

SKYLINK TRAVEL & TOURS LTD

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CHAR DHAM TRAVEL TIPS

Whether you are visiting the Char Dham for pilgrimage or adventure, you should behave as responsible travelers. If you uphold the key principles of responsible tourism and make the least impact on the environment, your pilgrimage of Chardham is going to be more fun and useful than you thought. A variety of experiences are waiting for you in the region and while you return from your tour, you will surely want to visit Chardham Yatra over and again. But each time you return, do try to remember a few travel tips given below. While you are in the Uttrakhand Char Dham region, do keep in mind that alcohol or non-vegetarian food is not permitted and you have to abide by it.

While you visit mythological sites, shrines and temples, you should remove your shoes and cover your head with a piece of cloth before entering the premises.

- Change of place, climatic conditions and food can lead to throat sore. Gurgle with hot water with pinch of salt to avoid enhancement of infection. Keep some throat soothing lozenges with you.
- Food-wise anything that is boiled, cooked or fried is a safer bet than anything cold or raw.
- Pack a medical kit with painkillers, antibiotics, cough lozenges and medicines for cold and fever.
- A small torch is essential equipment as lights can go off at any time.
- If you are carrying Digital Camera or Handy cam, do carry extra pair of battery, as there is no guarantee if there is electricity for charging you equipment.
- Do not take pictures if cameras are not allowed in any particular area. Do not play with the sentiments of any particular religion.
- Always pack a pair of woolen clothes as it is very cold as all the Dhams are situated at high altitude
- Carry personal toilet items, they are very useful during the breaks in long journey of Char Dham.
- Ensure you are physically and mentally fit to perform the journey as the Yatra involves trekking at an altitude of 14000ft.
- At least a month before the Yatra, it is advisable to start preparatory exercises: Even a brisk walk of about 4 to 5 km per day would be beneficial.
- Hire only a registered ponywalla or porter. Don't walk far away from ponies carrying luggage.

Traveling during rainy season

- Pack empty plastic bags to separate soiled and wet clothes from the rest
- To prevent fungal and parasitic infections, keep feet clean and dry. Do not go barefoot.
- Ensure that your luggage is waterproof
- Always carry a raincoat and an umbrella during travel

Clothing

Clothing for both extremes of climate and temperature. While driving to Dhams, it will be warm inside the vehicle and light clothing will be required, but as soon as you step out of the vehicle, warm clothing will be required to keep off the cold winds. Evening will be generally cold and warm clothing will be required. We recommend that you bring along the following clothing and accessories with you:

Accessories with you

1. Warm thick pullover – One
2. Warm thin pullover – One
3. Warm pants – Two
4. Light loose cotton pants – Two
5. Warm windproof jacket – One
6. Cotton full sleeve T-Shirts – Four
7. Thermal under pants/long – Two
8. Thermal vest / warm full T-Shirts – Two
9. Rain coat with hood/ Poncho (should be roomy) – One
10. Light tennis shoes & light rubber sandal.
11. Warm woolen socks-Six
12. Large cotton or silk scarf-One
13. Warm gloves.
14. Wept Wipes and handkerchiefs – Plenty
15. Monkey cap and Sun hat - one each
16. Towels (one big, one small)
17. Washing kit.

Medicine As Per Prescribed By your Doctor

- Iodex / Relexil
- Vicks Ointment or Vicks candid
- Novalgine or any painkiller tablet
- Cold cream
- Band Aid
- Bandage
- Antiseptic Ointment
- Intestopan/Imosecs for Diarrhoea
- Any other medicine prescribed by your doctor if you have B.P or any other medical problem