



INDIA'S PREMIER ADVENTURE TRAVEL COMPANY

Dos and Don'ts while trekking in the Mountain

Trekking in mountains can be fun if done in few do's / don't's are followed. We have prepared few points which if followed can provide a great trekking experience. While hiking in the great outdoors of the Mountains it is best to come prepared. Hiking can be challenging but if you are equipped with the proper equipment and knowledge you can prove to have a very rewarding experience. To have the most enjoyable hiking / trekking experience you should follow the Dos and Don'ts of trekking as mentioned below.



Dos....

- ✓ **Smile Face:** There is famous quote "*A smile speaks a thousand words*". A smile is sign of friendliness. It's always a nice gesture to smile at someone and who knows your smile might uplift the mood of another person.
- ✓ **Walking manners:** Making rhythm is very important while trekking. If proper rhythm is not maintained, one is bound to get tired easily. Try to inhale at 1 step while exhale at other to make proper rhythm during the walk, which help you a lot. do not try to compete with fellow trekkers while trekking. You are not in a race, so enjoy the trek, nature and your company. Help others who are in need of help
- ✓ **Maintain a steady pace but don't be either too fast or too slow:** Moving too fast will make one tired easily and if too slow, you might be left behind.
- ✓ **Avoid body from getting overheated.** After 20-30 minutes of starting the trek, remove excessive clothing if you are sweating a lot. Maintain body temperature when resting by putting on a wind proof jacket.
- ✓ **Medical Kit:** please you should carry your personal medical kit with you in your bag. Although we carry our own first aid medical kit during the trekking, but Your bag should with all the necessary medicines and medical tools, which you are use to.
- ✓ **Plenty Of Essentials:** Please Pack light with just the bare essentials, a change of clothes, a first aid box, a swiss knife, a lighter or flint and some energy bars etc. Carry plenty of water and also Water Purification Tablets as Water is what would keep you going especially in a longer trek. . Carry two bottles of water. Make sure you keep drinking water at regular intervals in little amounts. Drink water even if we feel like we are not much thirsty.
- ✓ **Clothing:** Dress for the wild, wear clothes that are comfortable and warm, ideally camo pants, and invest in a good pair of trekking shoes that are sturdy and have a firm grip. Wear clothes that will keep you camouflaged in the forest. do wear a cap if its sunny even though you dont like it. Or you may bleed from nose or feel unconscious at some latter period of time.
- ✓ **Conserve energy:** Save your energy and make sure you don't drain yourself out, make sure you are properly hydrated on the big day.
- ✓ **Cleanness during the trek:** Keep the area clean. If you find some plastic bottles or any trash that is non-degradable, carry it in a bag and then give to trek manager or camp staff or any dustbins. *Maintain cleanliness at camp site and the trek area.*
- ✓ **Follow Trek Manager:** Make sure you follow footsteps of your trek leader & always be around him. Be active and follow "*Climb high, sleep low*" rule. Please Strictly follow instructions of your Leader. *Stop at scheduled halt as mentioned by Trek Lead or guide. Don't drop out on your own. When overtaking, take prior permission from trekker in front.* Maintain 4 to 5 feet distance from trekker in front
- ✓ **Stretching exercises** are important (Do warm-up exercise before the trek and cool-down exercise after the trek)

- ✓ **Respect faith of locals especially at a religious site:** Never hurt the religious sentiments of the locals, it's essential to respect the faith of other person. Respect Mountains, nature & local people and their culture and gain more knowledge about local culture.
- ✓ **Emergency Contacts:** As we know! You do not want to call anybody, and any kind of disturbance during your holiday, because that is your own time for you only. As you want to be with yourself. But keeping the emergency contacts with you won't increase the burden on your shoulder. Remember "Prevention is better than cure." This is just a precautionary step. We genuinely do not want to see you in any trouble at all

Don'ts.....

- ✗ **Don't Leave Without Checking Twice;** please note your gear is the only friend, philosopher and guide during your trek. So don't leave anything in pervious camp, for that we would recommend to check your all stuff twice before start the day ahead.
- ✗ **Don't Hike / trek Alone:** Trekking alone is amazing but trekking with a partner is even better. It's safe and fun. Try to go with the group especially on trail you have never explored. Be sure to tell someone what trail you are taking and an estimated time of return.
- ✗ **Don't Ignore The Weather:** we cannot predict weather in mountain, it can we change in a moment so please don't ignore it and get always ready to face it any time and keep your things with you to avoid any trouble. Keep in mind that if you are taking a trail that changes in elevation the temperature is going to change also—sometimes more than 10 degrees. 90 inches of precipitation fall in the Smokies yearly. **Don't** forget to bring something to shield you from the rain. Bring layers and when possible, pack things that serve multiple purposes. If you follow the same, it would help you prepare in advance for any change of weather.
- ✗ **Don't Disturb wildlife:** Please Disturb the local wildlife, it's their home and you are visiting. So, make sure you leave nothing behind but your footsteps and leave with nothing more than a few good memories.
- ✗ **Check your shores:** Shoes are very important while hiking. **Don't** wear shoes unsuited for your trip. Make sure your shoes have good support and are in good condition.
- ✗ **Don't forget to take permission for photography:** If at some place's photography is not allowed, you should not click photos. Or you should ask for the permission to take the picture if require. Don't click photograph without taking permission of any local people
- ✗ **Don't leave anything behind the trail:** Ensure that you do not pollute such places by leaving trash behind. Leave nothing but your footsteps. Don't pollute environment as they are very pure and clean areas
- ✗ **Do not drink/smoke** before the trek, it can be create a problem for your during the walk, so please avoid to take these things.
- ✗ **Don't wear** cotton on High Altitude (Wear synthetic material)
- ✗ **Don't create** noises while on a trek

- ✗ **Don't take so many breaks:** please don't take many breaks during the trek, follow this philosophy "slow and steady wins the race" hahahahah.
- ✗ **No sleep during day time.** Please don't sleep during the day while you are walking.
- ✗ **Don't cover your ears:** please do not cover your ears.
- ✗ **Walk, don't run:** Trekking is not a race; it's a fun activity which if done at steady pace is more enjoyable.
- ✗ **Don't drink water while walking.** When resting, take a sip, keep it in mouth for a while and then gulp it. Don't drink too much water that it hurts your gut while walking. If getting cramps, mix a packet of electrolyte in a litre of water and have at regular intervals.

[NOTE: WHILE **DOS & DONTs** TYPICALLY DEPEND UPON THE TYPE OF TREK, THE ABOVE INSTRUCTIONS ARE TYPICALLY FOR AN EASY-MEDIUM LEVEL BEGINNERS TREK.]

