



**PUNYA KSHETRAS**

NOURISH YOUR SOUL ON SACRED JOURNEYS



# DODHAM BY HELICOPTER

✦ 3 Nights / 4 Days ✦

Dehradun - Rishikesh - Kedarnath - Badrinath - Dehradun

## DODHAM BY HELICOPTER: 3N/4D Heli-Tour

### KEDARNATH & BADRINATH EX-DEHRADUN

(With 1 Night's Stay @ Each Dham)

*Dehradun - Rishikesh - Kedarnath - Badrinath - Dehradun*

Warm greetings from Punya Kshetras™ by Hare Krishna Golden Temple!

Flying with expertise, care & love since decades, we take immense pride in saying that we have touched the hearts of thousands of pilgrims by our hospitality & helicopter services since the past two decades. And now, after years of dedicated services, we are touted as India's leading helicopter company in pilgrimage tourism.

The Do-Dham yatra - Comprising four abodes: Rishikesh, Kedarnath, Badrinath & Haridwar is certainly very divine pilgrimage for both your *soul and eyes.*

Understanding the importance of this yatra, we offer a well-thought, safe and mesmerising Heli-Tour. With us - Your itinerary, safety and privacy are all sorted out.

*We will have lots of fun games, Kirtans, Bhajans.*

*Such experience is never possible if it not with Hare Krishna devotees.*

#### OUR PACKAGE INCLUSIONS

- Helicopter flying from Dehradun to Kedarnath ji & Badrinath ji, & back.
- One additional night halt at Dehradun on your date of arrival - dinner & breakfast included.

*The additional night at Dehradun makes our Heli-tour a 3N/4D tour.*

- 01 Night Stay with meals at both Sersi & Badrinath.
- Local sight-seeing at Sersi & Badrinath.
- Shri Kedarnath ji helicopter shuttle services: *Sersi - Kedar - Sersi.*
- VIP Darshans (as per the Government's orders).
- Airport & hotel transfers at Dehradun.
- Taxes & other government levy.

*In short - We have included every little detail, comfort & charge that you will encounter on your Chardham yatra. Therefore, by taking a one-time wholesome charge, you enrol yourself on this journey of a lifetime.*

#### ADD-ON SERVICES:

Our team can arrange any extra inclusion that you may want on your tour, such as: *Air tickets, Airport Transfers, Haridwar or Rishikesh visit, hotel bookings, Special pujas, etc.*

Confirmation against the same must be given in advance.

## DO DHAM ITINERARY

### DAY 01: RISHIKESH - DEHRADUN

- This is the reporting day at Dehradun, which is our main base (starting & ending point) for the Heli-tour.
- Punya Kshetras™ by Hare Krishna Golden Temple arranges this extra night halt for the yatris with dinner and breakfast, to wind down and be fully ready for the journey ahead.
- Yatris will be picked up from Dehradun Airport/railway station/bus stand according to their arrival timings.
- They will be provided hot lunch Prasadam, offered to Lord Krishna.
- Yatris will be picked up from the airport after lunch, will be taken to Rishikesh in premium SUV cars.
- Visit Ram Jhula, Sita Jhula, Parmarth Niketan, Swarg Ashram, Gita Mandir.
- Holy snan at Triveni Ghat in Ganga Ji, Get Ready in Dress Change Rooms inside the campus. Sankalpa, Archana with Gotra Naama, Arathi to Ganga Ji by each family. Deepa Daana - Leaving Diyas in Ganga Ji.
- Dinner & stay in a premium hotel in Dehradun.
- Passengers must reach Dehradun in the afternoon. In the evening, there will be a Tour Briefing by our Dehradun team, which will be conducted at 1900 Hrs. Duffel bags will be provided during the tour briefing, in which necessary luggage will have to be packed by the passengers – Maximum 5 kg/person will be permitted.

