

Kailash
Mansarovar
Yatra
2007

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General

By now you must have received a telegram from us saying that you have been selected to undertake the Kailash Mansarovar Yatra organized by the Government of India. The schedule for this year's Yatra is given at the end of this booklet at Annexure-J. Please note the travel dates indicated for the batch allotted to you.

The duration of the Yatra proper is 26 days. However, before beginning the Yatra proper, you will need to spend 3 days in Delhi to complete various formalities, such as obtaining visa, medical examination etc. You should finalise your travel plans accordingly.

The telegram also requests you to send us a non-refundable bank draft for Rs. 5000/- drawn in favour of "Kumaon Mandal Vikas Nigam" payable at Delhi as soon as possible (and definitely before the specific date given in telegram) to confirm your participation in the Yatra. If we do not receive this draft in time, it will be assumed that you are not interested to participate in this year's Yatra, and your slot will be given to another applicant. If you have not yet done so, please immediately send the Bank draft to the *Deputy Secretary (EA), Ministry of External Affairs, Room No. 255-A, South Block, New Delhi 110 011. Tel No.: 011-2301 4900, e-mail: kmyatra@mea.gov.in*

Please ensure that you bring with you the following documents:

- (a) Passport (valid for more than 6 months after the end of the Yatra).
- (b) Indemnity Bond as given in Appendix-A. All pilgrims are required to sign this Indemnity Bond stating that they undertake the pilgrimage at their own risk. The bond must be executed on a non-judicial stamp-paper of Rs.10/- and authenticated by a First Class Magistrate or a Notary Public.

Please ensure that you are carrying sufficient funds to cover the following items of expenditure:

- (i) Chinese visa fee in cash (Rs. 400/-Approximately).
- (ii) Cash or draft (payable to "Kumaon Mandal Vikas Nigam") for Rs. 10,500/- (this is the balance owing to the Kumaon Mandal Vikas Nigam (KMVN), Rs. 5000/- having already been paid as confirmation of your participation).
- (iii) Rs.1950/- and Rs. 500 for PFT (if required) in cash for payment for the medical examination to be done at *Delhi Heart and Lung Institute, Panchkuian Road, New Delhi, Telephone No. 23538351-58 (Fax No. 23514489)*. (A list of the tests which will be conducted during the medical examination is given in Appendix-B).
- (iv) Adequate cash to purchase necessary foreign exchange, if you have not already done so. Please remember that you have to pay US \$ 700/- to the Chinese authorities for the accommodation and transport arrangements on the Chinese side, and that you will need some more foreign exchange to cover other expenditures on the Chinese side, such as food, portorage, guide fees, etc.
- (v) Adequate cash to cover other expenditures on the Indian side, such as charges for hiring cook(s), porters, guide, etc.

Please also ensure that you have made adequate preparations for the Yatra. A detailed list of minimum requirements is in Appendix-C. See also Appendix D, E and F for advice on food items and medicines that you may like to carry with you.

Accommodation for your stay in Delhi, for three days before the Yatra proper and on the night of your return to Delhi, will be arranged by the Delhi Government at *Gujarati Samaj Sadan, 2 Raj Niwas Marg, New Delhi – 54 (Tel: 23983055, 23981796/7/8 Fax: 23983066)*. A bus will be provided by KMVN to ferry yatris to various places in Delhi. However, yatris are free to make their own arrangement for accommodation and transport in Delhi.

Stay in Delhi

Day 1: Medical check up

You will be required to report at **Delhi Heart and Lung Institute, Panchkuian Road, New Delhi, Telephone No. 23538351-58 (Fax No. 23514489)** for your medical tests with an empty stomach. Samples for various tests will be taken on this day. You will be required to pay an amount of Rs. 1950/- and Rs. 500 for PFT (if required) to the hospital by cash or by credit card for all the tests. You will be required to report to *ITBP Base Hospital, Tigri Camp, P.O. Madangir, Opposite Batra Hospital (Tel No.: 26044941/26042291, Fax No.: 26046337/29958747*, on the 3rd day for the final examination. (Please note that medical reports from any other sources will not be accepted.)

In addition KMVN personnel will also collect, on the morning of Day 1, your valid passport and visa fee in cash (Rs. 400/-approximately) so that your visa can be processed while you are at the hospital.

As the Chinese Embassy gives a group visa for the whole batch, there will be no endorsement on any individual passport. Your passports and the group visa will be returned to your Liaison Officer on Day 3. If you have not yet obtained the necessary foreign exchange, please ensure that you take the passport from the LO so that you can complete the transaction on Day 3 or Day First of Yatra proper.

Day 2: Tests at ITBP Hospital

You will be required to report at the ITBP hospital for a final check up.

Day 3: Briefing on the Yatra in MEA

You are required to report at 0900 hours at the *Ministry of External Affairs, Gate No. 4 Reception, South Block*, for a one hour briefing (to be held in the MEA Committee Room No. 162-A, First Floor) on the Yatra. You must also bring with you cash or draft for Rs. 10,500/- (payable to “Kumaon Mandal Vikas Nigam”) and the Indemnity Bond which will be collected from you before the briefing.

Day 4: Collection of Foreign exchange

Your Liaison Officer (LO) would have returned your passport to you by now. You may arrange the required foreign exchange, on your own, subject to the guidelines of the Reserve Bank of India (RBI). However, MEA will also issue instructions to the *Central Bank of India branch at Hotel Ashok, 50-B Chanakyapuri, New Delhi-110 021 (Tel. 24675469)* to enable you to collect the foreign exchange, if you so desire.

This branch is open 24 hours. As this branch does not accept personal cheques, please ensure that you are carrying enough cash.

Route of the Yatra

(a) Delhi to Lipulekh Pass

Day No.	From	To	Kms	Height (mtrs)	Mode of Transport)
1.	Delhi	Kathgodam Bhimtal	289	1890	AC Coach
2.	Bhimtal	Dharchula	309	370	Non AC Bus
3.	Dharchula Mangti	TawaGhat/ MangtiGala	40	2440	Non AC BusTrek
4.	Gala	Budhi	18	2680	Trek
5.	Budhi	Gunji	17	3220	Trek
6.	Gunji (Stay)				
7.	Gunji	Kalapani	10	3600	Trek
8.	Kalapani	Navidhang	09	4246	Trek
9.	Navidhang Lipulekh	Lipulekh Taklakot	07	5334	Trek 09 Kms Bus 13 kms

10. Halt at Taklakot

Due to prevailing weather conditions, the best time to travel through Lipulekh pass is between 0700 hours and 0900 hours in the morning. Therefore, to reach Lipulekh in time, yatris need to leave Navidhang on Day 9 very early in the morning, around 0300 hours. The group will reach Taklakot in the morning of Day 9 and halt there for two days. This halt is used to complete necessary formalities, making payment to the Chinese authorities, last minute shopping (especially for fresh vegetables and other food items), conversion of Dollars to Yuans (Chinese currency) etc.

