

# ADVENTURUSH



## ADVISORY

- **IMPORTANT NOTE FOR THE CUSTOMER:** Since Kashmir is a high-altitude mountainous region, it is susceptible to medical emergencies and road closures due to flash floods and landslides. Hence, there may be chances of 'on ground changes' in the itinerary like extra running of the vehicle, non-utilization of booked accommodation or transportation, alternate/additional hotel bookings or noncompletion of the tour etc. These changes may attract extra expenses, which are not part of the original quote. Any such expense due to any reason medical / natural / political whatsoever will have to be paid extra by the guests. Furthermore, there will be no refund for any unutilized services due to any of the above-mentioned reason or any other reason like bad weather, health, natural calamity road closure etc.
- 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 acclimate 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.
- Point-to-Point Vehicles: Vehicles are provided on a point-to-point basis only, not for personal use. Any deviation from the itinerary may incur additional charges unless due to issues like bad weather, political disturbances, roadblocks, VVIP movements, or state transport rule prohibitions.
- Customers are required to pay the union transportation costs for sightseeing in Pahalgam and Gulmarg at the respective union rate.
- All entry tickets for stupas, monasteries, sightseeing, state and entry fees, monument entrances, camera charges, etc. are not a part of the package.
- The extra adventure activities and ropeways/cable cars will be at your own cost and are not included in the tour.
- The Hotel check-in time is 02:00 noon and check out time is 12:00 noon. Early checkins are only subject to availability.
- The hotels are subject to their availability. In case they are not available, the travellers will be accommodated in a property of similar standard.
- 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/ accident to another person or property, guests will be responsible to compensate.
- 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 Kashmir. Hence inform your family and friends about the same. However, BSNL, Airtel and Jio have decent network in most parts of Kashmir.
- Make a visit to your doctor before travelling to Kashmir. 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.
- Carry back all the plastic that you use. Kashmir is a “no polythene” zone, so do not litter.
- Photo identity proofs that are issued by the Government of India like Driving License, Passport, Voter ID, PAN card is needed.
- AdventuRush reserves the right to rearrange the itinerary due to any kind of disturbance that occurred (i.e weather condition, political condition, or any others) without changing the total number of days and without compromising any service.
- Refunds Disclaimer: AdventuRush does not hold responsibility for refunds due to natural conditions, weather, pandemics, or man-made calamities. Pricing may change if the itinerary alters for the above reasons.

## 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

#### **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 of scheduled departure.

**No Refund**- If cancelled by customer less than 15 days of scheduled departure.

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable. In order not to cause inconvenience to the other travellers, the expedition will continue without participant.