### Day 02: Kedarnath ji

ETA/ETD	DETAILS
1115 Hrs	Check out from Dehradun hotel
1230 Hrs	ETD from Sahastradhara Helidrome
1300 Hrs	ETA at Sersi Heli-base

- This is the starting day of the Dodham yatra. Passengers will check-out from the hotel at 11:15 am, after breakfast. They will be picked-up from the Hotel by our team & taken to Sahastradhara Helidrome.
- Passengers will report at Sahastradhara Helidrome by 1130 Hrs.
- In case flight is getting delayed due to NOTAM/delayed clearances/bad weather etc., we shall convey to the passengers in advance, so that they may report according to the delayed timings at the Helidrome.
- Sersi – Punya Kshetras’s third, and the oldest, own Heli-base in the Chardham sector. We operate the shuttle services for Kedarnath ji shrine from here.

- Passengers will be ferried to Kedarnath Dham for darshan in a shuttle services flight.
- Approximate time taken for Kedarnath Temple Darshan: 02 hours.  
The shuttle services flight Sersi to Kedarnath is apporx. 07 minutes long.
- Passengers might be ferried in different shuttle services flights, in view of the maximum weight carrying capacity of the aircraft at a high-altitude destination such as Kedarnath.
- Once the darshan is done, we will bring down passengers to Sersi.
- Sightseeing at Sersi: Triyuginarayan Temple – It is the venue of the celestial marriage of Lord Shiva & Goddess Parvati.

### Day 03: Badrinath ji

ETA/ETD	DETAILS
1300 Hrs	ETD from Sersi Heli-base
1330 Hrs	ETA at Badrinath Helipad

- Passengers will have breakfast & lunch at Sersi and be ready for their flight to Badrinath by 1200 hrs.
- On arrival at Badrinath helipad, our staff will take the passengers for hotel check-in.
- Passengers will be taken for darshan to Badrinath temple in the afternoon.
- Approximate time taken for Badrinath Temple Darshan: Approx. 01-1.5 Hrs.  
Passengers will be taken from hotel to the temple by car.
- Sightseeing at Badrinath: Mana Village – Known as the ‘Last village of India’, due to its proximity to the China border.
- Evening Aarti at Badrinath Temple – Swaran/Chandi Aarti (on additional payment basis directly at Badrinath).

### Day 04: Return to DEHRADUN

ETA/ETD	DETAILS
1330 Hrs	ETD from Badrinath Helipad
1430 Hrs	ETA at Sahastradhara Helidrome

- Passengers will have breakfast & lunch by 1230 hrs and be ready for their flight to Sahastradhara Helidrome by 1245 hrs.

- Estimated time of arrival will be 1430 hrs at Sahastradhara. On arrival, our team will be present to receive the passengers.
- Then passengers will be taken to the Dehradun hotel to collect their luggage from cloak rooms.
- Later passengers will be dropped to the airport/railway stations, where we bid them farewell.

*This is the end of the Dodham Yatra.*

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#### TOUR GUIDELINES:

- VIP Darshans are subject to the orders issued by the temple authorities and State government.
- In view of our helicopters' weight carrying capacity, **Punya Kshetras™ by Hare Krishna Golden Temple reserves the right to shuffle yatris between helicopters to manage the right weight for safe flying in the hills.** Therefore, yatris travelling together may not be accommodated in the same helicopter flight.
- **FIXED FLIGHT TIMINGS:** This is a Daily Fixed Departure Helicopter tour, and departure timings of each destination is fixed. Therefore, yatris must ensure they report as per the scheduled ETDs. However, Punya Kshetras™ by Hare Krishna Golden Temple reserves the right to change/postpone the timings of flying one day prior, subject to weather/force majeure reasons.
- Yatris must submit their correct weights at the time of booking.
- **BAGGAGE ALLOWANCE:** Only one baggage weighing a maximum of 5 kgs is allowed per passenger. It is not permitted to carry suitcases or big travel bags in the helicopter; therefore, duffle bags will be provided by our team to all yatris on the day of arrival.
- Arrival/departure details must be provided at the time of booking, so that we can smoothly operate the tour.
- Yatris should book Dehradun arrival flights around 02:00 pm, or earlier.
- Kedarnath shuttle service: Yatris will be ferried to Kedarnath ji in a shuttle services flight. And it is likely that yatris travelling together may not be accommodated in a same flight.
- Any sudden increase in taxes/levy by the State Government or the temple authorities, will be borne by the yatris.
- If online yatra registration will be compulsory, then yatris will have to do the same prior to travel.
- Comfortable clothing such as tracksuits or Kurtas are advised on the tour. As for shoes, one should carry sports or trekking shoes.
- Punya Kshetras™ by Hare Krishna Golden Temple has its own crew at all the Dhams. For assistance, they will be with the yatris always.

