

**PRESS INFORMATION BUREAU
GOVERNMENT OF INDIA**

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Do's and Don'ts for Yatris for Shri Amarnath Yatra, 2015

As per the guidelines of the Amarnath Shrine Board, the following is the list of Do's and Don't's for Shri Amarnath Yatra, 2015 :

Do's for the Yatris

1. Yatris must carry sufficient woollen clothing as the temperature can sometimes abruptly fall to below 5 degree Celsius.
2. It is important to carry umbrella, wind cheater, raincoat, and waterproof shoes as the weather during the Yatra area is unpredictable.
3. Clothes and eatables should be kept in a suitable water proof bag to avoid belongings from getting wet.
4. For emergency purposes, do keep in your pocket a note containing the name/address, mobile telephone number of any Yatri proceeding from Darshan on the same date as you are doing
5. It is must to carry your identity card/driving license and Yatra Permit with you.
6. Do travel in a group along with porters/horses/ponies carrying your luggage.
7. It is important to ensure that all those comprising the group remain in your sight, lest you are separated from your group.
8. On your journey home, you must leave the Base Camps along with all other members of your group.
9. Do seek immediate assistance of the Police in case any member of your group is missing. Also have an announcement made about the same on the Public Address System at the Yatra Camp.
10. Help your fellow Yatris travelling with you
11. Do strictly follow the instructions issued by the Yatra Administration from time to time.
12. Respect the environment and do nothing whatsoever to pollute the Yatra area.

Don'ts for the Yatris

1. Ladies must not wear saree while trekking during the Yatra. Salwar kameez, pant-shirt or a track suit will be more comfortable for them
2. Ladies who are more than 6 weeks pregnant shall not be allowed to undertake the pilgrimage
3. Children below 13 years in age and elderly persons above the age of 75 years shall not be permitted to undertake the pilgrimage
4. Don't stop at places which are marked by warning notices.
5. Don't use slippers because there are steep rises and falls on the route to the Holy Cave. Only wear trekking shoes with laces.
6. Don't attempt any short cuts on the route as doing so would be dangerous.
7. Don't commence journey on an empty stomach to avoid medical problems
8. Don't do anything during the entire Yatra which could cause pollution or disturb the environment of the Yatra area.
9. Don't use polythene as its use is banned in J&K and is punishable under law.

NB/NK/PS