At Taklakot, the batch will be divided into two groups, with one group undertaking the Kailash Parikrama (on foot) followed by the Mansarovar Parikrama (by bus) and the other doing the Mansarovar Parikrama first, followed by the Kailash Parikrama. This is primarily because the camps along the Parikrama can accommodate only about 30 people comfortably. Both the groups will be taken to Qihu by bus. While the group which will do the Mansarovar Parikrama first will remain at Qihu, the group doing the Kailash Parikrama first will be taken to Darchen in a different bus.

Kailash Parikrama (on foot)

Group A					
Day No.	From	To	Kms	Height (Mtrs)	

11.	Taklakot	Darchen	140	5182
12.	Darchen	Deraphuk (via Yamdwar)	14	4890
13.	Deraphuk	Zongzerbu (via Dolma Pass)	19	4790
14.	Zongzerbu	Darchen	12	5182

Mansarovar Parikrama (by bus)

Group B

Day No.	From	To	Kms	Height (Mtrs)
11.	Taklakot	Qihu	98	-
12.	Qihu	Qugu (via Hore)	85	4500
13.	Qugu	Qihu	10	-
14.	(Halt at Qihu)			-

The Qihu group will move to Darchen after completing the Mansarovar Parikrama while the other group, after completing the Kailash Parikrama returns to Qihu.

Mansarovar Parikrama (by bus)

Group A

Day No.	From	To	Kms	Height (Mtrs)
15.	Darchen	Qihu	42	-
16.	Qihu	Qugu (via Hore)	85	4500
17.	Qugu	Qihu	10	10
18.	Halt at Qihu			-

Kailash Parikrama (on foot)

Group B

Day No.	From	To	Kms	Height (Mtrs)
15.	Qihu	Darchen	42	5182
16.	Darchen	Deraphuk	14	4890
17.	Deraphuk	Zongzerbu	19	4790
18.	Zongzerbu	Darchen	12	5182

The two Parikrama groups, having completed both Parikramas, will reunite at Qihu and return to Taklakot.

Day No.	From	To	Kms	Height (Mtrs)
19-20	Halt at Taklakot			
21.	Taklakot	Navidhang	26	Bus & Trek
	Navidhang	Kalapani	10	
22.	Kalapani	Gunji	10	Trek
23.	Gunji	Budhi	17	Trek
24.	Budhi	Mangti	35	Trek Bus
	Mangti	Dharchula	20	
25.	Dharchula	Jageshwar	275	Bus
26.	Jageshwar	New Delhi	413	Bus

Yatra Schedule

Day 1: Delhi to Kathgodam

From New Delhi, you are taken in an AC Coach to Kathgodam, a small town in the foothills of the Himalayas in the Kumaon hills of Uttaranchal. As the yatri's have to leave Delhi in the morning by 0600 hours, please ensure that your baggage is packed and ready by 0500 hours. The KMVN camp in Kathgodam will provide for the night halt. This is an ideal day for the yatri's to get to know each other. For the successful completion of the Yatra, it is essential to get to know each yatri's strengths and weaknesses.

Day 2: Kathgodam to Dharchula

The day begins early as the drive from Bhimtal to Dharchula takes almost 9 hours. The non-AC Coach will traverse through the small town of Chaukori and the Indo-Tibet Border Police (ITBP) Camp Headquarters at Mirthi.

Chaukori, where the yatri's stop for lunch, offers some spectacular views of mountain peaks and green hillsides. The view from the watchtower at the guest house is splendid. However, yatri's are advised not to spend too much time here as the journey to Dharchula is via steep mountain roads. It is advisable to have a quick meal and aim to reach Dharchula by late afternoon. Yatri's who are prone to motion sickness are advised to take proper medication at Chaukori itself.

The town of Dharchula, located on the banks of river Kali, with Nepal just across the river, is the last big town enroute Kailash Mansarovar. Yatri's are advised to make necessary last-minute purchases here as this place provides a comparatively large selection of goods at reasonable prices than any other further on during the course of the journey. Please note that at Dharchula, baggage restrictions will come into operation. Each yatri will be required to carry 5 kgs. of common foodstuff for the group to be consumed on the Chinese side. As the total baggage weight is limited to 25 kgs, each yatri is requested to ensure that his/her personal luggage does not exceed 20 kgs each.

Dharchula is where all yatris would need to decide on hiring ponies and/or personal porters for the entire trip on the Indian side up to the Tibetan border. A pony/porter on Indian side (optional) costs approximately Rs. 5000/-. These rates have been fixed by the Uttarakhand Government and are subject to change. Please indicate your requirements to your LO in advance, so that the necessary arrangements can be made for the entire group, in coordination with the KMVN officials.

Also at Dharchula, the group must decide whether it wishes to employ the services of a cook (with the option to hire another additional cook) and indicate its decision to KMVN officials so that arrangements can be made accordingly. The cook(s) will join the group at Kalapani.

Day 3: Dharchula to Gala (via Mangti)

After completing the formalities of weighing the baggage, the yatris will leave for Mangti, a two-hour long bus ride. This is the last point of travel by bus on the Indian side. Trekking begins from Mangti. The trek from Mangti to Gala is about 3 km. As the trek is steep it will be the first trial of strength for the yatris. Yatris will spend the night at Gala.

Day 4: Gala to Budhi

The day begins with a strenuous 19 km downhill trek to Budhi. On an average, the trek takes about 7 to 12 hours, depending on the fitness levels of the yatris. The most arduous part of the trek is the first 7 to 8 kms until Lakhanpur. The route down hill is rocky and narrow and must be traversed on foot.

Steps have been carved out of the rocks here to make the trek somewhat comfortable. After Lakhanpur, the track takes a more or less level course, along the river Kali, a very beautiful stretch. Along the way, as the yatris may have to cross through some waterfalls, raincoats may be kept handy. The village of Lamari is on this route which is a good place to rest and enjoy a hot cup of tea.

From Lamari, the curving trail will take you through Malpa, the site of the tragic landslide of 1998. Here, the rubble still covers a part of the camp. The KMVN will provide lunch for the yatris at Malpa.

The last stretch of the trail is across a quaint bridge which brings you into the camp at Budhi. Once you have recouped sufficiently from your trek, you may like to visit the old flourmill (Gharat) run on hydel power, which supplies the local village with fine atta.

Day 5: Budhi to Gunji

After an overnight stay at Budhi, you will begin one of the most scenic treks on the Indian side of the journey with a steep climb of 5 kms. Just as you feel the strain, the path levels out and winds its way through the spectacular valley of Chhialekh.

