



Char Dham Yatra is about to begin Begin your journey fully prepared

Swasth Satark Safal Yatra

Thank you for registering for Char Dham Yatra. Uttarakhand Health Department wishes a safe and smooth journey to you, request you to follow the below health guidelines

Plan

Plan your trip for **at least 7 days**, allow time to acclimatize

Plan for frequent breaks, take **5-10 min break** every 1 hour of trek or every 2 hours of automobile drive

In case of health-related emergency, please contact us on

helpline no. 104

Prepare

Practice breathing exercises for **5-10 minutes** daily

Walk daily for **20-30 minutes**

If >55 years of age or have history of heart disease, asthma, hypertension, or diabetes, get a **health check-up / screening** done at screening kiosk

Pack

Warm clothes like sweaters, thermals, warm jackets, gloves, socks

Rain gear like **raincoat & umbrella**

Basic **health check equipment** like Pulse Oximeter, Thermometer

Appropriate medicines & devices (previously prescribed, if any)



We are here for you – in case of any inconvenience, please reach out to our health screening centers or any of the healthcare facilities and get yourself checked

Issued in public interest by Department of Medical Health and Family Welfare, Uttarakhand