

A high-angle, wide shot of a rugged mountain valley. In the foreground, a winding asphalt road follows the curve of a river. The river is a milky, light brown color, typical of glacial meltwater. The surrounding mountains are steep and rocky, with patches of reddish-brown soil and sparse vegetation. In the distance, a range of jagged, snow-capped peaks rises against a sky filled with heavy, grey clouds. The overall atmosphere is one of wild, untamed nature.

# 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. Travelers found littering may be fined.
- 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.

## PREP - WEAR, CARRY, FITNESS

- This is a moderate to difficult 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 are able to 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

- **Trekking shoes:** Carry proper trekking shoes with good grip and ankle support. Do not carry sports shoes.
- **Three layers of warm clothes:** Carry a fleece jacket (for warmth), a padded jacket (for warmth), and a hard shell jacket (for snow and rain).
- **Two/Three trek pants:** Carry quick dry material (nylon-polyester) trek pants. Denim/jeans and shorts are not suitable for trekking.
- **Three t-shirts (collared /dry - fit):** Full-sleeve quick dry t-shirts. Add a compression layer if you sweat too much.
- **Thermals:** Carry thermals (top and bottom).
- **Sunglasses:** Sunglasses are mandatory. There will be a lot of snow on the trek, which can cause snow blindness.
- **Cap:** At high altitudes, the sun is extra harsh, so carry a cap to protect yourself. For the night, you can use a woolen type.
- **Waterproof hand gloves:** Carry waterproof gloves as they will get wet if you touch snow.
- **Socks (3-4 pairs) and a pair of woolen socks:** Apart from two sports socks, you can take a pair of woolen socks for the night. For the trek, use quick dry material socks.
- **Headlamp/LED torch:** Mandatory. Headlamps may be quite beneficial for keeping your hands free.
- **Raincoat/Ponchos:** At high altitudes, snowfall and rain are quite common, and it's mandatory to carry a poncho so that you don't get wet. The trek will continue as planned, even during rainfall. Your poncho should protect you from the rain.
- **Daypack (20 liters):** Daypacks are needed to carry water bottles, lunch boxes, and personal medical kits in case you decide to offload your backpack.
- **Lunch box and water bottle:** All participants must carry their personal lunch box and a water bottle.
- **Toiletries:** Just carry mouthwash, sunscreen, and a small face towel as toiletries.

- **First Aid Kit:** Carry blister tape, crepe band-aid, pain spray, and a few important medicines, as it's always advisable when going into the wild. Make sure that you update the team before taking any medicine (even for painkillers and steroids).
- **Electronics:** Power Banks are quite beneficial for the trek.

## CANCELLATION POLICY

- Full Refund- If cancelled before 07 days of scheduled departure
- No Refund- If cancelled within 07 days of scheduled departure

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

## PAYMENT POLICY

100% at the time of booking