The sights of special importance in the valley include its profusion of rare mountain flowers (like Cobra flowers, Irises, May Apple flowers, Kasturi Kamal, etc.) and the glacier. You will walk through a beautiful green meadow on your way to Garbyang, also known as the sinking village, with quaint houses having carved doors and newel posts. The approach to Gunji is through a blanket of aromatic trees exuding local incense. You will also have the pleasure of seeing the confluence of the Kali and the Tinker rivers with the Tinker hurtling away into Nepal.

Day 5 & 6: Gunji

At Gunji, there is a two-day halt where the ITBP medical team will test you again to gauge your fitness. You will be allowed to continue the pilgrimage only if you clear this test.

Day 7: Gunji to Kalapani

From this point, the ITBP team and its doctors, will guide you up to the Tibetan border from where the Chinese authorities will take over. This trek along the Kali is done in stages with ITBP jawans guiding you at every step of the way. The route from Gunji climbs higher and elevates in a gradual manner with vegetation changes. As you are closer to Kalapani, you will pass a mountain which has Sage Vyasa's cave. According to a Hindu legend, this is the cave where Sage Vyasa performed penance for years. A flag posted by the ITBP is indicative of the entrance to the cave. ITBP has built a hydel project over river Kali which supplies power for the Kalapani camp. At Kalapani yatris find an emigration checkpoint, where all your documents including passport are verified before you move towards the border.

Day 8: Kalapani to Navidhang

The stretch from Kalapani to Navidhang is an uphill climb. As you move to the upper reaches of the Himalayas, the Kali will be left far below.

The 9-km stretch takes you above the tree line revealing the face of the mountains. During the flowering season, the route itself looks like a carpet of flowers in shades of yellow, purple, pink and white. This stretch is subject to brisk winds and it is advisable that you may wear proper clothes and keep your head covered.

It is from the camp at Navidhang that you can view the unique phenomenon of 'Om'. The mountain on the eastern side, Om Parvat, has patterns on the snow, which resemble a naturally formed 'Om', a rare sight since the mountain is usually wreathed in clouds.

Day 9: Navidhang to Lipulekh

This is the last stretch in India before you cross over to the Tibetan side. This is a treacherous walk at the best of times and more so if weather conditions are not propitious at the narrow pass which is at 16,500 ft. The crossing of the pass is a finely-timed affair with the group crossing into Tibet meeting the group that has completed its Parikrama and is returning to India. Yatris have to leave the camp as early as 0300 hours so as to meet the returning group around 0700 hours at the pass. The crossing must be completed between 0700 hours and 0900 hours, the time when weather conditions are generally favourable.

Yatris must take care to avoid succumbing to high altitude tiredness as the winds are bitter here and the atmosphere is rare with little oxygen. Even a half-hour halt can be difficult to withstand. It is here that the group has to show a high spirit of cooperation to ensure that each member is able to cross this difficult stretch across ice and snow successfully. ITBP personnel will of course be present to render required assistance to you. It is however advisable that yatris may keep small bits of camphor or some smelling salts to relieve spells of discomfort.

At the Lipulekh Pass you leave India behind and begin your journey into Tibet. Guides provided by the Chinese Government will meet you at the pass.

Lipulekh to Taklakot

The terrain here is very barren, with hardly any vegetation in sight. After you have successfully crossed the Lipulekh pass, the descent into Tibet begins. (Note: The time difference between India and Tibet is plus 2½ hours). Yatris have to walk for an hour and a half after which ponies will be made available. After a journey of about 5 km on the ponies, you will travel in buses to Taklakot. As there are no metalled roads here, the bus ride is a bone-rattling one through streams and rocky paths.

Day 9 & 10: Taklakot

Taklakot (Purang) is an old trading town. It has several market places, Gompas and Buddhist temples. Yatris will be put up in a guest house with basic facilities. Hot water for bathing will be available for about 2 hours at a time that will be communicated to you. Food is also served at set times, which will be indicated to you, and normally includes rice, soup and boiled vegetables provided by the guest house.

The Chinese authorities will check all your papers here and collect the US \$ 700 Yatra fee. You will stay at Taklakot for two days to complete all the immigration and customs formalities. You may exchange some of your dollars for Chinese Yuan (US \$1 = Yuan 8.02 approx) if you wish to buy eatables or other things from the local market.

You will have to indicate your requirement of porters and yaks for the Kailash Parikrama to your Liaison Officer here, so that appropriate arrangements can be made. Porters and yaks/ponies cannot be hired after Taklakot. The approximate cost for hiring ponies/porters for Kailash Parikrama is Yuans 750/- (optional).

Day 11 to 18: The Parikramas

An English-speaking Tibetan guide accompanies each group during the Parikramas of Kailash and Mansarovar.

The camps along the route offer basic facilities and each camp can comfortably accommodate only 30 persons at a time. Therefore, the batch is split into two groups – one goes to Kailash first followed by Mansarovar while the other goes to Mansarovar first and then to Kailash. The Liaison Officer constitutes the groups keeping in view their functional effectiveness. The decision of the Liaison Officer in this regard would be final and should be respected by all yatris.

The yatris will be taken by bus from Taklakot to Qihu, the first camp on the Mansarovar route. From here, the group first undertaking the Kailash Parikrama leaves for Darchen in a separate vehicle while the Mansarovar group remains in Qihu.

On the way to Qihu, you will pass the Rakshas Tal, a beautiful lake separated by a thin stretch of land from the Mansarovar. This lake, unlike Mansarovar, is not so revered by pilgrims but is remarkably beautiful in its own way. While Mansarovar is likened to the sun and light, Rakshas Tal is compared to the moon and the darkness of night. It is believed that Ravana is supposed to have meditated on the shores of Rakshas Tal to seek Lord Shiva's favour. The lake is therefore, referred to as Ravana Tal. It is from Rakshas Tal that you get the first view of the Mount Kailash.

The Parikrama of Mount Kailash

The route goes through a barren landscape, with snow-capped mountains on the horizon. Once your bus crosses the Gurla Pass at 16,200 ft., the Holy Land spreads out before you. To your right is the beautiful Mansarovar Lake, while Rakshash Tal is to your left.

The Parikrama of Mt. Kailash begins from Darchen. Yatris spend the day in the town, which provides only basic facilities. The group has to make its own arrangements for food and this is where the 5 kilos of common foodstuff carried by each yatri comes in handy. A stove and a room for cooking will be provided by the Chinese authorities. This is the last place for making ISD calls on this Parikrama since the other camps, both on the Kailash and the Mansarovar routes, are not equipped with such facilities.

