THE UTTARAKHAND TREKKING RULES 2022 CHAPTER- 1

PRELIMINARY

Short title extent and commencement

- (1) These rules may be called "Uttarakhand Trekking Rules 2022".
 - (2) It extends to the entire state of Uttarakhand and shall be limited to trekking.
 - (3) It shall be applicable on Trekking below 6000 Mtrs. altitude from sea level.
 - (4) They shall come in to force at once.

Definitions

- **2.** In these Rules, unless the subject or context otherwise requires-
 - "State" means the State of Uttarakhand;
 "Act: means the Uttarakhand Tourism Development Board Act, 2001 as amended from time to time;
 - "Board/UTDB" means Uttarakhand Tourism Development Board (UTDB) established under Sub section (1) of section 3 of the Uttarakhand Tourism Development Board, Act, 2001 by state of Uttarakhand:
 - 3. "Chief Executive Officer" means the Chief Executive Officer (CEO) of the Uttarakhand Tourism Development Board;
 - 4. "CWLW" means chief wildlife warden Uttarakhand
 - 5. "Additional Chief Executive Officer" means the Additional Officer Chief Executive (ACEO Adventure) of the Uttarakhand **Tourism** Competent Development Board:" Authority" means an authority as may be nominated by CEO, UTDB:
 - "Applicant" means any Agency/Company/ Institution/Firm, willing to seek permission for conducting Trekking expedition for commercial purposes;
 - 7. "District Magistrate" means District Magistrate of the concerned District:
 - 8. DTDO means the (District Tourism Development Officer)" Officer in-charge UTDB of the concerned district;

- "ASO" means Adventure Sports Officer (the Officer in-charge of Adventure Activities of the concerned district as the condition prevails);
- 10. "DASO" means District Adventure Sports Officer (the Officer in-charge of Adventure Activities of the concerned district as the condition prevails);
- 11. "AMSL" means above mean sea level, pertaining to the height of a point;
- 12. "Trekking" means organised movement of a person or a group in a specific route or trail in mountains and wilderness;
- 13. "High Altitude Trekking" means trekking tours above 4500 Meter;
- 14. "Low Altitude Trekking" means below 4500 Meter.
- 15. HAP "High Altitude Porter "means a person employed to carry supplies on a mountaineering expedition of heights above 4500Meter;
- 16. "LAP" means a Low Altitude Porter employed to carry supplies on a mountaineering expedition or on a trek below height of 4500 Meter;
- 17. "IMF" means Indian Mountaineering Foundation, New Delhi;
- 18. "Inner Line Permit" an official travel document issued by the concerned state government to allow inward travel of an Individual into a protected area for a limited period.
- 19. ATOAI" means Adventure Tour Operators Association of India.
- 20. "LIU" means local Intelligence Unit based in district Headquarters;
- 21. "Mountaineering Equipment (Technical)" means equipment certified by UIAA used during mountaineering;
- 22. "UIAA" means Union of International Alpine Association (Union International des Associations d'Alpinisme, French abbreviation).
- 23. "NOC" means No Objection Certificate;
- 24. "Participant" means a person participating in Trekking;
- 25. "Registered Operator" means the Company/Firm/Agency registered with UTDB under Uttarakhand Tourism and Travel Trade

- Rules 2014, or Ministry of Tourism Government of India/Tourism Department of respective state.
- 26. SDRF Means State Disaster Response Force.
- 27. High Altitude Guide- Means Guide who is authorised to lead the Trekking group above the height of 4500Meter; AMSL.
- 28. Low Altitude Guide- Means Guide who is authorised to lead a Trekking group below 4500 Metre. AMSL.
- 29. Nature guide means who is authorised to guide the group for birding/flora/fauna etc.
- 30. "HAPE" High Altitude Pulmonary Oedema (high altitude disease);
- 31. "HACE" High Altitude Cerebral oedema (high altitude disease);
- 32. Registering authority, means Officer nominated by CEO UTDB:

Appellate authority is the "District Magistrate" in the concerned district;