- Infants below 2 years (Max 12 kg weight) are accommodated free of charge. For verification of age the child, ID proof/birth certificate of the child will be checked.
- Any donations, tips, pitthu, extra porter charges shall be borne by the yatris.
- Airport transfers shall be provided on the arrival day at Dehradun, and on the last day of our tour.
- Network connectivity at Harsil & Badrinath is very poor. BSNL & Jio are the main telecom services, that work in these regions mostly.
- All temples in Chardham sector are located at a high altitude, therefore yatris are advised to carry medication during travel. Also, they are advised to carry warm clothing with them, because during evenings & nights, the temperature can drop drastically.

## TERMS AND CONDITIONS

- COVID TRAVEL GUIDELINES  
COVID protocols must be adhered by the yatris as per the effective mandate of the government. Without adhering to the government guidelines, boarding shall be denied to the yatris without refund.
- SEATING CAPACITY  
The seating capacity of our helicopter is 06 yatris.
- HELICOPTER WEIGHT LIMITATION  
Maximum weight capacity of the helicopter is 450 kg (excluding baggage weight). Yatris are taken on board depending up on the load and temperature conditions, and the Pilots call will be final. Hence, yatris are required to provide us their exact weights at the time of booking.  
Exceedance of helicopter weight carrying capacity, will result in yatris getting deboarded & cancelled for the Heli-tour without any refund.
- OVERWEIGHT CHARGES  
Overweight charges are applicable @ INR 2,000/kg. This will be chargeable to yatris weighing above 75 kg. But excess weight will only be calculated on the total excess weight above the total permissible weight of all the group members combined, i.e., permissible weight = 75 Kg x (No. of pax).  
Any discrepancy found in the weights of the yatris, which will be chargeable as per the overweight criteria, the same would be collected prior to boarding of flights.
- ARRIVAL DATE  
Our Chardham 4N/5D Heli-tours are booked flying-date wise. And yatris must report to Dehradun one day prior to the flying date.

- **BAD WEATHER & FORCE MAJEURE DISCLAIMER**  
Flying in hills is subject to bad weather, and many Force Majeure factors like delayed Air Traffic Clearances/Permissions, VVIP movements, valley flying by Indian Air Force (NOTAM), sudden occurrence of technical snag in aircraft, illness of flying crew or late reporting of the yatris at the helipads, among others. Therefore, yatris must be prepared to face any eventuality and inconvenience in case of such scenarios.
- AADHAR Card copies are to be shared by all Indian yatris, & passport in case of foreign nationals.

- HOTELS:
  - DEHRADUN : Fairfield by Marriott, or similar (MAP basis – Dinner & Breakfast).
  - KHARSALI : Hotel Yamuna Parmarth, or similar (AP basis - all meals)
  - HARSIL : Harsil Retreat, or similar (AP basis - all meals)
  - SERSI : Ghughuti Resort, or similar (AP basis - all meals)
  - BADRINATH : Hotel Snowcrest, or similar (AP basis - all meals)
    - Hotels are subject to sudden change.
    - Rooms are booked on double or triple sharing basis only.
    - For a separate single occupancy room, it will be extra chargeable @ INR 40,000/person (tax inclusive).
    - Hotels at all the Dhams are non-star category. However, we have carefully selected the most comfortable properties for our Heli-tours.
  
- We advise our yatris to keep one additional day at hand at the end of the tour, over & above the 5N/6D period, to avoid missing their return flights in case they get stuck at any of the destinations due to bad weather or force majeure reasons.
  
- ADD-ON SERVICES  
Additional services which are not mentioned in our inclusions will be extra chargeable, and the same must be confirmed to us at the time of booking.
  
- MEDICAL EMERGENCIES  
Punya Kshetras™ by Hare Krishna Golden Temple will not be liable for any medical emergency on the ground to the yatris. Therefore, in your own interest, yatris are hereby advised to kindly consult a doctor and get medical check-up done before commencing the yatra. Medical check-up is mainly required if a passenger has any medical ailment or condition.  
If Medical evacuation by Helicopter is needed, it will be chargeable @ INR 1,10,000/ Hr plus GST.
  
