mountaineering courses or has a previous trek experience of 18000 Ft.
- ❑ Age Limit 18+
- ❑ Keep yourself hydrated throughout the trek. Drink at least 2-4 liters of water a day during the trek.
- ❑ It requires a good amount of physical strength, experience, and endurance to go on this trek.
- ❑ All the trekkers need to arrive 30 mins before time at the meeting point to prevent any delay.
- ❑ Consult with a physician before going on this trek
- ❑ Pack light and only necessary items as you will require to carry them on the trek.
- ❑ Avoid consumption of alcohol or any other intoxicants during the trek.
- ❑ Bring some cash as there will be no ATM or credit card facility.
- ❑ Carry an ID proof such as Driving License, Aadhar Card, Voter ID. (PAN Card will not be considered as a valid address proof)
- ❑ Please do not litter the local sites, or campsites, and during the trek.
- ❑ Using earphones during the trek is not advisable.
- ❑ If you have a heart condition or health condition such as Asthma, the trek is not recommended
- ❑ All travelers will be responsible for their belongings.
- ❑ Compensation for any damage/accident/insurance will not be provided by the tour guide or vendor partner.
- ❑ Guidelines issued by the State-Government are to be followed.
- ❑ Keeping your safety first, if the weather is poor, the trip may be delayed or postpone, and an alternative time slot will be suggested.
- ❑ Carry miniatures of the toiletries.

- Mobile connectivity on the trek will not be available, so inform your family and loved ones in advance.
- Landslides/road blocks can happen unexpectedly on your way so carry snacks, biscuits etc. with you.

PREP - WEAR, CARRY, FITNESS

- The difficulty level of the trek is moderate to difficult and requires physical strength.
- The participants must have basic or advanced mountaineering or trekking courses. If you have previous experience of trekking at an altitude of 18000 Ft. then you can book this trek.
- Starting the morning jogs, running, yoga, exercise, and cardio 15 days before the trip will be helpful during the trek.

While on trek –

- Take chocolates, chewing gums etc. Due to low oxygen levels you will feel tired easily, that's when chocolates and energy bars will come to your rescue.
- Stay hydrated. Drink lots of fluids. Avoid drinking alcohol as it can cause dehydration. Acclimatization causes fluid loss, so drink at least 4 to 5 litres of water per day.
- Eat your food regardless of not being hungry, for high altitude acclimatization. However, eat light.
- Avoid tobacco, alcohol, sleeping pills and other depressant drugs.

What to carry

- ID Proof
- Passport size photo
- Backpack
- Sturdy trekking shoes
- Slippers
- Extra pair of socks
- Thermal inner suit
- Warm and comfortable clothes - full sleeves t-shirts and trekking pants
- Poncho

- Towel
- Buff
- Fleece jacket
- Hand Gloves (waterproof &woolen)
- Sunglasses
- Sun Cap
- Knee cap
- Sunscreen lotion
- Skin moisturizers
- Water bottles,
- Energy bars/snack
- Trekking pole
- Emergency medical kit
- Flashlight/Headlamp (with spare batteries)
- Personal toiletries and basic medication (if any)
- Insect repellent

CANCELLATION POLICY

Full Refund- If cancelled before 7 days before scheduled departure

No Refund- If cancelled within 7 days before scheduled departure

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable. In order to avoid inconvenience to the other travelers, the expedition will continue without participant.

PAYMENT POLICY

100% at the time of booking