CHAPTER II REGISTRATION

Process for registration with UTDB

- **3.** 1) All tour Operators guides and HAP must be registered with UTDB.
 - 2) All Operators guides and HAP intending to operate trekking activities in Uttarakhand shall, apply online for registration on UTDB portal www.uttarakhandtourism.gov.in to the CEO, UTDB on a prescribed format at *Annexure-A*, A II and A III with a fee of Rs. 2500/- for Tour Operator, Rs. 1500/- for a Guide and Rs 750/- for a HAP through online payment. Incomplete applications will not be entertained.
 - 3) Registration of Tour Operator/Guide/ HAP shall remain valid for 5 years. Applicant may apply for renewal of registration on expiry of validity in the same manner as laid in the Para 2 of rule 3 above.
 - 4) Any tour operator or guide already operating its adventure activities on the date of commencement of this rule shall apply for registration within ninety days from the date of commencement of this rule.
 - 5) The Government Departments/Armed Forces/Paramilitary Forces and Mountaineering

- institutes shall not require to be registered with UTDB.
- 6) All applications for registration shall be disposed off within a period of sixty days from the date of receipt of application, failing which the application shall be deemed to have been accepted for registration.
- 7) No person/ firm shall operate trekking activities unless it is registered in accordance with the provision of rule given herein.
- 8) All registration certificate shall be issued by CEO, UTDB or an officer duly nominated by him.
- 9) To enter into protected area (such as national park, wildlife sanctuaries conservation tiger reserve community reserves) and tiger reserve areas the Chief Wildlife Warden (CWLW) has been authorised under the provision of wild life protection act 1972, therefore conducting trekking activities in such areas it will be necessary to obtain permission from the competent authority by applying on the online portal of Uttarakhand Forest Department, only if the forest department is accepting online application

Responsibilities 4. and Duties of Adventure Tour Operators

- 1) The Applicant Operator and his employees shall at all times ensure strict compliance of these rules and the provisions therein.
- 2) Tour operator shall obtain permission from forest department where ever necessary, and pay all camping and other fees levied in the respective district of their intended trekking route.
- 3) Each Adventure Tour Operator shall have to carry appropriate equipment mentioned in *Annexure B* before the commencement of trekking: -
- 4) All the technical equipment such as harness karabiner climbing ropes or any climbing equipment being used for safety shall be UIAA approved.
- 5) The clothing equipment such as sleeping bag and feather jacket would be of a quality which can withstand the extreme temperature expected on the trek.
- 6) All equipment's shall be checked by tour operator before departure for trekking. Operator shall ensure proper storage, usage and regular monitoring.

- 7) The operator shall ensure that sufficient quantity of fuel, LPG or butane gas for heating and cooking purposes has been supplied for the trek.
- 8) The Operator shall submit online feedback on UTDB portal taken from clients after the culmination of Tour/Expedition.
- Every operator will furnish the details of man power going on the trek including Guide, HAP, LAP and cooks to forest department online on their portal.
- 10) In case of any incident, the operator shall immediately inform to the local district Administration, Police Station and concerned District Tourist Officer.
- 11) Each tour operator will ensure that minimum 50% of the staff working with his firm involved in Trekking/ Adventure activities should comprise of local resident, having domicile of the State of Uttarakhand.
- 12) Tour Operators shall ensure that the support team of the cook, kitchen helper, porter and mule driver for the trek are well equipped and are well taken care of on the trek.
- 13) It will be necessary for the tour operator to comply with all the Acts / rules and instructions issued by the Forest Department Uttarakhand, in all the protected areas and tiger reserve areas of Uttarakhand.
- 14) Tour operator will not undertake any trekking activity in all protected and Tiger Reserve areas of Uttarakhand without trekking guide / nature guide.
- 15) The tour operator shall provide following facilities to the Trekking Guide, High Altitude Porter/ Mule driver, Low Altitude Porters and Cooks:
 - i. Daily allowance given to all the above shall adhere to the wage rates prescribed by the local authority of the respective district.
 - ii. The operator shall provide the general good quality essentials to its team as mentioned in 'Annexure C' based on the requirements for High Altitude Trekking /Low Altitude Trekking tour.

