

Health Issues

Vaccinations

No specific vaccinations are required for travelling to Ladakh. However, vaccinations against hepatitis, tetanus, diphtheria, polio and typhoid are recommended. We advise you to speak to your family doctor approximately three months before your trip.

Health check

In the case of physical weaknesses, a health check should be carried out before embarking to your Ladakh trip.

Travel insurance

Kindly make sure that you leave home with a decent travel insurance covering overseas healthcare. Sort out your health insurance and make sure it covers overseas travelling. Read the contract carefully, eventually make an additional copy for the time you are travelling.

First Aid Kit

Pack a medical kit for your holidays. There is plenty of information on the Internet about what to bring. It also should contain basic first aid items (plasters, antiseptic wipes, blister pads etc.). If you need personal medicines, eye drops or other medication please make sure you bring enough for your entire stay in Ladakh.

Acclimatization after arrival

Ladakh is a high-altitude destination. As Leh is situated at an altitude of approx. 3,500 m / 11,500 feet, you are advised to properly acclimatize your body for the first two to three days. More information about this topic you can find also in the separate document *Acclimatization In High Altitude For Adults And Kids*.

How are you feeling?

For minor ailments you can choose among several pharmacies in the main market at Leh or opposite the hospital. In case you or somebody else (your friend, a family or group member) should feel unwell you can consult a doctor at the SNM hospital for medical advise.

Acute Mountain Sickness (AMS) ...

...can occur to anyone at altitudes above 3,000 m / 10,000 feet. The most common symptoms are breathlessness, coughing, disturbed sleep, headache, inability to concentrate, lassitude, loss of appetite, and nausea. In this case it is recommendable to consult a doctor at SNM hospital for advice.

Gastro-enteric infections

Due to differing sanitary and bacteriological conditions in different countries, gastro-enteric infections need to be taken into account. Here are some recommendations:

- Use water-purification tablets or drink only properly boiled water.
- Check eating places, like restaurants, dhabas, tea shops, and choose only those with the cleanest eating and cooking conditions.

If you should develop a serious gastro-enteric problem, please

- contact a doctor or the hospital nearest to you
- report name and location of the eating place where you believe you may have contracted your illness from to the chief medical officer (CMD) in Leh who is responsible for public health in the region.

Medicines

Should you need medication, there are enough pharmacies in the main market of Leh or opposite the hospital.

Medical advice

For medical assistance kindly contact doctors or amchis (traditional healers) at the SNM hospital.