This 52-km Parikrama of Kailash starts from the Barkha Plains, a flat barren stretch of land. The first leg will take the yatris to Deraphuk, 20 kms from Darchen. The first 10 kms are covered by bus/truck. Upon reaching the 'Yamdwar', the proper trek begins. After about 10 kms, the yatris enter the La Chu Valley or the Valley of the River of the Gods. Along the way, magnificent rock cliffs tower around you, with streams and waterfalls flowing from some of them. Some of the rocks have inscriptions of Buddhist mantras on them. Yatris who have chosen to ride on yaks have to wait here for about two hours for the yaks to arrive, since yaks move faster than people on foot, and the yak handlers take this into account when they fix their time of departure.

The literal meaning of Deraphuk is Cave of the Female Yak's Horns. It provides a magnificent view of Mt. Kailash. This is the closest and clearest view you will get of Kailash, a spectacular sight especially when illuminated by the rays of the setting sun. You will spend a night in this camp.

The next day, you set off from Deraphuk on a trail which ascends to a 18,600-foot pass, supposed to be guarded by a Tibetan goddess called Dolma. Along the way, you will find a flat stretch strewn with discarded clothing. This is Shiv Sthal, where Yama, the King of Death, is supposed to judge people. Crossing the Dolma Pass remains a test of faith and determination as blizzards are known to strike without warning. A rock here is said to represent Goddess Tara Devi. Yatris pray to the Goddess with the prayer flags and place pots of butter and light incense sticks. It is not advisable to stay here for too long as the rarefied atmosphere may cause breathing problems.

As you descend from the Dolma Pass you will pass the emerald green Gauri Kund, the lake where Goddess Parvati is supposed to have bathed. Yatris carry back cans full of water from here. Those wishing to carry water from this lake may ask their yak-handlers to go down and fill the cans. Yatris should not attempt to climb down themselves as the slope is fairly slippery and such an attempt can cause serious problems.

The steep descent continues through glaciers and paths filled with boulders till you reach Zongzerbu. After a night's halt, yatris head back for Darchen, taking a different route, which is mostly on flat terrain. From Darchen yatris may, if time permits, visit Ashtapad (the south face of Mt. Kailash) which is 5 kms away. The route is scenic and the view of Mount Kailash from Ashtapad is breathtaking.

The completes the Parikrama of Mount Kailash.

Parikrama of Mansarovar

On the foothills of Mount Kailash, lies the magnificent lake of Mansarovar. The lake changes colour and mood with the passing hours and seasons: placid now, tempestuous the next. The reflection of the sun, the clouds, the stars and even, Kailash, keeps the beholder spellbound. The lake is large, being 88 kms in circumference and with a maximum depth of 300 ft. Its fascinating variety and beauty captures the heart and imagination of the viewers. The water of the lake can be freezing at certain times of the day and during certain seasons and pleasantly warm at others. Regardless of the temperature, most devout pilgrims have an opportunity to take a holy dip in the lake.

The first camp at Qihu, where the yatri spend two days is well-equipped and offers a stunning view of the lake. There you can bathe in the lake and offer puja. It is requested that damage to the pristine surroundings in any manner should be avoided and use of soap or detergent while bathing is prohibited. Those wishing to have a proper bath may visit the baths at hot water springs. Their charges are Yuan 20 per head.

The Parikrama begins with a drive through the vast plains of Barkha to Qugu, a distance of about 85 kms. There will be a brief halt at Hore, which has a basic market where one can purchase fresh fruit and vegetables. The camp at Qugu is located on the banks of the Mansarovar Lake. Yatri can, if they wish, perform their puja here.

The next day you return to Qihu, thus completing the Parikrama of Lake Mansarovar. You will spend one more day at Qihu to get in touch with the other half of your original group, and return to Taklakot together.

Moving Forward...

After a two-day stay at Taklakot to complete emigration and custom formalities, you have to cross back in to India via the Lipulekh pass.

The return journey from Lipulekh to Dharchula is via the same route taken on the onward journey except that from Dharchula, the yatri have to travel to Jageshwar instead of Kathgodam and then to Delhi.

The Liaison Officer

The Ministry of External Affairs appoints a Liaison Officer (LO) of the rank of Under Secretary to Government of India or above for each batch. He/she is responsible for the general welfare of the group and for liaising with the Indian and the Chinese authorities. He/she is the sole spokesperson for the group. It is essential for the well-being and safety of the group that pilgrims co-operate with the LO and follow his/her instructions carefully. Yatri must support LO in the discharge of his/her functions.

Facilities on the Indian Side

The Kumaon Mandal Vikas Nigam (KMVN) provides accommodation at all the halts from New Delhi to Lipulekh Pass. At the camps along the route, accommodation in 'pucca' barracks and prefabricated fiberglass huts is provided. There are regular toilet facilities at all camps. Portable generators provide electricity at all camps for limited hours in the morning and evening. Mattresses and quilts/sleeping bags are provided at all camps, so yatri need not carry any quilts/sleeping bags with them. However, they may wish to carry a bed sheet and a pillowcover for personal hygiene. Utensils for cooking will also be provided to each group for use in the camps on the Chinese side. These utensils do not have to be returned.

Facilities on the Chinese Side

Taklakot is an important town in the area. Accommodation is provided at Purang Guest House for pilgrims, where regular rooms are available with cots, mattresses, comforters (razai), etc. Electricity and hot water for bathing is available at specific times. The toilet facilities are quite primitive. At Taklakot, the Chinese authorities provide vegetarian food of a Chinese flavour, such as bread, vegetable soup, noodles, boiled rice, etc.

The camps at Darchen, Deraphuk, Zongzerubu, Hore, Qugu and Qihu are basic structures and have several rooms, which are to be shared. Each room can accommodate 4 to 6 pilgrims. Mattresses, pillows and comforters are provided. There is electricity only at Darchen camp. Yatris have to prepare their own food in all these camps. The Chinese side will provide hot water and a stove for cooking. Utensils are provided by KMVN. Yatris are also advised to carry some food items of their choice from India.

Other Logistics

Luggage

Only 25 kgs of luggage is allowed per yatri. However, you are advised to limit your personal belongings to 20 kg only. The remaining 5 kg will be utilised to carry the collective food stuffs purchased by the group for consumption on the Chinese side. Any luggage in excess of 25 kgs will not only be subjected to extra charges but in case there is a shortage of ponies/porters, the excess luggage will not be transported. Yatris are also requested to strictly adhere to this limit on the return journey from Tibet and keep shopping in Takalkot to the minimum.

Your baggage is carried by ponies/mules/yaks on both Indian and Chinese sides. It is desirable to wrap individual items in polythene bags, place them in a canvas bag and cover the bag also with polythene. Canvas bags with zips are ideal as they are lightweight and tough. You are not allowed hard top suitcases on the Yatra.

Hiring porters and animal transport

If you wish to hire a mule/pony on the Indian side, you will have to pay Rs. 3000/-. Personal porters can be hired for Rs. 2000/-. These rates have been fixed by the Uttaranchal Government and are subject to change. These porters and ponies should be hired at Mangti on the upward journey and from Lipulekh Pass on the return journey. Please note that you will have to decide about hiring a pony and a porter (for the stretch from Mangti to Lipulekh) at Darchula itself since no ponies or porters are available at the intermediate camps and arrangements have to be made in advance.