CHAPTER III

QUALIFICATION OF TREKKING GUIDE, AND HAP

Qualification of 5. High-Altitude (i) Trekking Guide

The High-Altitude trekking guide shall have the following qualification/qualities: -

- 1. Must be healthy.
- 2. Age of a High-Altitude Guide shall not be less than 20 yrs.
- 3. Must have under gone advanced wilderness first aid training and CPR provided by a qualified/recognised establishment.
- 4. Extensive high-altitude experience 5 years' experience having assisted on at least 5 different trekking routes going above 4500m and assisted on at least 3 different glaciated routes going up to 5000m or more.

OR

Completed the Advanced Mountaineering Course from recognised national mountaineering Institutes and assisted on 2 different trekking routes going above 4500m.

OR

Must have undergone training for High Altitude Guide conducted by UTDB.

5. Should have sound knowledge of the area, flora & fauna, mountain peaks, passes and their heights. Should have communicable knowledge of English /Hindi/ local language.

Qualification of (ii) Low Altitude Trekking Guide

The Low Altitude trekking guide shall have the following qualification/qualities like each: -

- 1. Must be healthy.
- 2. Age of a low altitude guide shall not be less than 18 vrs.
- 3. Must have at least 2 years' experience having assisted on at least 3 different trekking routes having experience of 4 or more different camps on high altitude

OR

Must have completed the Basic Mountaineering Course

OR

Undergone training in Adventure Foundation Course conducted by District Adventure Sports Officers in all

the Districts of Uttarakhand

OR

Disaster management training by Disaster management units of districts

OR

Low Altitude Trekking Guide course conducted by Nehru Institute of Mountaineering Uttarkashi.

OR

Participated in Nature Guide course organized by Forest Department Uttarakhand.

OR

- 4. Be a bonafide employee as trainee guide of any trekking operator for the period of 3 years.
- 5. Must have under gone training for Wilderness First Aid (WFA) course and CPR provided by a qualified/recognised establishment.

Qualification of High-Altitude Porter (HAP) High Altitude Porter shall have an experience of any mountaineering expedition recognised by IMF/registered tour operator for working in two different seasons at the altitude of 6000 meter and above.

OR

Have the experience of working on at least 5 high altitude treks going above 5000m AMSL

Responsibilities 7. and Duties of a Trekking Guide:

The Responsibilities and duties of a trekking guide shall be as follows, -

- 1. Shall work in coordination with the group.
- 2. Shall make necessary arrangement to avoid any damage or loss of the equipment of the team due to the negligence of the porters.
- 3. Shall ensure that the trekking teams follow the specified route only.
- 4. Shall establish contact with the group leader and work in accordance with his/her order in a case if it is necessary to change the routes of the trek due to any reason.
- 5. Shall render necessary advice to the members of the team for safe trekking.
- 6. Shall give comprehensive briefing of trek route such as distance of trek in term of time and kilometer, places of interest on the way and the altitude of the place.

- 7. Shall arrange the Evacuation/First aid in case of any event of accident or illness to the any member of the team.
- 8. Shall ensure that all camps sites are left clean and all the garbage produced during the trek is brought back and disposed at the designated places.
- 9. Shall be responsible for the safety of trekkers and supporting staff.

Constitution of the technical committee at UTDB level

8.

10.

CHAPTER-IV TECHNICAL COMMITTEE

UTDB shall by notification constitute a technical committee for trekking activities which shall consist of the following

- 1. ACEO (Adventure) Chairman
- 2. Representative of principal NIM Member
- 3. one officer of UTDB nominated Member by CEO UTDB
- 4. Specialist land sports UTDB Member

Function of technical committee

- **9.** The technical committee shall have the following responsibilities
 - Technical committee will frame the safety guidelines including the rescue protocol for trekking activity
 - 2. Technical committee if required shall time to time recommend the amendments in the Trekking Rule to CEO, UTDB.
 - Technical committee shall assess and approve all the decisions/ recommendations of the subcommittee and implement them with the approval of CEO UTDB.

Constitution of the sub technical committee at Diisrict level

- UTDB shall by notification constitute a sub technical committee for Trekking activities which shall consist of following officers / members
- 1. DTDO /ASO. Convenor
- 2. Representative of Forest Member Department.
- 3. Representative of Police. Member
- 4. One local technical expert nominated by DTDO/ASO. Member

(Must be qualified in Basic and

Advance mountaineering/mountaineering rescue course, expert to be selected for

three years by lottery system).

