CAMPUS GUIDELINES - NALS LADAKH, J&K, INDIA

General Guidelines / Information to Participants

Welcome to Ladakh and we sincerely hope your stay will be exciting and memorable. The word Ladakh in Urdu means "land of high passes". Historically, Ladakh has been an important trade route. Leh is the capital of Ladakh and hundreds of tourists and adventure enthusiasts arrive here to explore the Great Himalayas and particularly the spectacular and majestic Zanskar Valley.

General Information

1. Outdoor programs require participants to sacrifice some of their comforts and adjust to an environment that may be hot / cold / rough or wet.
2. Vegetarian Meals are provided in all campuses of NALS
3. Amenities are basic and accommodation will be in tents / shared.
4. Hot water may not be available for bathing.
5. Drinking water is glacial melt water.
6. For campers in higher altitudes, a toilet tent is provided around a hole in the ground. Burning of firewood for entertainment is not allowed. As a result campfire is not part of our programs
7. Smoking / alcohol consumption are not permitted in our campsites as they aggravate the risks of adventure programs. NALS may expel persons indulging in this.
8. We have a "Leave No Trace" policy and request visitors to respect the bio-diversity.
9. NALS may be forced to re-schedule a program due to onset of adverse weather conditions, lack of access roads, social unrest or other disturbances over which we have little or no control. Late arrival or early departure of participants will also affect program schedules.

Do's & Don'ts

1. Do remember that this is not a holiday but an outdoor activity in off road conditions. Take care of your personal safety
2. Do adhere to safety instructions; else it may put you or your colleague in danger.
3. Do not use perfumes, deodorants, strong soaps & shampoos. It may distract animals in the area.
4. Do understand your limits and feel free to express your fears / inability to accomplish a task. There is no compulsion to push yourself and strain your muscles.
5. Do extend a helping hand to someone in need of it.
6. Do not consume drugs / alcohol as they will affect your performance in the outdoors.
7. Do not bring plastics / other waste and litter them in the outdoors.
8. Do not make noise and disturb the harmony of nature.
9. Do not indulge in friendly pranks and mischief as this will surely invite trouble and derail the objectives of the program.

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Things to Bring

Hiking or Trekking shoes, Sandals, torch (flashlight), water bottle, small back pack (30 ltr), wind cheater, full sleeve sweater and warm layers, water proof shirt / pant or poncho, full length jeans or cargo pants, T-Shirt, sun cap, sun glasses, sun screen are some of the minimum items required.

(please refer full list available on www.nals.in against relevant programs)

Risk Awareness

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors, both man made and natural. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialized medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

Common risks possible: Muscle strain, ankle sprain, bruises, ant bite and the like – all of which can be handled on the spot and participants can go on to complete the program successfully.

Some of the wild animals in this area are: Bears, Deer, Marmots, Snakes and Foxes. In case you sight some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and retreat if necessary. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parent consent and signature is mandatory for participation in our programs.

Location & How to reach

Leh is located in the north east sector of Jammu & Kashmir and altitude of Leh is about 3500m.
By Air – Regular flights are operated from Chandigarh, Delhi, Srinagar, Jammu
By Road – There are two routes:

a. Manali – Leh Road, about 480 kms
b. Srinagar – Leh Road, about 434 kms

Note: Both these roads are seasonal and may be closed during winter / heavy snow fall.

Weather

The climate in Ladakh is extremely cold in winter and the sun's effect is harsher due to the thin air. Temperatures vary depending on the altitude. Generally these temperatures prevail:
Summer : -3 to 30 degrees Celsius
Winter : -20 to 15 degrees Celsius

RainfallLadakh receives sparse rainfall. However, there has been flash floods due to unseasonal rains

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