



## Section 1: Know Before You Go

*The mountain doesn't test you. It reveals you.*

### 1. This isn't a picnic. It's a high-altitude pilgrimage.

The Amarnath Yatra is not your average trek.

You'll be **walking for 5 to 7 hours a day** — often on slippery, uneven terrain, in low oxygen, and unpredictable weather.

**Even if you're physically fit, altitude sickness can hit anyone.**

This is not about toughness. It's about awareness.

***And the best yatris? Are the ones who respect the mountain before it demands it.***

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### 2. What you must carry, no matter how light you want to travel:

Every single item below is a story someone else already lived. Don't wait to become that story.

#### 1. Glucose tablets or ORS pouches

→ If your **blood sugar dips** or you feel faint, this can bring you back in minutes.

## **2. A rain poncho, not an umbrella**

→ Mountain rains come fast. Your **poncho** may be the difference between wet clothes and hypothermia.

## **3. Your regular medications**

→ There's no pharmacy mid-route. Carry **extras** of anything **essential**: BP meds, insulin, asthma inhalers, etc.

## **4. A printed card with your name, blood group, emergency contact, and health info**

→ If you collapse, this **helps volunteers** save you faster.

## **5. A small torch or whistle**

→ If fog falls or you get disoriented, these **tiny tools can help** you be found.

## **6. Some dry fruits or energy bars**

→ Even langars run out. **Even hunger hits at weird hours.** Keep something for emergencies.

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# **3. Prepare your body at least 2–3 weeks before the yatra.**

- Don't let Amarnath be your first climb of the year.
  - Be prepared. **Respect the climb.**
  - **Start walking 5 to 6 kilometers daily.**
  - **Avoid alcohol and smoking** — lungs need to perform well in low oxygen.
  - If you're 40+, or have heart/BP/diabetes history, **get a check-up.**
  - A 10-minute visit to your **doctor now** can prevent a helicopter airlift later.
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## 4. What altitude sickness actually feels like (and what to do when it starts):

Feeling	What it means	What to do
You get a mild headache that won't go away	Your brain isn't getting enough oxygen	Stop. Sit. Breathe deeply. If it doesn't ease, alert someone.
You feel dizzy or as if your body is heavier than usual	Early AMS — acute mountain sickness	Don't keep walking. Rest. Let someone know.
You lose your appetite or feel like vomiting	Your digestive system is reacting to altitude	Sip ORS. Sit down. Don't ignore it.
You feel breathless even while standing still, or confused	This is an emergency. You may need oxygen.	Signal for medical help immediately.

### > Remember:

*Altitude sickness doesn't care how strong you are. It just needs time, rest, and respect. If you give it that — you can continue.*

*If you fight it — you will not win.*