2 local guides registered with UTDB
 having experience of at least
 Member
 years. (Nominated by DM of concerned district)

Function of sub 11. technical committee

The Sub technical Committee shall have the following responsibilities:

- 1. The Sub technical Committee will function under Technical Committee constituted in UTDB.
- 2. The Sub Technical Committee shall assess all trekking routes and define the carrying capacity of a trek and recommend accordingly to the Technical Committee.
- 3. The Sub Technical Committee will frame the waste management guidelines to be followed in the trek routes in each district.
- 4. The Sub technical Committee shall develop a mechanism to increase safety and reduce the environmental damage on the trek, and make tourism a sustainable tourism activity which can support the livelihood of the locals.
- 5. The Sub Technical Committee shall identify the local trekking guides and HAP and recommend their name for the skill development programmes, which are organised by UTDB from time to time.
- The Sub technical Committee will issue identity card for a period of 5 years based on experience/technical skills of high altitude trekking guides/ low altitude trekking guide/ high altitude porters.
- 7. The Technical Committee shall perform such responsibilities as assigned to them from time to time.
- 8. Recommendations or decisions taken by subTechnical Committee shall be put up to UTDB for the final approval.

Issue of identity 12. card

 To identify local Trekking/Nature Guides/HAP, Sub Technical Committee will issue them with Identity cards. Fees for Identity Card will be fixed by sub technical committee with due approval of CEO, UTDB by orders passed from time to time, the fees will be non-refundable.

- The Identity Card will be issued in the format as per 'Annexure D' for the period of 5 years by Sub Technical Committee on the recommendations of the Technical Committee.
- 3. Identity card will be issued by DTDO/ASO to only those, who full fill the terms and conditions for qualifications as mentioned in chapter III
- **13.** The renewal of identity card shall be done by DTDO/ASO after every five years. The fees in this regard will be as per rule 12 above.

CHAPTER – V SAFETY MEASURES

Safety and Rescue Equipment Risk Mitigation

Renewal of

identity card

- 14. 1. The Operator shall ensure that trekking activities being conducted in glaciated area, or in difficult terrain, each and every member of the trekking expedition group must have sufficient technical equipment as listed in 'Annexure E' in accordance with the requirements of the proposed trek.
 - 2. Each Operator shall have to ensure that all safety and rescue equipment such as Jumar, Karabiner, Harness, Climbing Rope, Safety Sling, Friend and Chock nuts must be UIAA/CE certified.
 - 3. All tour operator will ensure that all necessary safety equipment is being carried in high altitude trek, as listed in 'Annexure F'
 - Any safety equipment will be discarded from use if the life of equipment has expired/damaged or it has been over used. Equipment will be checked for usage norms suggested by UIAA/ CE will be strictly followed.
 - 5. Before commencement of any trekking expedition every guide shall give comprehensive briefing about the Safety search and rescue to the participants.
 - 6. The tour operator or guide will check with metrological department for a good weather window for the intended High-Altitude Trek, under no circumstances trekking will be carried out if the bad weather alert warning has been issued by Metrological Department.

- 7. Operator at the time of booking as well as the guide shall ensure that the participants are correctly briefed about the risk involved in the activity.
- 8. Trekking time should be planned with adequate breaks. Tour operator / guide must ensure that all his clients reach in the next camp well in time.
- 9. Tour operator/Guide will ensure that they are carrying a comprehensive First Aid kit. List of First Aid kit is appended as '*Annexure G'*.
- 10. Tour operator will ensure that suitable Guide to client ratio is maintained.
- 11. Tour operator will ensure that trekking team refrains from consumption of alcoholic beverages/drugs which may impair their fitness levels.

