

USEFUL INFORMATION & TIPS FOR YATRI'S

- Prepare for the Yatra by achieving a high level of Physical Fitness. You are advised to start at least a month prior to the Yatra at least a 4-5km Morning/Evening walk.
- For improving the oxygen efficiency of your body, you should start doing deep breathing exercises and Yoga, particularly Pranayam. Your journey shall invoke trekking across high mountains, facing strong cold winds. You must carry
 - i. adequate woolen clothing;
 - ii. a small umbrella (preferably one which is tied with an elastic band around your head and supported by a strap around the chin);
 - iii. windcheater;
 - iv. raincoat;
 - v. waterproof trekking shoes;
 - vi. torch;
 - vii. walking stick;
 - viii. cap (preferably a monkey cap);
 - ix. gloves;
 - x. jacket;
 - xi. woolen socks;
 - xii. trousers (preferably a waterproof pair).
- These items are essential as the climate is highly unpredictable and changes abruptly from sunny weather to rain and snow.
- The temperature can sometimes abruptly fall to 5 degrees Celsius or lower.
- For Ladies: saree is not a suitable dress for the Yatra. Salwar Kameez, pant-shirt or a track suit will be better.

- Ladies who are more than 6 week pregnant shall not be allowed to undertake the pilgrimage. Keeping in view the tough nature of the trek, children below 13 year in age and elderly persons above the age of 75 years shall not be permitted to undertake the pilgrimage.
- Do not do anything during your entire forward/return journey which could cause pollution or disturb the environment of the Yatra area.
- Use of plastics is strictly banned in the State and is punishable under law.