



UNION TERRITORY OF JAMMU & KASHMIR
EXTENDS HEARTY

Welcome

TO
ALL YATRIS FOR



Shri Amarnath Ji Yatra -2023

Do's for the Yatris

- Every Yatri must collect his/her RFID Card from designated locations in J&K before embarking on the Yatra.
- It is mandatory for all Yatris to wear the RFID cards issued by SASB at all times during the Yatra.
- Yatris should wear comfortable clothes during the Yatra. Yatris are advised to wear trekking shoes.
- Yatris are advised to walk slowly while ascending and take time to acclimatize themselves.
- Yatris should drink adequate quantity of water to keep themselves hydrated.
- In case a Yatri is experiencing shortness of breath/ discomfort, he/ she must contact the nearest medical facility, and try to descend to lower altitude if possible.

Don'ts for the Yatris

- Yatris must avoid exerting themselves beyond their capacities and take frequent breaks and rests en-route.
- No Yatri shall be allowed to enter the Yatra area without RFID card.
- Yatris must avoid polluting the environment by littering waste material along the trekking route and surroundings.
- Yatris are advised not to commence journey empty stomach.
- Yatris must avoid drinking alcohol, caffeinated drinks and smoking.
- Yatris should not attempt to take any short cuts en-route and watch out for "danger zone" signages where they must move cautiously.

Wishing all a Happy and Safe Yatra



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Shri Amarnath Shrine
Board Website

**Directorate of Information & Public Relations
Government of Jammu & Kashmir**