Emergencies and Rescues

- **15.** In order to mitigate risk of high altitude trekking the following will be essential
 - 1. All participants will self-declare themselves to be medically fit and sign a liability waiver that indemnifies the operators and the state.
 - 2. The operator must ensure that a comprehensive risk assessment is done and properly documented before operating any trekking expedition

Insurance and Compensation

- **16.** 1. Adequate first aid medical kit must be available with the party for high altitude treks
 - 2. Oxygen and stretcher shall be available with the High-Altitude Trekking Tour.
 - 3. Evacuation routes must be identified and known to participants, guide and HAP.
 - 4. Guide shall have knowledge of preparing/ marking Helipad and knowledge of distress signal for rescue via helicopter.
 - A detailed and documented emergency action plan with emergency contact number must be available with the party along with closest available emergency service which can be called upon as required.
 - 6. Authorized or permitted mode of communication must be available with the group.
 - 7. Tour operator / guide must submit complete itinerary to the Forest Department on their booking website who will intimate the nearest rescue cells

of SDRF and State Disaster Management Centre in the area of intended trekking routes before going for high altitude trekking.

Medical Assistance

- 17. 1. Operator will ensure that all the clients participating in the high-altitude trekking, are covered by a Mediclaim insurance policy with a clause that in case of any ground / air rescue, the cost of evacuation as demanded by evacuation agency/ Indian Air Force, will be paid by insurance company directly to them under intimation to UTDB.
 - 2. Tour Operator will ensure that all his staff working in high altitude trekking and adventure activities are insured for minimum of Rs. 5 lakhs.
- 18. 1. Tour Operator/ Guide shall keep co-ordination with the hospital/ primary health care centre falling on the route or local nearest possible emergency service available to take care of emergency cases, if required.
 - 2. Guides should be aware of any common health risk that may be present on the trekking expedition and should know how to prevent and treat common problems. This may include environmental conditions such as hypothermia, frost bite, sunstroke or altitude sickness such as HAPE, HACE and acute mountain sickness.

Standards for Environmental Safety

Refusal to register the tour operators and guide.

CHAPTER -VI STANDARDS RELATING TO ENVIRONMENTAL SAFETY

- 19. In view of the eco-sensitivity of the Himalayan region and Conservation of eco-system and wild life, every operator/ permit holder shall ensure compliance of the following standards: -
 - 1. Shall conserve the eco-system and wild life in view of the eco-sensitivity of the Himalayan region.
 - Shall ensure disposal of garbage in a pit prepared for the purpose or at a designated place. All nonbio degradable garbage shall be brought down from their trek and disposed off in an appropriate place.
 - 3. In no circumstances, polythene and plastic shall be left in the mountain/Trek.

4. All non-degradable substances such as, empty bottles, tin etc. shall be handpicked and kept in the waste bin placed in the camp and the same shall be disposed off through appropriate methods.

Cancellation of Registration

- 20. The UTDB may refuse registration of the tour operator or guide as the case may be, under this rule on any of the following grounds: -
 - If the tour operator or the guide, as the case may be, is convicted of any offence under Chapters-XIV and XVI of the Indian Penal Code, 1860 (45 of 1860) or under any of the provisions of this Act or any offence punishable under any law providing for prevention of hoarding, smuggling or profiteering or

Adulteration of food or Drugs or Corruption and two years has not elapsed since the termination of the sentence imposed upon him.

- If the Tour Operator or the Guide, as the case may be, has been declared an insolvent by a court of competent jurisdiction and has not been discharged.
- 3. Tour operator shall have to submit an affidavit, signed on Rs 100 notary stamp paper against the clause given in (1) and (2) of rule 21
- 4. If the tour operator or the guide do not conform to the prescribed standard.
- 5. If the tour operator or the guide do not possess any of the prescribed qualifications.
- 6. Application for registration shall be refused unless the person applying for registration has been allowed an opportunity of being heard.

Penalty

- **21.** UTDB may, by order, in writing, cancel the registration or impose fine/ penalty on tour operator/ guide on any of the following grounds: -
 - 1. If the tour Operator /guide as the case may be, ceases to act as a travel agent or a guide for 2 consecutive years for which he is registered.
 - 2. If the Tour operator/ guide, as the case may be, is convicted of any offence under Chapters XIV and XVI of the Indian Penal Code, 1860 or under any of the provisions of this Act or of any offence

