

# TREKING INFORMATION ON MOUNTAIN MANNERS

## PACK YOUR RUCKSACK

- Pack things first, which are not required during the day's trek.
- After packing, sling the rucksack on your shoulder and check the shoulder straps are tight enough to keep the rucksack close to your back. If not then do it, but do not tighten too severely. Now you are ready for the track

## • BEFORE YOU MARCH

- Check your shoes first. They should be comfortable (and never new)
- Keep your shoes dry and clean
- Make it a point to change socks every alternative day at least, as a dirty socks not only smell foul but also causes blister.

## WALKING MANNERS

Don't walk too fast to carry the weight (of a rucksack) from one camp to another, you are here to enjoy the scenic beauty of the mountain.

- Walk with a steady pace, set rhythm of your strides with your breathing.
- While walking, keep your foot in full contact with the ground and not just toes.
- On steep slopes, bend forward to take the weight on the back.
- Avoid crossing and overtaking on narrow paths. Don't block the path while resting.
- Halts should be utilized not only to relax but also readjust the loads, tie shoes etc. Halts should not be frequent. Too many halts destroy the rhythm of a walk, make you more tired and waste time.
- Always spring drink and before drinking filter it with your clean handkerchief. Never drink too much water, it might give you cramps.
- Consume liquids as much as you can (tea, coffee, lemon juice, soups etc.) Instead of drinking water.

## CARE YOUR FEET

- Remove your socks and keep them outside in the sun.
- Wash feet as often as possible. Dry them rub vigorously between toes.

## BLISTER

- Blister on the treks are inevitable. You cannot avoid them but you can surely know how to deal with them.
- First clean them with soap and water.
- Puncture the blister with sterilized pin or needle.
- Do not remove the skin.
- Apply adhesive plaster, band-aid.
- Remember to keep your feet as clean as your face.

## CAMP CODE OF CONDUCT

- Don't go into tent with shoes.
- Don't throw waste paper, wrappers or other rubbish around or near the camp.
- Don't make noise and disturb others in night.
- Don't burn candles in the tent.
- Wash your mug and plate immediately after your meals.
- Don't pollute the water of the streams and the rivers as it is used by people downstream for their daily needs.
- Don't walk over crops, fallen trees and spoil new plantations.
- Don't spoil local monuments, temples and caves, Respect local customs and social systems.
- Don't litter any wrappers or spoil the trails in any way. In case you find any wrappers, plastic bags or anything left by trackers on the way, please carry the same with you for deposit at base camp.
- Leave the campsite clean for the next team.

KEEP THE HIMALAYAS CLEAN