

Shri Amarnathji Shrine Board Yatra Advisory

Health Advisory

1. The pilgrimage to Holy Cave of Shri Amarnathji involves trekking at altitudes as high as 14800 feet.
2. Yatris may develop High Altitude Sickness with following symptoms: loss of appetite, nausea, vomiting, fatigue, weakness, dizziness, lightheadedness and difficulty in sleeping, visual impairment, bladder dysfunction, bowel dysfunction, loss of coordination of movements, paralysis on one side of the body, gradual loss of consciousness and mental status changes, drowsiness, chest tightness, fullness, congestion, fast breathing and increased heart rate.
3. If high altitude sickness is not treated timely, it may be fatal in a matter of hours.

Do's for prevention of High-Altitude Sickness:

1. Do prepare for the Yatra by achieving Physical Fitness – it is advisable to start a preparatory Morning/ Evening Walk, about 4-5 km per day, at least a month prior to the Yatra.
2. Start deep breathing exercise and Yoga, particularly pranayama for improving oxygen efficiency of the body.
3. Do check with your physician prior to travelling to higher elevations, if you have any existing / pre-existing medical conditions.
4. Do walk slowly while ascending and take time to acclimatize. Relax for a short while on steep inclines.
5. Do avoid exerting beyond your normal capacity.
6. Do check with your physician prior to taking any medications.
7. Do drink lots of water to combat dehydration and headaches – about 5 liters of fluid per day.
8. Do consume plenty of carbohydrates to reduce fatigue and prevent low blood sugar levels.
9. Do bring portable oxygen with you as it is helpful in case you have difficulty in breathing.
10. Do descend immediately to a lower elevation, if you start having high altitude illness



Religious Tours (अमरनाथ The Lord Shiva Darshan)

-----**(A Unit of Religious Tour and Travel)**-----

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symptoms.

11. In case there is any change in the status of your health after having obtained Compulsory Health Certificate some weeks earlier, do consult your doctor before embarking on the pilgrimage.
12. In case of any signs of high-altitude sickness or any other discomfort, immediately contact the nearest medical facility located at various location enroute.

Don'ts for prevention of High-Altitude Illness

1. Don't ignore the symptoms of high-altitude illness.
2. Don't drink alcohol, caffeinated drink, or smoke.
3. Don't ascend any further if you have altitude illness. Instead, descend immediately to an elevation where you can acclimatize.
4. Don't accept everything a sick Yatri says since his/ her judgment is likely to be impaired.

SHRI AMARNATHJI YATRA PUBLIC INTEREST MESSAGES-

Do's for the Yatris:-

1. Do carry sufficient woolen clothing as the temperature may sometimes abruptly fall to below 5 degrees Celsius.
2. Do carry umbrella, wind cheater, raincoat, and waterproof shoes as the weather in the Yatra area is unpredictable.
3. Do keep your clothes and eatables in a suitable water proof bag to avoid your belongings getting wet.
4. Do keep in your pocket a note containing the name / address, mobile telephone number of any Yatri proceeding for Darshan on the same date as you are doing, for emergency purposes.
5. Do carry your identity card / driving license and Yatra permit with you.
6. Do travel in a group, with porters / horses / ponies carrying your luggage.
7. Do ensure that all those comprising the group remain in your sight, lest you are separated from your group.
8. On your journey home, you must leave the Base Camps along with all other members of your group.



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9. Do seek immediate assistance of the Police in case any member of your group is missing. Also have an announcement made on the Public Address System at the Yatra Camp.
10. Do help your fellow Yatris travelling with you and perform Yatra with a pious mind.
11. Do strictly follow the instructions issued by the Yatra Administration, from time to time.
12. For any assistance contact SASB Camp Directors / nearest Yatra Control room.
13. In case of any accident or emergent situation, immediately contact the nearest Camp Director / Mountain Rescue Teams (MRTs) deployed at various locations.
14. Free Food facility is available in the entire Yatra area at the Langars.
15. Pre-paid SIM Cards from other States shall not work in J&K and Yatra area. Yatris can purchase pre-activated SIM Cards at the Base Camps of Baltal and Nunwan and at Bhagwati Nagar, Jammu and Lakhanpur.
16. Earth, water, air, fire and sky are integral parts of Lord Shiva. Therefore, respect the environment and do nothing whatsoever to pollute the Yatra area.

Don'ts for the Yatris:

1. For women Yatris: they should not wear sarees during the Yatra. Salwar kameez, pant-shirt or a track suit is advisable.
2. Women who are more than 6 week pregnant shall not be allowed to undertake the pilgrimage.
3. Children below 13 years in age and elderly persons above the age of 70 years shall not be permitted to undertake the pilgrimage.
4. Don't stop at places which are marked by warning notices. Walk only on the tracks.
5. Don't walk barefoot or be without woollen clothing at any time as the temperature in the Yatra area remains low and changes abruptly.
6. Don't use slippers because there are steep rises and falls on the route to the Holy Cave. Only wear trekking shoes with laces.
7. Don't attempt any short cuts on the route as doing so is dangerous.
8. Don't commence journey on an empty stomach. If you do so, you may attract a serious medical problem.
9. Don't do anything during the entire Yatra which could cause pollution or disturb the environment of the area.
10. Do not bring with you any polythene material as its use is banned in J&K and is punishable under law.
11. Avoid throwing coins, currency notes, decorative chunnis, brass lotas or any other



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material towards the Shivlingam while having Darshans at the Holy Cave.

12. Do not stay at Holy Cave overnight in view of high altitude and harsh and unpredictable weather conditions.

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