ADVENTURE HEIGHTS

Trekker's Guide – Essentials, Do's & Don'ts

Your practical pre-trek guide to a safer, smoother and more enjoyable Himalayan adventure in Uttarakhand.

Be prepared. Travel responsibly. Enjoy every step.

1. Essential Things to Carry

A. Trekking Gear

- Comfortable trekking backpack (typically 30–50 litres, depending on trek duration and support arrangements).
- Well-fitted, broken-in waterproof trekking shoes with good grip.
- Trekking poles, if suitable for the route and your needs.
- Raincoat or poncho; headlamp or torch with spare batteries.
- Reusable water bottle or hydration system.

B. Clothing

- Quick-dry T-shirts and comfortable trekking trousers.
- Thermal innerwear and warm mid-layers such as fleece.
- Weather-appropriate insulated jacket and waterproof outer layer.
- Woollen socks, spare undergarments, warm cap, sun cap and gloves.

C. Personal & Medical Essentials

- Personal prescription medicines and a basic first-aid kit.
- Sunscreen (SPF 30–50), UV-protective sunglasses and lip balm.
- Personal toiletries, quick-dry towel and hygiene products.
- Hand sanitiser, tissues or toilet paper, and wet wipes where needed.

D. Food & Accessories

- Light snacks such as energy bars and dry fruits.
- Mobile phone, power bank and charging cable.
- Water purification method, if advised for the route.
- Waterproof bags for valuables and a reusable bag for carrying waste.

E. Important Documents

- Valid government-approved photo identification.
- Trek registration, permits and required documents, where applicable.
- Emergency contact details and booking confirmation.
- Travel insurance details, if insured.

Packing note: *Requirements vary with altitude, season, duration, weather and the services included in your trek. Follow the trek-specific packing list provided by Adventure Heights.*

2. Trekking Do's – Good Practices to Follow

- Follow instructions from trek leaders, guides and authorised trip personnel.
- Walk at a comfortable, steady pace; avoid rushing or competing with others.
- Drink water regularly and eat meals as advised.
- Wear suitable clothing and footwear for the route and weather.
- Tell your trek leader promptly if you feel unwell, dizzy, unusually breathless or exhausted.
- Keep a safe distance from steep edges, loose rocks and slippery sections.
- Respect local communities, religious places, wildlife and local customs.
- Carry your waste back and leave the trail and campsite clean.
- Stay with your group and use the designated route.
- Allow time for acclimatisation and follow altitude-safety guidance.

3. Trekking Don'ts – Things to Avoid

- Do not trek alone or leave the group without informing your guide.
- Do not consume alcohol or recreational drugs during the trek.
- Do not litter, damage plants or disturb wildlife.
- Do not wear brand-new or uncomfortable footwear on a demanding trek.
- Do not ignore weather warnings, route closures or safety instructions.
- Do not overexert yourself or hide symptoms of illness.
- Do not take shortcuts or attempt unfamiliar trails.
- Do not feed, chase or approach wild animals.
- Do not take unnecessary risks for photographs or selfies, especially near cliffs, rivers or snow slopes.

4. Special Safety Guidelines for Himalayan Treks

- **Altitude awareness:** Ascend gradually and allow adequate acclimatisation. Report headache, nausea, dizziness or unusual fatigue immediately. Severe breathlessness at rest, confusion or difficulty walking requires urgent medical attention and descent.
- **Weather preparedness:** Mountain weather can change quickly. Carry warm layers and rain protection, and follow your guide's advice.
- **Hydration and nutrition:** Drink regularly and eat sufficient meals and snacks.
- **Group discipline:** Follow the trek leader's instructions and maintain group coordination.
- **Environmental responsibility:** Follow Leave No Trace principles and respect the fragile Himalayan ecosystem.

5. Pre-Trek Readiness Checklist

Use this checklist before leaving for your trek. Tick each item once it is ready.

- ■ Trekking shoes checked, comfortable and suitable for the route
- ■ Backpack and essential clothing packed
- ■ Warm layers and rain protection packed
- ■ Personal medicines and first-aid essentials ready
- ■ Water bottle and personal snacks packed
- ■ Valid photo ID and required permits ready
- ■ Mobile phone and power bank charged
- ■ Emergency contact details saved
- ■ Fitness and health readiness considered
- ■ Trek leader's instructions and reporting time understood

ADVENTURE RESPONSIBLY.
TREK SAFELY. TRAVEL HAPPILY.

At Adventure Heights, your safety and comfort matter. Be prepared, follow mountain safety guidelines, respect nature and enjoy every moment of your Himalayan journey.

Adventure Heights – Your Gateway to Uttarakhand's Himalayas
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Please follow the trip-specific instructions shared by your Adventure Heights team. This guide is general information and does not replace professional medical advice or the trek leader's on-ground safety directions.