

PACKING CHECK-LIST



Kailash Mansarovar Yatra with Pujya Swami Abhedananda ji 20th August to 31st August, 2018

This is a suggested list, and up to the discretion of the Yatris

Essential Items

- Passport
- 2 Sets of Photocopy of Passport Main Pages
- 4 PP size photos
- Nepal Visa Form filled up (for non-Indians only)
- Original Medical Certificate (signed & stamped by doctor)
- Instructions Sheet / Emergency Contact Numbers
- Cash (CNY / Nepalese Rupees / USD / INR)
- Credit / Debit Cards
- Personal Medication

Personal Items

- Luggage with 20 Kg capacity
- Luggage locks
- Luggage Name Tag
- Camera
- Spare battery
- Spare SD card / Storage Cards
- Camera charger
- Undergarments (disposable if required)
- Night dress (Pajamas / T-shirt)
- Short Sleeve and Long Sleeve T-Shirts / Shirts
- Jeans / Warm Pants / Denim trousers / Ski-pants
- Sweater
- Sleeveless Fleece jacket
- Warm thick pullover & Thin pullover
- Down-jacket with hood (water proof if possible)
- Thermal inner-wear / base-layer
- Woolen Shawls (1 thick + 1 thin : Ladies to carry along in the bag)
- Windcheater
- Hat / Cap
- 4 to 6 pairs of woolen / hiking socks
- Hand-gloves / water proof, leather if possible
- Head-cover / Scarf / Woolen cap (with ear protection)
- One pair of Hiking shoes for Parikrama
- Additional Pair of regular hiking sandals or light sports shoes
- Pair of Bathroom slippers / In-room wearing
- Sunglasses with 100% UV protection
- Spare set of spectacles (Photo-chromatic lens if possible)
- Disposable lens & Lens solution (if applicable)



PACKING CHECK-LIST

- Rain coat / Poncho / Umbrella
- 2 Towels
- 2-3 Hand towels / Napkins
- Swim Suit
- Sunscreen Lotion or Cream with UV Block SPF 30+
- Lip-Balm
- Toiletries (Tooth brush / Paste / Soap / Shampoo/ Moisturizer / Talcum Powder / Shaving Kit / Deodorant)
- Small Plastic bags for disposing / travel sickness etc
- Few big plastic bags for separating clothes (used / un-used)
- Toilet tissue rolls
- Wet-tissues
- Sanitary Napkins
- Back-pack for carrying essential items during trek
- Water bottle / Flask
- Collapsible Trek Rod
- Swiss Army Knife
- Dust-masks / Face protection masks
- Torch / Flash Light & Spare batteries for Torch
- Money pouch / Waist pouch
- Water purifying tablets
- Mosquito repellent cream / patch
- Alarm clock
- Power plug Adaptors
- Sewing Kit + Needle + Safety Pins
- Knee Cap + Ankle Cap (Protectors)
- Spiritual Books
 - Mantrapushpam / Book of Hymns
 - Shiva-Sahasranam Archana book
 - Shiva-Aparadhakshamapana Stotram ("Forgive Me")
 - Shri Ramcharitmanas
 - Notepad + Pen
- Dry Food items
 - Snacks / Biscuits
 - Chocolates
 - Energy Bars
 - Glucon-D Sachets
 - Dry-fruits
- Basic Medicines
 - Paracetamol
 - Pain Killers (Body-ache / Head-ache)
 - Cough & Cold Tablets / Anti-histamines
 - Throat Lozenges
 - Stomach Upset (Nausea / Diarrhea / Stomach Pain / Antacid)
 - Common Antibiotics
 - Diamox
 - Multi-vitamin supplements
 - Eye Drops
 - Inhalers / Axe-Oil
 - Band-Aid
 - Pain Balm / Muscle Rub / Pain-relief patches