- CARRIAGE BY AIR ACT, 1972  
The carriage is subject to Punya Kshetras™ by Hare Krishna Golden Temple Services regulations relating to the conditions of Non-International Carriage (Passenger and Baggage) framed in accordance with The Carriage by Air Act, 1972 and Notification regarding application of the carriage which is non-international. The liability of the company for damage sustained in the event of the death or wounding of a passenger or any other bodily injury suffered by passenger or by his registered baggage during the course of carriage by air will be governed by the provisions of sections 4,5,6 and the rules contained in the second Schedule of Carriage by Air Act 1972 with certain exceptions, adaptations, modifications, etc as notified in the Govt. of India, Ministry of Civil Aviation Notification and as amended from time to time.
  
- Punya Kshetras™ by Hare Krishna Golden Temple reserves the right to cancel yatris, who are unruly, abusive, intoxicated, sick, mentally unfit or anyone else whom we deem to be unsafe to fly. No refund shall be done to such passenger(s).



- Our Heli-Tours are not available for the following VIP's:
  - Speaker Lok Sabha
  - Dy. Chairperson Rajya Sabha
  - Central Ministers of Cabinet Rank
  - C J I Supreme Court
  - Governors of State
  - Chief Ministers of State
  - State Ministers of Cabinet Rank
  - SPG Protectees – Z category only.
  
- RESCHEDULING OF BOOKING  
Rescheduling your booking to any future or prior travel date, will be done subject to availability, and on payment of 10% of the total tour cost. This will be permitted only if informed at least 07 days before arrival date.  
In case rescheduling is requested less than 07 days prior to the travel date, then the booking would be treated as cancelled, & a fresh booking will be given subject to availability, after the levy of applicable cancellation charges.
  
- PAYMENT TERMS:
  - We accept payments via bank transfers, cheques, cash, UPI and card machine.
  - The booking is to be done in advance with a deposit of 50% of the total amount. Balance payment will be taken 14 days prior to the date of arrival at Dehradun.
  - Yatris will not be permitted to board or commence the tour, unless full & final payment of the tour has been done.
  - Payments via credit/debit card machine will incur 2% extra charges.
  
- CANCELLATIONS POLICY:  
If yatris cancel their booking, following cancellation charges will be applicable -
  - More than 15 days prior to travel date: 30% of total tour cost.
  - Between 08 to 15 days prior to travel date: 50% of total tour cost.
  - 07 or less days prior to travel date: No Refund.
  - No show: No Refund.
  - After commencement of tour: No Refund.
  
- Additional Services: The cost of additional services provided at any Dham during the tour will be deducted over & above the refundable Tour Cost.
- Refund against an unutilized service will not be done.
- COVID-19 Lockdowns, or any National/State Emergency:

In case yatris test COVID positive before the travel, or the Yatra gets called-off by the government, or any National or State emergency is imposed, there will be no refunds applicable.

However, yatris will be provided a Credit Voucher by Punya Kshetras™ by Hare Krishna Golden Temple against the advance paid, which will be valid for one year. It can be utilised against any of our helicopter tours or charter services by the yatris or any of their friends/relatives.

- **BAD WEATHER & FORCE MAJEURE POLICIES:**

- Where bad weather, technical snags, or any force majeure reason beyond Punya Kshetras™ by Hare Krishna Golden Temple Services' control results in the cancellation of the flight or delay, Punya Kshetras™ by Hare Krishna Golden Temple Services will not be liable in any way for the cancelled or delayed flight. However, refund will be given to clients as per our refunds policy. Any kind of inconvenience caused because of cancellation of flights is beyond the control of the operator. No compensation or reimbursement for accommodation, transportation, meals, or any other extra travel expenses done by the yatris shall be offered in the event of cancellation of a flight.
- In case tour departure does not take place from Dehradun on Day One due to above reasons, tour will be considered as cancelled and full refund as per our policies will be made.  
However, in case the yatris would like to consider taking the tour on the next available date, a fresh booking can be made for the same. Our team will propose the available options to the yatris.  
The balance/unutilized amount against previous booking can be adjusted against the fresh booking. And any extra costs that would be accruing, will have to be borne by the yatris.
- In case the tour departs from Dehradun as per schedule but gets disrupted, while the tour is ongoing, our team will propose the possible revised itinerary within the scheduled package days, but without any extension of days.
- Any extension, proposed by the yatris, in the package will only be considered at an extra cost and subject to operational viability.
- In case for 05 straight days flying does not take place, full refund as per our policies will be made to the yatris.
- New Chardham passenger(s) scheduled for departure from Dehradun on any respective travel date shall be our top priority, over the back-log passenger(s) of previous days(s).
- In case of passenger get stuck at Kedarnath top due to bad weather or Force Majeure, the accommodation charges at Kedarnath will borne by the client directly.
- Additional night halt charges will be payable by the yatris to hotels on direct payment basis if they get stuck for additional nights due to bad weather/force majeure reasons over and above the 5N/6D period.
- If yatris require extra helicopter flying at the end of their tour, the same will be chargeable at INR 1,10,000/Hr + UCADA royalty & landing charges + GST.

