



SECTION 3: EMERGENCY INTELLIGENCE

"Emergencies aren't a sign of failure. They're a chance to respond, not react."

1. If you start feeling unwell — listen early, not late.

Here's the truth: Most people who collapse didn't collapse suddenly. Their bodies whispered first — but they didn't listen.

- **If you feel dizzy, stop.**

Find the side of the path, sit carefully, and **focus on your breath**. Don't brush it off as "just tiredness."

- **At this altitude, dizziness = early warning.**

If your chest feels tight, or you feel breathless while standing still — signal immediately. You might need oxygen. **This isn't weakness. It's physics.**

- **Your lungs are working overtime. They deserve help, not pride.**
If you feel nauseous, shaky, or disoriented — tell someone.
 - **Don't walk alone.** Don't say "I'll be fine." Say, "I need a break."
 - **Let others support you —** it gives them permission to **speak up** too.
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2. If someone else collapses near you — your presence can save their life.

The first person to notice a fallen yatri isn't always a medic.

It's usually someone like you. So here's what you do — calmly:

1. **If they faint while walking:**

Don't splash water on them. Kneel down. **Check if they're breathing** and conscious. Call out for a volunteer or radio official.

If they're

breathing, keep them on their side. If not, and if you're trained — begin **CPR** gently.

2. **If their lips are blue, or they're shivering badly:**

This could be

hypothermia or severe oxygen drop. Wrap them with your **poncho** or an **emergency blanket**. Don't wait for a camp. The rescue begins with you.

3. **If they're vomiting or complaining of intense headache:**

This could be Acute Mountain Sickness worsening. **Help them walk** — slowly — to the nearest medical post. If a mule handler is nearby, **alert them to arrange a stretcher**.

> What you do in the first 5 minutes could buy them 50 more years of life.

That's the weight — and grace — of witnessing.

3. If a landslide or stampede begins — don't run, reposition.

Panic is natural. But panic that moves blindly is what causes deaths.

In case of landslide:

Move sideways, not downward.

If you see falling rocks,

crouch behind a large boulder or rise — not a tree or tent.

Cover your head with your bag or arms.

Once it slows, stay put.

Don't rush toward the path until a volunteer assesses it.

In case of stampede or chaos:

Avoid narrow paths.

Find space along the side — even if it's a small ledge or slope.

If someone falls, shout and form a barrier —

even two people can create breathing space.

4. If the weather turns suddenly:

Fog, rain, or snow can drop in minutes. Here's what you do before it catches you off guard:

1. Poncho ON immediately.

Not when you're wet, but when you see the shift.

2. Find shelter —

Langars, mule tents, rocks that break the wind.

3. Follow the mules.

If they stop, you stop. If they turn back — don't argue.

> ***The mountain may not give second chances. But it always gives first signs.***

Notice them.