We all know that COVID will stay and treks with added precautions are the new norm. Though the risk of getting infected cannot be eliminated, by being mindful of our actions, we can take several precautions to mitigate this risk and therefore reduce our impact on ourselves, fellow trekkers, local community as well as the environment.

We have come up with certain protocols that we practice to ensure the safety of the Trekker, Staff and the Locals.

**Pre-Trek Checks:**

Even before you start your trek, we have placed certain measures to ensure the safety of the staff, yourself and your fellow trekkers:

1. You must get a COVID-19 negative certificate from an ICMR certified clinic 72 hours prior to the travel.
2. During travel we suggest you wear adequate protection and avoid unnecessary contact with objects such as doors, tables, escalator railings, etc.
3. We suggest you reuse the face shield given to you by the airline in the cab when you travel to the respective campsite.
4. The vehicle scheduled for your drop to the base camp will be sanitized and cleansed thoroughly. The driver will also be wearing a mask throughout the journey and will also sanitize himself often.
5. The driver will be checking your COVID-19 test report before boarding the vehicle.
6. Each vehicle will have a sanitizer and we expect you to sanitize your hands while stepping in and out of the vehicle.
7. We suggest you carry your own lunch box and mug so that you avoid using cutlery at restaurants during your journey to the basecamp.
8. Before the start of the trek, all the equipments such as tents, sleeping bags, liners, blankets and sleeping mats will be cleaned thoroughly.
9. We will monitor your Body Temperature and Blood Oxygen Saturation along with BP after you arrive at the campsite.
10. If we notice any symptoms related to COVID-19 then you will be isolated and sent back to the base city.
11. The room will be thoroughly sanitized before allotting to you.
12. Your personal gears like sleeping bag and liner will be allotted to you at your rooms and will be asked to number/name them so that use the same throughout the trek.
13. Avoid walking around the villages and meeting the locals.

**Protocols During the Trek:**

1. You are requested to maintain a social distance of around 1 meter while trekking, wherever and whenever possible.
2. We will practice frequent hand washing or sanitizing while on the trek.
3. Wear masks when you meet the locals while passing through a village or so.
4. Make sure you sanitize your hands before handing over your personal bags to the muleman or porter and also after you collect the bag at the campsite.
5. Your health will be monitored regularly – BP, Temperature, Oxygen Saturation.
6. During group activities you will have to wear masks mandatorily
7. After the tents are pitched each day, we will sanitize your tent.
8. Whenever possible, we will dry the sleeping tents, dining tents, stools, foam mats, blankets in the sun.
9. Once your sleeping bag is handed over to you at the campsite you can dry it in the sun before the sun goes down.
10. All fruits handed out will be washed thoroughly.
11. The dry toilets will be sanitized often.

**Staff Safety:**

1. Before the start of the trek we will make sure that our staff is in the best of their health.
2. The health of the staff (cooks, helpers, mulemen/porters, guides, TLs) will be monitored regularly by the Trek Leader till the trek finishes.
3. The kitchen staff will use masks and gloves while working in the kitchen and will also sanitize/wash their hands often.