For the Kailash Parikrama in Tibet, porters and ponies will have to be hired at Taklakot.

Food

Vegetarian meals will be available at each halt point. Pilgrims must appreciate the difficulty in arranging a variety of vegetables, especially in high altitude areas, where fresh supplies are limited.

Medical Facilities

Two medical personnel provided by the State Government of Uttaranchal will accompany each group of pilgrims up to Gunji. Beyond Gunji, Indo-Tibetan Border Police will take over the medical arrangements upto Lipulekh Pass. Pilgrims are nevertheless advised to carry some basic medicines (Appendix – F). Please also ensure that you carry sufficient stock of special medicines that have been prescribed for you. During the Yatra, should the accompanying doctor and the Liaison Officer feel that a pilgrim is not fit to continue, their decision will be final. No refund at all is permissible in such cases. On the Chinese side there is no doctor to accompany pilgrims during the Parikrama of Kailash and Mansarovar.

High Altitude Diseases

Due to decrease in the atmospheric pressure with increasing altitude, the partial pressure of oxygen is half that of sea level at 18,000 ft. but the percentage of oxygen remains the same. About 1/5th of the persons ascending to 10,000 ft in less than a day develop symptoms and signs of altitude sickness. Individuals who have suffered earlier are at a greater risk, and ladies premenstrually are more susceptible.

Signs and Symptoms-Diagnosis:

Various types of the illnesses of high altitude are not different entities, but are a part of the major syndrome in which some come to the fore. Acute mountain sickness is benign and is more common and may appear at 6,500 ft. The major symptoms are nausea, headache, vomiting, breathlessness, disturbed sleep, etc. and symptoms are aggravated by lack of rest. Dehydration and hyperventilation prolong the illness which otherwise subsides in a few days.

High altitude pulmonary oedema (HAPO):

HAPO is a serious disorder, which may be rapidly fatal in a few hours. The important symptoms are cough and breathlessness with blood stained frothy, watery expectoration with heaviness in the chest. The rates may be heard without stethoscope. Mild fever will lead to a diagnostic confusion with pneumonia. Weakness and unsteady gait and coma may lead to death. Minor respiratory tract infection may increase the susceptibility to HAPO.

High altitude cerebral oedema:

Cerebral oedema is the constituent of most of the high altitude illnesses to some degree. In severe cases, the patients have mental confusion, ataxia, headache, and hallucinations. Gait ataxia is a leading warning symptom. The blood pressure and CSF are normal.

Retinal haemorrhages:

The retinal haemorrhage commonly occur at 16,000 ft. and above and resolves without treatment. Transient dimmed vision and even total blindness is also reported with or without retinal haemorrhages.

Oedema of face and peripheral oedema:

This may be noticed. Thrombo phlebitis due to increased viscosity of blood may occur.

Prevention

Gradual ascent, drinking of sufficient water are important. Alcohol and tobacco are to be avoided. Frequent small meals rich in calories and carbohydrates like jams, fruits, and starches help. Diuretic like acetazolamide is good prophylaxis against acute mountain sickness. Aspirin reduces platelet aggregation and decreases the risk of HAPO.

Treatment

Acute mountain sickness is mild and treated by analgesics, fluids, light diet and descent.

Acetazolamide in adequate doses may help in HAPO. If HAPO is suspected, oxygen helps. Immediate descent is essential. Keeping the patient in Hyperbaric chamber, use of HAPO bags may benefit the patients. Overzealous diuresis may result in hypovolaemic shocks. If treated promptly, HAPO patients recover in 1-2 days. Dexamethasone may be tried in high altitude cerebral oedema.

Frequently Asked Questions (FAQs) on medical examination

- Q. *Why do you go to great lengths to do a detailed medical examination for the yatri?*
- A. You are required to trek through high altitude area. In such places, the atmospheric air is under low pressure and people suffer due to effect of Hypoxia (less oxygen). In the rarefied atmospheric conditions, a yatri may develop diseases like pulmonary oedema/cerebral oedema and acute mountain sickness, etc. Individuals who are suffering from coronary artery diseases, various lung diseases like bronchial asthma, hypertension and diabetes, may collapse and die. As such, yatri are screened thoroughly before they are induced into high altitudes.
- Q. *Will the medical exam guarantee that yatri will not suffer from pulmonary oedema, etc?*
- A. No. In spite of thorough medical exam, yatri may still become a victim of high altitude diseases.
- Q. *Is there any age factor for yatri?*
- A. It is recommended that no one should be inducted into high altitudes after the age of 70 years as one can not acclimatise properly and cope up with the stress at such advanced age. But it is also observed that some young people of age group of 19-30 years are more prone to high altitude diseases than older age groups.
- Q. *Why are younger more prone to HAPO?*
- A. Exact cause is not known. It is believed that younger people are less inclined to respect the rules of acclimatization due to a false sense of bravado.
- Q. *I have been to high altitude last year and my stay was uneventful. Do I need a medical exam?*
- A. There is all the more, a strong reason for a detailed medical examination as it is seen that people who are inducted second or third time are more prone to high altitude diseases than the first timers.
- Q. *How can I be a fit Yatri?*

- A. Of course you should be free from all major ailments like heart diseases, asthma, epilepsy, diabetes, hypertension, menstrual disorders, cancers, etc. You are advised to bring your weight to average standards, exercise regularly, do breathing exercises, quit tobacco, alcohol, etc. You may, if you wish, consult a doctor who can help in detecting any major ailments in you, so that unnecessary expenditure for coming to Delhi and returning are avoided.
- Q. *Is the medical examination done in ITBP'S Base Hospital?*
- A. No. You are put to another medical examination at Gunji which is located at an altitude of 3,220 mtrs. to assess your body reaction to high altitude. If you are found fit there, you are allowed to proceed further.
- Q. *What happens if I fall sick enroute?*
- A. If you suffer from minor ailments there are medical and paramedical staff on the Indian side to provide relief. ITBP is well-equipped and has HAPO bags where inside pressure can be equal or more than sea level. But should you suffer from any major health problem, you may be evacuated to a hospital by helicopter.
- Q. *Do I carry the medicines which I have been taking and prescribed by my doctor?*
- A. Yes, you are advised to take sufficient stock of medicines to last the entire duration of your Yatra. You are requested to discuss this matter with the ITBP doctors also.
- Q. *I understand that I have to pay Rs. 500 for PFT (if required) over Rs. 1950/- for lab/radiological/cardiac tests. Do I pay for the medical examination at ITB Police Hospital also?*
- A. No. you do not have to pay in ITB Police Hospital. The medical examination in Base Hospital Delhi and at Gunji are entirely free, through the courtesy of ITB Police.