- Punya Kshetras™ by Hare Krishna Golden Temple may not fly to Harsil/Jhalla, in case of turbulent wind conditions – which is common in the Harsil valley after 1200 Hrs.
- While the tour is ongoing, if any group demands to cancel their tour mid-way, the arrangement of transportation will be done by Punya Kshetras™ by Hare Krishna Golden Temple, however, cost for the same will be borne by the yatris on direct payment basis.
- Any increase in government levies or taxes, after the confirmation of booking, will be extra chargeable to the yatris. Payment against the same will have to be done before the commencement of tour.
- DISPUTES  
Disputes as to legality, interpretation, application or performance of service or any of its terms and conditions shall be governed by the laws of Telangana Hyderabad Jurisdiction.
- Bookings will be taken, considering there is acceptance of the above-mentioned terms & conditions by the party.

## Frequently Asked Questions

**Q.1: How is the weather going to be?**

Ans: Please refer to Weather & What to Wear section.

**Q.2: What kind of clothing should I bring?**

Ans: Please refer to Weather & What to Wear section.

**Q.3: How will the food be arranged?**

Ans: All meals are included at each Dham, however, meals are not included during your stay at Dehradun. FYI, food is prepared separately for non-garlic & non-onion food eaters.

**Q. 4: What sort of meal is served in our Chardham yatra.**

Ans: Pure Vegetarian food is served to all our pilgrims without onion and garlic.

**Q.5: Which telephone networks work?**

Ans: Kharsali: All networks

Harsil: BSNL, JIO

Sersi: All networks

Kedarnath: All networks

Badrinath: BSNL, JIO

In case your networks do not work, you can always reach out to our crew for any help or assistance regarding the same.

**Q.6: Will there be a guide with us throughout the Yatra?**

Ans: Our crew & Swamiji will be present at each Dham to assist you for all your needs. Our crew will also guide you during your sight-seeings.

• **Q.7: What kind of accommodation will be provided at places?**

Ans: Luxury hotels are not available at these remote locations, therefore you are advised not to keep very high expectation of hotels. However, we provide the best available hotels at all location.

**Q.8: When should we reach Dehradun to start our Chardham Yatra?**

Ans: Guests need to reach Dehradun, one day prior to their scheduled Chardham departure date booked with us. Punya Kshetras provides complimentary stay on the first night, when guests arrive at Dehradun.

- **Q.9: How far are the Temples from the Helipads at each Dham?**

Ans: Apart from Yamunotri Dham, there is barely any walking distance at each Dham. At Yamunotri, there is a 6km trek to the shrine, which is done through porters/Palki/Pony. Arrangement for the same is done by Punya Kshetras.

- **Q.10: Will children be charged the same for the Chardham Yatra, or do they have any concessions?**

Ans: Children below the age of 2 years travel free of charge. For children 2 or above, full charges are applicable.

- **Q.11: Are we supposed to pay for the darshans at the temple?**

Ans: VIP darshans at all the four shrines are arranged by Punya Kshetras. However, special pujas are not included in our tour. The same can be arranged on request.

- **Q.12: When is the Chardham tour available?**

Ans: The opening date of Kedarnath ji is announced every year on the day of Maha Shivratri, and opening date of Badrinath ji is announced on the day of Basant Panchami. Whereas, both Yamunotri and Gangotri Dham open every year on the occasion of Akshaya Tritiya.

