



## health issues

### travel insurance

before you embark into your holidays, please 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.

### medical kit

kindly pack a medical kit for your holidays. there is plenty of information on the net about what to bring. it also should contain basic first aid items (plasters, scissors, antiseptic wipes). if you need personal medicines, eye drops, etc., 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.**

please find more information about this topic in the separate document «acclimatization for adults & kids».

### how are you feeling?

in case of minor ailments, there are several pharmacies you can go to. in case you or somebody else of the family should feel unwell and you want to consult a doctor, please go to the 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.

## **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, choosing only those with the cleanest eating and cooking conditions.

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

- contact a doctor or a 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.

if you need medication, there are enough pharmacies in the main market of leh.

if you need medical assistance, you can get advise from doctors or amchis (traditional healers), at the SNM hospital which is located below the bus stand.