Medical Checkup Form
Kailash Mansarovar Yatri (KMY)
(To be filled by Yatri)

PART-I

Candidate (Yatri) is requested to produce investigation/treatment slips on prescribed Proforma to doctor for guidance.

1. Name of the Yatri
(in block letters)
2. Age-
3. Sex-
4. Address
.....
5. Delhi contact telephone No/
mobile No.....
6. Occupation.....
7. Have you ever suffered from any major injury?
8. Have you ever been operated upon and if so state nature and date:
9. Whether you have participated earlier or not? If so,
 - a. Whether you have been medically examined and if so what was the result?
 - b. The reason of unfitness.
 - c. Whether you have been disqualified at Gunji or not? If so, for what reason?
10. Have you ever suffered from any of the following:
 - a. Nervous break down.
 - b. Discharge from ears or any and other ear trouble.
 - c. Fits of any kind.
 - d. Enlarged glands or swelling in the neck
 - e. Fever of prolonged duration accompanied by cough or vomiting of blood or loss of weight.
 - f. Typhoid fever.
 - g. Rheumatic fever with joint pain and swelling.

- h. Any kind of heart disease.
 - i. Malaria.
 - j. Fainting attacks.
 - k. Diphtheria.
 - l. Kidney disease.
 - m. Bronchial asthma/other lung disease.
 - n. Any other serious illness.
11. Have you ever taken medicine in the last 6 months for:
- a. Hypertension
 - b. Heart Attack
 - c. Asthma
 - d. Any other cardiac, renal, nervous system, abdominal and lungs disorder etc. If so details please.
12. Have you suffered any physical/mental disease not mentioned above?

SIGNATURE OF YATRI

PART – II

(To be filled by the Medical Officer)

1. Hemogram: HB ESR
TLC DLC P L M E
2. Blood group:
3. Urine RE
 - A) i) Albumin
 - ii) Sugar
 - B) Microscopic
4. Biochemistry
 - Blood
 - i) Sugar (Fasting)..... (PP).....

- ii) Urea
- iii) Creatinine
- iv) Serum Bilirubin SGOT SGPT
- 5. Chest X-Ray
- 6. Stress ECG (TMT) BP
- 7. Pulmonary Function Test
(in selected cases)

In my opinion Shri/Smt/Kumari
 ageyears is FIT/UNFIT to perform the Kailash Mansarovar
 Yatra.

Date:

Name & Signature
 Medical Officer
 Base hospital, ITB Police

Communication Facilities

The Government of India sets up a wireless link with the Chinese side for the duration of the pilgrimage to monitor the well being of the pilgrims in China and to meet the needs of any emergency that may arise.

Each LO is provided with a Satellite Phone, enabling them to stay in touch with ITBP/KMVN, and to ask for assistance in case of any emergency. Under no circumstances is this facility to be used to meet any personal requirement. STD/ISD facility is available at Dharchula, Gala, Budhi, Gunji, Navidhang, Taklakot and Darchen.

Photography

Pilgrims are advised to carry extra batteries as the discharge rate is higher at high altitudes. Power supply is available for a limited period each day till Dharchula on the Indian side, and in Taklakot (Tibet) for recharging batteries.

Weather

Pilgrims undertaking the pilgrimage during mid June-August shall be doing so during the monsoons. The rains are unpredictable and it could rain at any time. The first few days of the trek, in the lower reaches, will often involve walking in the rain. The monsoon is less intense in the higher reaches. For the latter, colder part of the trek, it is necessary to avoid getting wet. A good raincoat is essential, and so also are woollens and windcheater for protection against windy, rainy weather. In the higher altitudes it tends to be warm when the sun shines and cold when the sun is hidden after sunset. There are also cold winds and the

combination of changing weather and exposure to ultraviolet radiation can damage the skin, unless adequate precautions are taken by applying liberal amount of sun-tan lotion. Each pilgrim must use a broad peak cap or straw hat to protect one's face against the harsh sunlight. Extra pairs of warm socks are useful during wet weather.

Do's and Don'ts For The Yatris

- ⑨ Treat the mountains with respect and do not attempt to 'conquer' mountains or show off your physical fitness. Walk at a steady, rhythmic pace. Always walk with a companion, as this is a safety measure against sudden sickness and accidents.
- ⑨ During electric storms, do not attract lightning by putting up pointed objects like ice-axes or wireless aerials. Similarly keep away from high conical rocks. If at a lower altitude, do not take shelter under a lone tree or on top of a hill. It is safer to sit out in the open.
- ⑨ Do not wear one or two very thick woollen layers. Instead, wear loose clothes in several layers with an outer wind covering.
- ⑨ Buy at least two pairs of good trekking shoes before the Yatra. You must practice walking with these shoes, so that they are broken in before the Yatra.
- ⑨ Ensure that you wear two pairs of socks (cotton and woolen) inside your climbing boots.
- ⑨ Ensure that your feet remain dry. Use dusting powder before wearing socks and change into dry socks as soon as you reach the camp. Use of wet socks or wet shoes causes extreme discomfort, blisters and skin ailments. It is therefore advisable to carry extra pairs of socks.
- ⑨ Do use well fitting gloves to protect your hands and fingers. Extremities (hands and feet), ears and nose must be protected against extreme cold. Continuous exposure of extremities can bring down the body temperature drastically and cause high altitude pulmonary oedema.
- ⑨ It is very important to drink lot of water and fluids during trekking. Take liberal amounts of hot, sweet fluids and enough nourishment to provide energy for your body.
- ⑨ It is imperative to use good quality tinted snow-glasses to protect your eyes against snow blindness. Avoid using cheap, poor quality sun-glasses.
- ⑨ Apply sun cream or calamine lotion to exposed parts of the body to avoid sun burn, particularly during the Parikramas.
- ⑨ Get prompt treatment for minor cuts, blisters and ulcers.
- ⑨ Move your fingers, toes and facial muscles, and exercise your limbs during periods of immobility by wiggling the toes and fingers and wrinkling the face muscles at intervals. It is important to keep in motion to remain warm.
- ⑨ Do not get separated from your fellow pilgrims. If there is heavy snowfall or snow storms, yatris must stay close to each other and avoid being separated. Trek in a small group.

- ⑨ Ensure that the group commences the day's trekking early in the morning and sticks to the departure time.
- ⑨ Listen to the instructions of the Liaison Officer carefully.
- ⑨ Do not neglect to consume sufficient food and fluids. Do remember that pilgrims suffer from loss of appetite at high altitudes, so force yourself if necessary to consume enough nourishment.
- ⑨ Do not trek in one's or two's. Do not get separated from the main group of trekking and ensure that the person in front of you remains in sight.
- ⑨ Do not wear climbing boots that leak or are tight.
- ⑨ Do not wear wet socks or permit your socks to wrinkle inside the boots, as this will cause blisters.
- ⑨ Do not neglect minor injuries like cuts, blisters and ulcers as these may become frostbitten.
- ⑨ Do not sleep with your boots on.
- ⑨ Do not carry too heavy a load.
- ⑨ Do not over-exert. Fatigue can lead to cold and more serious problems, especially at high altitudes.
- ⑨ Avoid alcohol during the Yatra and especially at high altitudes, as this is dangerous and has serious consequences.