Based on the opening dates, our Chardham tours generally commence sometime in the month of May, and are operational from May-June (pre-monsoon season) & September-October (post-monsoon season).

- **Q.13: What is Health Advisory?**

All of the four dhams are situated at a high altitude, ranging between 8500 ft – 11500 ft. Kedarnath Dham being the highest at 11500 ft. Being at such a high altitude involves exposure to extreme cold, low humidity, increased ultra violet radiations and reduced air pressure and oxygen

Since your Chardham yatra is only for 4 days, the body may not get enough time to acclimatize and adjust to the low oxygen levels, therefore you must not exert yourself, go slow and always catch your breath. If anyone exerts themselves too much too quickly, depending on individual fitness levels, some of the common high altitude sicknesses and their symptoms are listed below:

( 1 ) Acute Mountain Sickness (AMS): AMS is the most common

form of mountain sickness and may occur after you ascend to altitudes above 2500 m.

**Symptoms:** Breathing problems, headache, loss of appetite, nausea, vomiting, fatigue, weakness, dizziness and difficulty in sleeping.

( 2 ) High Altitude Cerebral Edema (HACE): HACE is a severe form of AMS and occurs due to swelling of the brain tissue which may eventually impair the brain. The illness often manifests itself at night and may result in coma/ death within hours.

**Symptoms:** Breathing problems, headache, fatigue, visual impairment, bladder dysfunction, bowel dysfunction, disorientation and partial paralysis.

( 3 ) High Altitude Pulmonary Edema (HAPE): HAPE results in respiratory failure due to accumulation of fluid in the lungs. HAPE manifests itself at night (typically the second night of climbing in high altitude areas), progresses rapidly and may lead to fatality within hours.

**Symptoms:** Shortness of breath even when resting, persistent dry cough, bright red stained sputum, weakness, fatigue, drowsiness, chest tightness, congestion and increased heart rate. Younger people are held to be more susceptible to this ailment as, in exuberance, they are inclined to over exert while trekking.

#### Q.14: **What are high altitude Do's & Don'ts?**

##### **Do's**

- Take Palkis/Horses instead of trekking to avoid high altitude sickness.
- Take short breaks to catch your breath when tired.
- Notice any symptoms such as extreme tiredness, headache, nausea, loss of appetite or vomiting.
- Saree is NOT a suitable dress for the Yatra. Salwar Kameez, pant-shirt or a track suit will be better. Ladies who are more than 6 week pregnant shall not be allowed to undertake the pilgrimage.
- Keep spare clothes and eatables in a suitable water proof bag.
- Carry some cold cream/Vaseline/sunscreen to protect your hands /face against sunburn etc.

- Keep in your pocket your identity card with emergency contact number, incase of an emergency.

### **Don'ts**

- Don't exert yourself too much and go out of breath.
- Don't ignore any symptoms such as extreme tiredness, headache, nausea, loss of appetite or vomiting.
- Don't stop at places which are marked by warning notices.
- Don't use slippers. Only wear trekking / sports shoes with laces.
- Don't attempt any short cuts on the route as doing so would be dangerous.
- Don't trek alone. Always stay together as a group. Your mobile network may not work.

### **Q.15: How is the weather & what to wear?**

#### **PRE-MONSOON SEASON**

- In the summer months of May –June, weather remains sunny during the day & approx. 5 degrees at night.

#### **POST-MONSOON SEASON**

- During Sep-Oct, temperatures remain pleasant during the day. However, they drop to around 0-5 degrees at night.
- We provide disposable raincoats to our passengers in case of rain.
- At Kedarnath & Badrinath, temperatures may suddenly fall below 0 degrees at night. Therefore, it is advisable to carry clothes for cold weather during these months.

In all cases, wear 4-5 layers of clothes even if you feel the weather is sunny because the cool air may enter inside and impact the health. Advice is to wear Thermal inner wear then fleece then shirt, Kurta, Tshirt and then 2 layers of jackets. Remember to cover your throat part, ears, nose, head with good thermals.

Keep extra pairs of thermal socks on top of usual socks to avoid entering cool air.

Which brand to prefer: Columbia, Decathlon etc.

