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Rides**North**

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South**East****West****TRIPS ESSENTIALS****LEH TO NUBRA VALLEY AND BACK**

INNER LINE PERMIT ISSUED FROM THE DISTRICT MAGISTRATE, LEH

LEH TO INDO CHINA BORDER AND BACK

INNER LINE PERMIT FROM THE DISTRICT MAGISTRATE. FOREIGN nationals NOT PERMITTED FROM LUKUNG TO MAHE.

FUEL..

NO FUEL AVAILABLE FROM TANDI (HIMACHAL PRADESH) TO LEH - 365KMS CARRY AT LEAST 5 LTS OF SPARE FUEL.

NO FUEL AVAILABLE FROM LEH TO INDO CHINA SECTOR - CARRY 20 LTS OF SPARE FUEL.

CLOTHING..

THERMALS, GLOVES, WOLLEN SOCKS, AND BALACLAVA ARE A MUST TO SURVIVE THE COLD

FOOD..

EATING DRY FRUITS AND CHOCOLATES HELPS TO KEEP WARM AND KILLS HUNGER PANGS.

ACUTE MOUNTAIN SICKNESS..(AMS)

TO AVOID AMS, DRINK LOTS OF WATER AND AVOID SPENDING TOO MUCH TIME AT HIGH ALTITUDE PASSES. A TABLET OF DIAMOX AND ASPRIN EACH IS SAID TO PREVENT AMS.

Personal and Clothing:

Jacket

Gloves

Riding Glasses

Socks

Sleeping Bag

Carry Mat for the above.

Waist Pouch

Slippers

Bungie Cords-4 Avoid the one's with a plastic "O" Link, go for metal link

Bungie Net- at least 1

License

Vehicle Registration+ Insurance Papers- Original Xeroxes of the same-2, keep one copy in bike other carry with you or in the toolbox, another in the luggage.

PUC Certificate

Medicines-If any

Rucksack with Polythene cover/Garage Cover

Carry lots of polythene bags

Torch

Map

SPARES+ Acc

Spark Plug

Clutch Cable

Accelerator Cable

Front brake Cable

Spare Tube -2

Duplicate Set of Keys

Half litre Engine Oil

5-Litre Jerry Can for Petrol - 2

Chain Link

Spare Headlight- Haloqen

Spare Tail Light
Tool-Kit
Petrol Pipe
Spare Fuses
Insulation Tape
Luggage carrier/Saddle bags

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