Appendix A

(On a non-judicial stamp-paper of Rs. 10/- if executed within the Union Territory of Delhi or on a stamp-paper of the value prescribed by the concerned State Government)

INDEMNITY BOND

WHEREAS the Government of India in consultation with the Government of People's Republic of China has arranged pilgrimage of Indian citizens to Kailash/Mansarovar.

WHEREAS the executant Shri/Smt./Km son/daughter/wife of Shri resident of.....a citizen of India (herein after called heirs, legal representative and assignees) has made an application for joining the pilgrimage to Kailash/Mansarovar.

WHEREAS the applicant has agreed to abide by the terms and conditions prescribed by the Government of India of his own free-will, voluntarily and without any coercion or pressure of any kind.

WHEREAS the rules prescribed by the Government of India require an Indemnity Bond to be executed by the applicant.

THIS BOND WITNESSES AS FOLLOWS

In consideration of the President of India (hereinafter called the Government) having agreed to assist in the arrangement for the pilgrimage of the applicant to Kailash/Mansarovar the above-mentioned applicant agrees to abide by the following conditions:

- (1) That the Indian Mountaineering Foundation (IMF) has recognized the Kailash Mansarovar Yatra as a trekking expedition and it may involve high risk to the person or property of the applicant caused by any natural calamity or due to any other reason.
- (2) That the applicant is joining the aforesaid pilgrimage of his/her own free will and on his/her own personal risk and consequences and undertakes to bear all expenses for the pilgrimage.
- (3) That the applicant shall abide by the rules, regulations/ term and conditions prescribed by the Government of India and undertake to hold himself herself responsible for any breach or violation thereof.
- (4) That the applicant or his/her legal representative will not hold the Government of India liable in any manner whatsoever in the event of any accident or any untoward happening that may result in injury to the applicant or damage or loss of property to the applicant of any nature due to any natural calamity or due to any other reason whatsoever.
- (5) That the applicant or his/her legal representative will not claim from the Government of India any damages in the event of any loss or damage to his/her person or property including death.
- (6) The above-named applicant hereby further agrees that this Indemnity Bond shall remain in full force and effect during the period of the aforesaid pilgrimage and for a period of one year thereafter and that shall continue to be enforceable till all the dues of the Government and all claims raised by the Government under/or by virtue of the aforesaid undertaking have been fully paid and its claims

satisfied or discharged or till the Government certifies that the rules and regulations have been fully and properly carried out by the applicant and accordingly discharges the Indemnity Bond.

- (7) That the above named applicant hereby further agrees with the Government that he/she shall not be allowed to proceed further and shall have to return from the pilgrimage if the Government is satisfied that he/she is unfit to proceed further at any time or stage of the pilgrimage. The above named applicant further agrees that in the event of his/her not being allowed to proceed and having to return from the pilgrimage, no money deposited by the aforesaid applicant for the purpose of pilgrimage will be refunded to him/her.
- (8) The above named applicant hereby agrees that he/she will abide by the scheduled route or scheduled halts as issued by the Government of India, and that he/she or his/her legal representative will not hold the Government of India liable, in any manner whatsoever in the event, if he/she does not conform to the scheduled route or scheduled halts as provided by the Government.
- (9) That the above named applicant further agrees to refund the entire sum in foreign exchange which was sanctioned for the pilgrimage to the Government of India's Reserve Bank, if he/she does not proceed or return from the pilgrimage at any stage of the pilgrimage.
- (10) That the above named applicant further agrees with the Government that the Government shall have the fullest authority without his/her consent and without affecting in any manner his/her obligations hereunder to vary any of the rules and regulations according to the circumstances from time to time and to forebear or enforce any of the terms and conditions of the said agreement and he/she shall not be relieved from his/her liability by reason of any such variation.
- (11) The applicant undertakes that he/she will bear full responsibility for expenses on emergency medical treatment as well as emergency air evacuation, if the need arises during the Yatra.
- (12) This Indemnity Bond will not be revoked by any change of circumstances.
- (13) The above named applicant lastly undertakes not to revoke this Indemnity Bond during its currency except with the previous consent of the Government in writing.

In witness whereof the above named applicant has executed this Indemnity Bond at (place) on this (date) day of (month)

WITNESSES EXECUTANT

- 1.
- 2.

(To be attested by First Class Magistrate or Notary Public)

Appendix B

Medical Tests at Delhi

Tests conducted during medical examination in Delhi are as follows:-

Blood:

1. H.B
2. TLC
3. DLC
4. ESR
5. Blood Group with Rh-typing
6. Blood Sugar – Fasting
Post Prandial
7. Blood Urea
8. Serum Creatinine
9. Serum. Bil., S.G.O.T., SGPT
10. Lipid Profile
11. Urine RE
12. Chest X-Ray
13. T.M.T.
14. E.C.G.
15. PFT (If required)

Source ITBP

Minimum recommended equipment for the Yatra

1.	Wind-proof jacket with parka	1 no.
2.	Sweaters	2 full sleeve 1 half sleeve
3.	Balaclava (Monkey cap)	1 no.
4.	Woolen and leather gloves	1 pair each
5.	Woolen/cotton long johns	2 pairs
6.	Woolen socks	4 pairs
7.	Cotton socks	4 pairs
8.	Jeans/Pants	3 nos.
9.	Shorts	2 nos.
10.	Shirt/T-shirt	6 nos.
11.	Sun glasses (good quality), with chain for hanging around neck	1 no.
12.	Hunter/Marching/Trekking Shoes (carry extra shoes laces)	2 pairs
13.	Peaked cap or broad brimmed Straw hat (for protection against the sun)	1 no.
14.	Water bottle (large)	1 no.
15.	Torch light (carry two sets of extra cells and one bulb)	1 no.
16.	Raincoat (large size)	1 no.
17.	Belt pouch for camera/money/ medicines/documents	1 no.
18.	Large plastic sheet for water proofing your luggage	1 no.
19.	Plate/Mug/Spoon	1 set
20.	Toilet paper	

21. Sun screen lotion (for protection from sunburn) 30 SPF 1 no.
22. Candles
23. Match box/lighter
24. Multipurpose knife 1 no.
25. Rubber slippers 1 no.
26. Snow Glasses (UV protected)

Walking sticks would also be useful and may be bought at Dharchula.