We recommend that you bring the following items for your Char Dham Yatra:

### 1. Hiking Thermal First Layer

**Men:**



<https://www.myntra.com/thermals?f=Categories%3AThermal%20Set%3A%3AGender%3Amen%2Cmen%20women>

**Female:**



<https://www.myntra.com/thermals?f=Gender%3Amen%20women%2Cwomen>

### 2. Hiking Thermal Mid Layer

**Male:**



[https://www.decathlon.in/hiking-and-trekking/hiking-and-trekking-clothing-22426?id=22426&type=c&refinementList%5Btes\\_product\\_nature\\_en%5D%5B0%5D=fleece&refinementList%5Btes\\_gender\\_en%5D%5B0%5D=MEN%27S](https://www.decathlon.in/hiking-and-trekking/hiking-and-trekking-clothing-22426?id=22426&type=c&refinementList%5Btes_product_nature_en%5D%5B0%5D=fleece&refinementList%5Btes_gender_en%5D%5B0%5D=MEN%27S)

**Female:**



[https://www.decathlon.in/hiking-and-trekking/hiking-and-trekking-clothing-22426?id=22426&type=c&refinementList%5Btes\\_product\\_nature\\_en%5D%5B0%5D=fleece&refinementList%5Btes\\_gender\\_en%5D%5B0%5D=WOMEN%27S](https://www.decathlon.in/hiking-and-trekking/hiking-and-trekking-clothing-22426?id=22426&type=c&refinementList%5Btes_product_nature_en%5D%5B0%5D=fleece&refinementList%5Btes_gender_en%5D%5B0%5D=WOMEN%27S)

### 3. Jackets

**Male:**



<https://www.myntra.com/winter-jackets?f=Gender%3Amen%2Cmen%20women&rawQuery=winter%20jackets&rf=Price%3A9079.0%2017719.0%20TO%2017719.0&sort=recommended>

**Female:**



<https://www.myntra.com/winter-jackets?f=Gender%3Amen%20women%2Cwomen&rawQuery=winter%20jackets&rf=Price%3A9445.0%2018531.0%20TO%2018531.0>



## Gloves

Male:



<https://www.myntra.com/columbia-gloves>

## Pants

Male:



<https://columbiasportswear.co.in/ski-snow-activity-pants-shorts>

Female:



[https://www.decathlon.in/winter-collection-21884?id=21884&type=c&refinementList%5Btes\\_product\\_nature\\_en%5D%5B0%5D=trousers](https://www.decathlon.in/winter-collection-21884?id=21884&type=c&refinementList%5Btes_product_nature_en%5D%5B0%5D=trousers)

## Shoes

Male:



<https://www.myntra.com/trekking-shoes?f=Gender%3Amen%2Cmen%20women>

Female:



<https://www.myntra.com/trekking-shoes?f=Gender%3Amen%20women%2Cwomen>

## Thermal Socks

Unisex



<https://www.myntra.com/socks/marks--spencer/marks--spencer-women-pack-of-3-patterned-extra-warmth-thermal-above-ankle-length-socks/15270120/buy>

## Benie (Head Covering) - take one with throat covering.

Male:



<https://www.myntra.com/beanie?f=Gender%3Amen%2Cmen%20women>

Female:



<https://www.myntra.com/beanie?f=Gender%3Amen%20women%2Cwomen>

## Q.16: **What medicines should I carry?**

### **Altitude Sickness:**

**Acetazolamide (Diamox):** This medication can help prevent and treat altitude sickness by aiding in acclimatization. It should be taken as per your doctor's recommendation.

### **Pain and Inflammation:**

**Ibuprofen or Paracetamol:** These over-the-counter pain relievers can help alleviate headaches, muscle aches, and pain caused by altitude sickness or strenuous trekking.

### **Allergies:**

**Antihistamines:** These can help manage mild to moderate allergic reactions or symptoms related to hay fever.

### **Cold and Cough:**

**Decongestant:** Carry a decongestant to relieve nasal congestion caused by cold or altitude.

**Cough Syrup or Lozenges:** These can help alleviate cough and soothe a sore throat.

### **Personal Medications:**

If you have any pre-existing medical conditions, such as asthma or allergies, be sure to carry an ample supply of your regular medications as prescribed by your doctor.