



SECTION 5: FAMILY + GROUP CLARITY

"You don't walk alone — even when your feet are the only ones moving."

1. One small card. One giant difference.

Before you begin your yatra, write down these five things.

Print them. Laminate them. Carry them with you.

> *It takes five minutes to make this card. It might give you back decades of life.*

What to Include	Why It Matters
Your full name and age	So rescuers know who you are
Any chronic health conditions	BP, diabetes, asthma — these affect treatment

What to Include	Why It Matters
Your blood group	To act fast in emergencies
List of current medications	Inhalers, insulin, psychiatric meds, etc.
Emergency contact number	Someone not on the Yatra — someone reachable

2. What to tell your family before you leave.

Most people say "I'll call when I reach."

But **phone networks don't always work up there.**

So instead, leave them with information that empowers them.

Tell them:

1. "I'm

going via Pahalgam/Baltal. I'll be stopping at ___ and ___. If I don't check in for more than 2 days, ask authorities to **check my last RFID scan.**"

2. "Here's the

Shrine Board's helpline." Save the number in their phones.

3. "Here's a

picture of my ID card + Yatra permit + emergency card."

If anything happens, they can help you faster from afar.

3. Group wisdom: how to walk like a team.

If you're going with family, friends, or even a random group —decide some basic things before the trek begins.

- **Assign a lead and a tail person.** The lead sets the pace. The tail watches the group doesn't fragment.
- **Stick together during breaks.** Don't wander off for selfies or solo moments in risky zones.
- **Speak up if you feel off.** One person's clarity can save the whole group from chaos.
- **Agree on regroup points.** Like: "If we get split, we meet at Panchtarni langar tent."

4. If someone in your group needs help — don't argue. Decide.

If someone says

"I'm not feeling well" — believe them:

- Don't say "It's just tiredness."
- Don't push.
- Don't delay.
- Change your pace. Reroute.
- Carry their bag.
- Or get a mule.

Because if something happens and you had the chance to act early — You'll never forget it. And if you do act early? You'll never regret it.

You walk together not because it's easy. But because it's holy.

And holiness begins with how you treat each other when the wind picks up and the path narrows.