- punishable under any law providing for the prevention of hoarding, smuggling or profiteering or adulteration of food or drugs or corruption and two years have not elapsed since the termination of the sentence imposed upon him.
- 3. If the tour operator/guide, as the case may be, is declared insolvent by a court of competent jurisdiction and has not been discharged.
- 4. If the tour operator/ guide, as the case may be, has obtained the certificate of registration by misrepresentation or Fraud.
- 5. Any operator /guide, who wilfully makes a false statement / suppresses a material fact /with an intention to mislead to permission issuing authority, is liable to have the registration cancelled and black listed and his ID card will be confiscated.
- 6. UTDB shall serve a notice to the tour operator/guide, as the case may be, indicating the grounds on which it is proposed to take action after giving him an opportunity of being heard.
- 22. 1. If a guide or porters are found operating a High Altitude trek without proper equipment as mentioned in **Annexure D**, the DASO/ASO/DTDO in the district shall have the power to impose fine of Rs 5000/ on the Tour Operator/Guide/Porter as the case may be.
 - All operators shall ensure the implementation of provisions made under these rules and in case of breach of any rules, will be fined with Rs. 5000/and if the offence is repeated the registration shall be suspended/cancelled.
 - 3. Operating any trekking expedition in Inner Line Permit area without permission shall be punishable under the provisions of Indian penal code.
 - 4. In case any Operator/Guide etc. is found violating the environmental rules/guidelines, the registration will be cancelled and this will be brought in the notice of DFO of the respective district and shall be punishable under the relevant provisions of Forest, Wildlife and Environment Act and Rules made there under.

- 5. If the tour operator does not maintain equipment, manpower and other facilities according to prescribed standards for Safety, DTDO/ASO in the district shall have the power to impose a fine of Rs 5000/ on the tour operator
- 6. The State Government /UTDB shall not be responsible for any claims on account of any mishap.
- 7. The decision of the DM in regard to any complaint made by a participant/tourist shall be final and binding. However, in specific, as may be deemed, the DM may seek advice from UTDB. In such cases the decision of UTDB shall be final and binding.

APPLICATION FORM FOR COMMERCIALTREKKING TOUR OPERATOR

Applicant	
Following details will be uploaded online in the port UTDB	al of Pass port size
 Name of applicant	
I / we	ekking Rules agree to abide ation to District Magistrate hall be final and binding. In is true to the best of my to be incorrect or fraudulent,
Enclosures	Signature of applicant
Date	Name

APPLICATION FORM FOR COMMERCIALTREKKING GUIDE

Applicant	Pass port size
Following details will be uploaded online UTDB	in the portal of
Name of applicant Fathers name	
3. Whether permanent employee of any Name of firm/company/organization/from the Name of firm/company/organizati	
 Training/ experience in trekking (Upload copies of experience) 	
	·· ··
5. Full address	
6. Email7. Contact No	
Declar	ation
I / 1- I/We have carefully read the Uttary by the provisions laid down in the s	akhand Trekking Rules agree to abide
I /agree to submit required informa the instructions.	tion to District Magistrate DTDO as per
3- In case of any dispute, the decision	•
-	information is true to the best of my on found to be incorrect or fraudulent, ct /cancel my application form.
Enclosures	Signature of applicant
Date	Name

APPLICATION FORM FOR COMMERCIAL TREKKING HAP

Applicant

Applicant		Pass port size
Following details will be uploaded online in the poutTDB	rtal of	
 Name of applicant		
Declaration		
 I/We have carefully read the Uttarakhand Toby the provisions laid down in these rules. I /agree to submit required information to District the instructions. In case of any dispute, the decision of DM standard through the above information found I/Me will have no objection nor reject cance. 	Trekking Rule strict Magistra shall be final a on is true to to be incorre	s agree to abide ate DTDO as per and binding. The best of my ect or fraudulent,
Enclosures	Signature o	of applicant
Date	Name	

Annexure B Rule 4(3)

Camping equipment

Members- 10 Nos.