PACKING CHECK-LIST



IMPORTANT INSTRUCTIONS

1. Keep your passport safely at all times. Carry two sets of photo-copies of your passport important pages
2. Carry original copy of your medical certificate with you during the Yatra. Reports of the tests are not required.
3. Carry USD 25 to USD 40 in cash for Nepal visa-on-arrival upon landing in Kathmandu. Carry additional USD cash in change in case of any requirement.
4. Airport pick-up upon arrival on 20th August 2018 will be arranged. Please look for placard / signage reading “CHINMAYA MISSION”
5. Carry sufficient cash in CNY + USD + Nepalese Rupees as advised, or as per your own requirement.
6. Please pack your bags and toiletries separately / individually. Do not pack as a family. Gents and Ladies will be staying in separate accommodation.
7. Ladies must carry a shawl in their handbags at all times. This could be used as a curtain for cover, if you need to answer nature’s call on the way-side.
8. **General Health:** Be careful not to catch cold. It is better to be over-clothed than under protected. Even if you feel warm, try not to remove your down jackets or sweaters. Since the dry, cold winds tend to make the nose dry, keep your nose smooth by applying lubricants. Keep your feet dry, and keep your shoes inside tents to keep them dry. Wearing cotton and wool socks in combination would be the best. Face, feet and hands must be well protected.
9. **Altitude Sickness:** Acute altitude sickness is a problem in the Himalayas. Acclimatization to altitude above 3000 meters takes time. The body undergoes a number of physiological changes, some of which are immediate like increased pulse rate and respiratory rate, and some appear more slowly, such as change in acid-base balance and production of extra red blood cells. These changes plus the effect of intense sunlight, arduous walking and dehydration may cause a number of mild vague symptoms such as loss of appetite, fatigue, headache, nausea, dizziness, palpitations, sleeplessness, mild shortness of breath with exercise. The best treatment is prevention! Avoid rapid ascents; acclimatize well, use rest days or Diamox tablets. If symptoms are severe and the Yatri feels ill, one should immediately begin descending. To minimize altitude sickness, never rush into things, walk slowly and firmly.
10. **Blood RBC Count:** Seek medical advice and ensure you are taking medicines and / or iron supplements to address anemic conditions or resolve low RBC count. It is important that your RBC count is normal or high, as this is necessary for oxygen retention and circulation at high altitudes.

PACKING CHECK-LIST



11. Yatris to carry luggage in their own duffel bags or duffel bags provided by agent (each duffel bag can carry 20 Kgs of luggage and is 3 feet x 1½ feet in size). Apart from this you should carry one back pack/hand bag each to accommodate one set of clothes, some eatables, first aid kit, toiletries, & travel documents etc.
12. Ponies have to be pre-booked due to higher demand than supply in peak period. Preference is given to Senior citizens & ladies in case less number of ponies are available than required. Pony hire in the past has costed around 1600 Yuan (approx. US\$250) for entire duration of Parikrama. The pony will go up to highest point i.e. Dolmala pass on DAY 2 & getting down from Pass to plains involves sharp descend on rocky/muddy terrain where ponies tend to skid so for guest interest & to avoid any accident getting down to plains approx. 3 Kms. has to be done on foot only
13. Pony cannot be shared amongst yatris not even between the couple. Only the yatri under whose name the pony is booked can ride on the pony.
14. Accommodation at higher altitudes is on shared basis, one bed per person, and there may be 6 or more persons in one room
15. At all places except at Saga, attached toilet facility is not available. There are common toilets used by all yatris staying at a particular guesthouse.
16. Mobile network connectivity is available at all places except for 03 days of the Parikrama
17. At this high altitude, electricity supply is not guaranteed all the time. However they put on the generator for about 2 hours so that yatris can charge their phone/camera batteries
18. There are no doctors accompanying the tour. We have one pharmacist in the group who can help if necessary. There are some basic medical centres available enroute.

DOs & DON'Ts

- Pack less, wear clothing in layers, and stay under your permissible limit of 20 kgs per head. Do not carry fragile items, and avoid wearing jewelry.
- Carry sufficient and all types of medicines you may require. Keep yourself warm and dry at all times. Make sure you don't catch cold.
- Carry high nutrition snacks and energy bars. Keep yourself hydrated at all times. Walk slowly, but steadily, and try not to stop for more than 5 minutes as low oxygen levels will tire you down if you stop
- Sherpas (1 per 5 pax) will be there to assist for anything. Ask for assistance if you need.



PACKING CHECK-LIST

- Stay with the group at ALL times.
- Remain cheerful and calm throughout the Yatra irrespective of any situation or person
- Don't bring hard top suitcases. They are likely to break. Duffel bags will be provided in Kathmandu for packing upto max 20 kgs.
- Don't leave back your passport in Kathmandu. Carry your passports at all times with you.
- Don't venture out alone on your own. Inform Swamiji or the group leader if you wish to go somewhere.
- Don't drink from nearby streams.
- Don't bathe in Mansarovar Lake if it is windy.
- Don't touch clothes or any belongings you may see on the parikrama path or elsewhere.
- Don't combine sight-seeing and walking. Watch your step and walk carefully
- Never bather or touch or drink the water of Rakshastal. It is poisonous and inauspicious
- Don't over exert, don't walk alone, and don't compete with others while trekking. Walk at your own pace and stay with the group.
- Don't leave anyone alone. Remember we are one group. Stay back and help if you see anyone alone or in need.
- Don't take pictures / photographs of border areas / check posts / Chinese officials or army personnel that you may see on the way.

IMPORTANT CONTACT INFORMATION

- Will be provided later, closer to the date of the Yatra