



7 Things to Consider for a Ladakh Trip

"What are the most important things to consider for a Ladakh trip?". There are so many moving parts when you plan a Ladakh trip that one straight answer can never suffice. In remote parts of Himalayas, things can be very different from our day to day lives, and hence, it is always better not to make any assumptions or take things for granted.

1

Acute Mountain Sickness (AMS)

No matter how fit you are in your homeland, you must consider acclimatization as the most crucial factor for a successful trip to Ladakh. AMS does not matter concerning any age or sex or any fitness level. So, do consider an acclimatization schedule and follow it to minimize the chances of AMS.

2

Breakdown in the middle of nowhere

Most parts of the Manali Leh Highway runs barren and desolate with no hint of civilization. You must be prepared for a failure in the middle of nowhere with a contingency plan in place. You must have puncture repair kits, enough food, drinking fluids/water, blankets/sleeping bags, and maybe a backup tent as well.

3

Lost connection with the world

Many parts of Ladakh and almost three-fourths of the Manali – Leh Highway does not have any phone connectivity to connect with family or friends. You must consider that help will not be just a phone call away. Hence, you must be able to prepare yourself to survive for a few days on your own.

4

Flash floods, landslides, snow slides or shooting stones

Landslides, snow slides or shooting stones are part of the day to day lives of the Himalayas including Ladakh. Your trip can be delayed, canceled, or extended by any of these events. Hence, whenever you plan for a Ladakh trip, you must always plan to keep a day or two as buffer days.

5

Drive or Ride with Caution & Care

You may be an excellent driver in plains, but the roads in Ladakh are nothing like them. The faster you drive, the sicker the passenger feels. The margin of errors is minimal and could cost lives. It may take a day or two to get the required medical attention or help in such cases. Better safe than sorry.

6

Availability of Medical Facilities

Medical help could be more than a day away. It is in your best interest to not to plan a trip to Ladakh if you already have any medical symptoms. It is always recommended to carry a basic medical kit with you and a consultation with your doctor before your Ladakh trip starts.

7

Losing Your Soul Forever

Last but not least, you might end up losing your soul forever in Ladakh!

Each time you visit Ladakh, you will fall more and more in love with the place, people and culture of Ladakh, no matter how harsh & severe the terrain is. All my heart always says – There is no other place like Ladakh in this world.

Himalayan Travel Tips

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early



#SaveOurHimalayas

- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles