

Do's & Don'ts !

Do's

- Prepare for Yatra by achieving Physical fitness
In order to perform smooth and trouble free yatra, it is advisable to start preparatory morning / evening walk of about 4 - 5 kms per day atleast a month prior to Yatra. Apart from above If you can have daily massage of your body with body oil, preferably mustard (sarson) oil and bathe in the lukewarm water , this will help your body to become flexible and you will not feel tired. Moreover the effect of sudden change in temperature & climate on you will be reduced to a large extent . As oxygen gets rare some times , It is better to improve your physical fitness . To increase your body efficiency of oxygen , it is very good to start deep breathing exercises . The Yoga exercise like Prana Yam can be learnt.
- Carry needful warm clothings and wind shield and proper shoes.
You have to trek through high mountains and there are cold winds blowing . So during the Yatra, take Woollen Clothings, Small Umbrella (only Head Cover with Elastic around Forehead and supported by strap around the chin), Wind shield, Raincoat, Waterproof Shoes (Preferably Hunter Shoes), Torch, Stick, Cap (preferably Monkey Cap), Gloves, Jacket, Woollen Socks and Trousers. These are essential as the climate is unpredictable and changes abruptly from sunny weather to rain and snow. The temperature may abruptly fall even up to -5 degree C.
- Keep a slip with your Name, Address and the name of accompanying yatri in your pocket
- Take water bottle , dry fruit, and baked grams with you during journey.
- Keep some cold cream or vaseline with you to protect skin from cold winds
- Take a little relaxation on steep inclines and don't exert yourself too much .
- Yatris are advised to follow the instructions issued by Yatra Administration.
- It is requested that do provide all needful help to the co-devotee travelling with you.
- Perform yatra with a pious mind and keep enchanting "Om Namah Shivay" all the way.
- During the Yatra from Pahalgam onward , keep your clothes and eatables in plastic bag to avoid the things being drenched during the rain
- Carry some common medicines such as Glucose, Disprin etc. with you for immediate relief.
- Sari is not suitable dress for the Yatra .Ladies should not wear saris as it may be very inconvenient. Salwar kameej, pant shirt or Track suit will be very comfortable.
- Keep the horses / ponies with your luggage and Coolies along side as it is difficult to trace them in case you are separated from them. More over you may need some of those useful items from luggage any time at a short notice.

Best suitable shoes are Hunter shoes and most comfortable Dress is woollen track suit.
- The best way to perform Yatra is to keep a steady and slow pace. Don't exert more by fast walking . The moral of the story of Hare and tortoise is best applicable here.

Don'ts

- Don't stop at such places which are marked by warning notices
- Don't take drugs during Yatra.
- The children and aged persons are advised not to perform yatra ,keeping in view the tough nature of the yatra..
- Don't use Slippers because of the steep rises and falls on the route to the Holy Cave.

Don't attempt short cuts on the route as it is very dangerous.