

A full-page background image of a high-altitude mountain valley. In the foreground, a wide, muddy river flows through a deep canyon. A paved road winds along the left bank of the river. The canyon walls are steep and show distinct horizontal geological strata. In the background, majestic snow-capped mountain peaks rise above a layer of clouds. The sky is filled with soft, white clouds. A semi-transparent dark rectangle is centered over the middle of the image, containing the word 'ADVENTURUSH' in white capital letters.

# ADVENTURUSH



## ADVISORY

- Age limit 18+.
- People with health conditions like asthma or other breathing concerns are advised not to go for this trek. However, if they so decide, it is at their own risk.
- Avoid consumption of alcohol or any other intoxicants during the trek.
- Do not encourage trekking during the night unless it is a part of the itinerary, and a guide is present with you to avoid mishaps.
- Avoid using earphones during the trek, this might hinder your audibility.
- Trekking is to immerse oneself in nature, so please expect basic facilities.
- Do not litter the local sites or campsites.
- Do not disturb the local life while trekking.
- Connectivity on this trek will not be great, so it is advised to inform your loved ones or relatives before ascending the trek from the base camp about the situation.
- All guests will be responsible for safety and security of their own luggage. So, carry small daypack bags to carry all expensive things with you.
- Guidelines issued by the State-Government are to be followed.
- Keeping your safety first, if the weather is poor, the event may be delayed or postpone, and an alternative time slot will be suggested.
- Not many places have the facility of Credit/Debit cards, so it is advisable to carry cash with you.
- Landslides/roadblocks can happen unexpectedly on your way so carry snacks, biscuits etc. with you.

## PREP - WEAR, CARRY, FITNESS

- This is a moderate trek and will require physical strength, Recommendation to get physically fit is to start working out at least a month before the trek.
- To gain stamina, you can try Cardio and running along with stretching every day to strengthen your muscles and work on your flexibility.
- If you can Jog 5 kms in 30 minutes, your stamina is good to go.

### 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 (PAN card will not be considered as a valid 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 & woollen)
- Sunglasses
- Sun Cap
- Kneecap
- 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 date.

No Refund- If cancelled within 7 days of scheduled date.

If participants are unable to or refuse to go through with the experience at site, no refund will be applicable.

## **PAYMENT POLICY**

100% at the time of booking.

