

**Dos and Don'ts**

On arrival please take proper rest, as you are traveling to high Altitude from Low.  
Have plenty of drinking water or any kind of liquid (except alcohol)  
Ladakh is a polythene free region; make sure not to use any polythene when not necessary.  
Do not contaminate the area by not disposing the waste properly.  
Medicines of all kinds are usually available in local pharmacies with no prescription necessary.

**Things you must carry:**

Clothing (Heavy Warm Feather Jacket, Warm fleece jacket, woolen and wind proof gloves, Warm hat, woolen Socks, Warm Wind prove Trouser, Sweaters etc.)  
Sun glass with UV Protection  
Sun Screen lotion and cold cream.  
Chapstick or lip balm  
An identification card (like driving license, voters ID card etc.), along with a photocopy

**Medicines:**

Avomine-Vomiting  
D cold-Illness/combilflame-Body ache  
Vicks balm  
Diamox (250mg) – for high altitude/high pressure.  
Saridone-Headache.  
Personal Medicines.  
Glucon D/ Electral powder and camphor.  
Also consult your local doctor for any other medicines.

**Avoid Acute Mountain Sickness**

Acute mountain sickness can occur to anyone at an altitude above 10,000 feet's from the sea level. The most common symptoms of the acute mountain sickness are headache, disturbed sleep, loss of appetite, nausea, coughing, irregular breathing, breathlessness, lassitude and lack of concentration, Since Leh Town is situated at an attitude of 11,500 ft. above sea level, it is advisable to take the following precaution, so as to acclimatize your body properly.