Source: KMVN

Appendix D

Suggested Ration Scale for both Parikramas

Since pilgrims have to carry food for the duration of both the Parikramas, which is for 9 days, they should plan and purchase the food in India itself. As a basic guideline, the food items should be either pre-cooked/partly pre-cooked or easy to cook, as food takes much longer to cook at higher altitudes. As far as possible, food should be consumed in liquid form. It should provide sufficient nourishment.

The normal practice is for each batch to decide on the amount and type of food items they wish to carry with them and make purchases accordingly. Pilgrims of each group could make a combined purchase of food items in New Delhi for the sake of logistical convenience during the Yatra. A suggested ration scale is as follows:

1. Atta	40 gms x 9	3.6 kgs
2. Rice	250 gms x 9	2.250 kgs
3. Dal	100 gms x 9	900 gms
4. Noodle/Maggi Packets	100 gms x 9	900 gms
5. Fresh Vegetables	250 gms x 9	2.250 kgs
6. Pre-cooked/Tinned Veg	200 gms x 9	1.800 kgs
7. Instant Soup Packets	25 gms x 9	225 gms
8. Tea leaves/Coffee	08 gms x 9	72 gms
9. Milk powder for tea	50 gms x 9	450 gms
10. Suji/Cornflakes/Dalia	30 gms x 9	270 gms
11. Refined oil	100 gms x 9	900 gms
12. Sugar	80 gms x 9	720 gms
13. Potato	50 gms x 9	450 gms
14. Garam Masala	20 gms x 9	180 gms
15. Besan	20 gms x 9	180 gms
16. Pickle	05 gms x 9	45 gms
17. Tomato Puree	25 gms x 9	225 gms
18. Pooja Samagri for Havan	(1 Pkt. per Yatri)	

It is useful to supplement these supplies with items such as cans of fruit, soft drinks and juices, sweets/toffees, etc. (see Appendix E). The last point where these items can be bought is Taklakot, but prices there will be higher than in Dharchula. Prices in Dharchula itself will be higher than in Delhi. Taklakot is

also the best place to stock up on fresh vegetables such as potatoes, cabbage, green peppers, brinjal, etc., for consumption on the Chinese side where yatriis will have to prepare their own food.

Appendix E

Food items for personal consumption/emergency rations

On the Indian side, the KMVN authorities provide breakfast, lunch and tea twice daily to yatris. On the Chinese side, food is provided only during the stay at Taklakot. It is advisable for each pilgrim to carry some nourishing foodstuffs, for personal consumption, apart from the common foodstuffs for the group. The following items are recommended to be carried by the yatris. The list is not exhaustive.

- a. Biscuits-sweet/salty
- b. Mixed dry fruits
- c. Lemon drops
- d. Chocolates/toffees
- e. Soup powder packets
- f. Cheese cubes
- g. Chewing gum
- h. Instant drinks
- i. Glucose

Appendix F

Useful medicines

Medicines that may be carried by the pilgrim:

The Medical Officer accompanying the pilgrim on the Indian side has a stock of general medicines. On the Chinese side, there is no doctor to accompany pilgrims during the Parikrama of Kailash and Mansarovar. Please carry your personal stock of medicines. A few recommended items are:

Sl. No.	Name of Medicines	Unit	Qty
1.	Crocin (for fever)	Strip	01
2.	Digene (for acidity)	-do-	01
3.	Vitamin C 500 mg (for building up immunity to cold)	-do-	01
4.	Pulv. Electrol (for dehydration)	Pkt.	02
5.	Lipsol (Lip balm)	Nos.	01
6.	Bandage cloth	Roll	01 (15 cm)
7.	Bandage	-do-	01 (7.5 cm)
8.	Cotton	gms	100
9.	Tincture Benzoin	ml	50
10.	Adhesive Plaster (small spool)	Nos.	01
11.	Band Aid	Pcs.	04

Please remember that diarrhoea is a common complaint in mountain areas. Do remember to take ORS packs to replenish loss of salts.

Yatris who prefer homeopathy may carry required medicines. The book says that Tr. Coca is useful in High Altitude Pulmonary Oedema (HAPO)

If there is a doctor as Yatri or LO, he may carry emergency medicines like Lasix/Sorbtrate/Decadron, etc.

It may useful to carry unit of oxy care (oxygen) with each batch.

Source: ITBP

Appendix G

Some Useful Contacts

	Name & Address	Tel. No.	Fax No.
1.	Smt. J. Kasturia, Deputy Secretary (EA) Room No. 270 A, Ministry of External Affairs South Block New Delhi 110 001	23015025 (O)	23792124
2.	Shri R. Balakrishnan SO (China) Room No.- 255-A, Ministry of External Affairs, South Block New Delhi 110 001	23014900 (O)	23016514
3.	Shri Amit Singh Negi DM, Pithoragarh Uttaranchal	05964- 225441/ 225301(O)	225393
4.	Shri A.S. Nayal Managing Director KMVN, Oak Park House, Mallital Nainital	0594-2235700, 2236209 2238356	2236897
5.	Shri V.K. Suman General Manger, KMVN, Oak Park House, Mallital, Nainital	0594-2236356 2238356	2236897
6.	Shri M. M. Joshi PRO, KMVN, New Delhi	41519366	23319835
7.	Shri P. K. Dasmana ADIG (Ops), ITBP, New Delhi	24364266	24360427
8.	Dr. A. K. Singh Commandant	26042460 (O+Fax) 26047568	

	Base Hospital, ITB Police	26047568 (Exch)	
9.	Dr Sethi Medical Director, Delhi Heart & Lung Institute	23538351-58 9810121740	
10.	Gujarati Samaj Sadan 2 Rajniwas Marg, New Delhi- 110 054	23981796-8 23983055	23983066
11.	Shri A. K. Gupta Sr. Manager, Central Bank of India Ashok Hotel Branch 50 B, Chanakya Puri New Delhi 110 021	24104125 26110101 ext-3958 24101848	24679639
12.	Air Cmde S. P. Singh Air Headquarters	23010231 ext-7542	23016354
13.	Shri Srinivas Gotru First Secretary & HOC Embassy of India Beijing	008610- 65323844 (O) 65323304 (H)	65324684

Appendix H

Bio-data Form of Yatris undertaking Kailash Mansarovar Yatra

BATCH NO.

DATE OF STARTING FROM DELHI

NAME:

AGE:

FATHER'S NAME:

NAME OF NEXT OF KIN:

ADDRESS OF NEXT OF KIN:

.....

.....

.....

DETAILS OF .RELATIVE &

THEIR CONTACT Tele. Nos.

IN DELHI

BLOOD GROUP :

IDENTIFICATION MARKS:

.....

JOB/PROFESSION

(eg. Govt/Pvt./

Corporation etc.

(SIGNATURE OF YATRI)