SI. No.	Details of Camping Equipment	Quantity (Will be arranged according to the No of participant and duration of trek)
1	Tent large	-
2	Tent Four Men	-
3	Dinning tent	-
4	Tent two men	-
5	Kitchen Tent	-
6	Toilet Tent	-
7	Stove/Gas Burner	-
8	Gas/Fuel (in liters)	-
9	Tarpaulin	-
10	Camping Stool	-
11	Packing Box/Drum	-
12	Digging Tools	-
13	Shovel	-
14	Solar Lamp	-
15	Walkie-Talkie Satellite Phone (If Any)	-

Enclosures	
	Signature of applicant
Place	Date

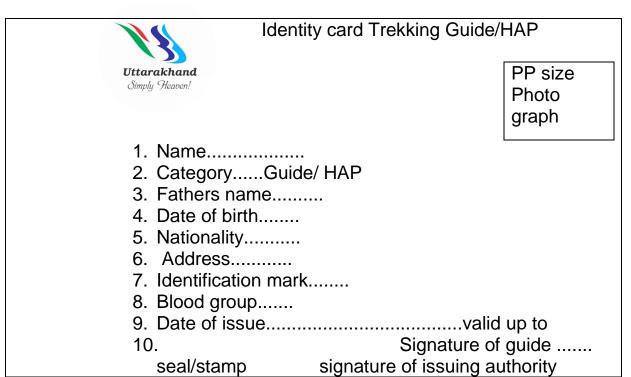
Items for High Altitude Trekking

- Good Quality Sleeping Bag
- One mess tent shall be provided to the porters up to 10 numbers
- Enough Food, medicine and equipment for medical treatment,
- Woolen trousers or knickers,
- Woolen socks,
- Snow gloves,
- Snow boot,
- Gaiter,
- Feather jacket,
- Wind trouser,
- Down pant,
- Sweater,
- Woolen shirts,
- · Woolen cap,
- Air or rubber mattress,
- Rucksack,
- Snow glasses,
- Umbrella or raincoat.

Items for Low Altitude Trekking

- Sleeping bag
- One mess tent shall be provided to the porters up to 10 numbers
- Enough Food, medicine and equipment for medical treatment
- Sweater
- Air or rubber mattress,
- Rucksack,
- Umbrella or raincoat,
- Trekking boots

Annexure D Rule 12(2)



By order

Annexure E Rule 14 (1)

Details of technical equipment

Quantity of required essential equipment will be arranged according to the technical difficulties of trek,

SI.	Details of technical Equipment for a	Essential items being
No.	high-altitude trek	carried
1	Rope for fixing (In Meter)	-
2	Climbing Rope (In Meter)	-
3	Head lamp	-
4	Jumar	-
5	Climbing boots	-
6	Seat harness/ improvised harness	-
7	Sling	-
8	Short sling	-
9	Tape sling	-
10	Carabiner screw type	-
11	Carabiner plain	-
12	Rock piton	-
13	Friends	-
14	Chocks	-
15	Rock hammer	-
16	Eterier	-
17	Discender	-
18	Ice piton	-
19	Aluminum ladder	-
20	Snow stakes	-
21	Snow fluke	-
22	Snow shovel	-
23	Helmet	-
24	Any Other	-

Enclosures	Signature of applicant
Place	Name

Annexure F Rule14(3)

Safety equipment

SI. No.	Details of safety Equipment	Quantity
1.	Medical kit	According the duration of trek
2.	Gamow bag (not mandatorily, but good if available)	
3.	Oxygen bottles with mask	
4.	Stretcher	
5.	Any Other	

Enclosures	Signature of applicant
Place	Name

Annexure G Rule 14 (9)

SI.No.	Name of Medicine	Units	Quantity
1	Crocin (for fever)	Strip	01
2	Pantoprazole	Strip	02
3	Digene (for acidity)	Strip	01
4	Vitamin C 500 mg (for	Strip	01
	building up immunity to cold)	-	
5	PulvElectrol (for dehydration)	Pkt	02
6	Diamox	Strip	01
7	Anti diarrhoeal		
1	Norflox		
П	Norflox TZ		
III	Nutrolin - B		
8	Antibiotic Levofloxacin (once	tablets	05
	a day)		
9	Cough syrup	Bottle	01
10	Analgesics Brufen 400 mg or	Strip	01
	Combiflam		
11	Lipsol (lip balm)	No.	01
12	Bandage cloth	Roll	01(15 cm)
13	Bandage cloth	Roll	01 (7.5 cm)
14	Cotton	Grams	100
15	Tinture Benzoin MI		50
16	Adhesive plaster (Small	No.	01
	spool)		
17	Band Aid	Pcs	04
18	Betadine lotion, Betadine		01 each
	ointment		
19	Avomine	Strip	01