

Risk & Respond

High Altitude Treks: Risk and Response A high altitude trek calls for an adventurous attitude, but embarking on an adventurous trip without calculating the risks is utter stupidity. That's why we have listed a few risks and the response planned by TTH to minimise or address the risks in the best possible way.

- **Risk: Altitude** Before you start the trek, it is important to understand the implications of high altitude on your body. Be aware of symptoms of AMS (Acute Mountain Sickness) like mild headache, nausea and general discomfort.

Response: If you feel any of these symptoms, inform the trek leader on priority and follow his instructions. Every campsite has a stretcher, fully equipped first aid kit, oxygen cylinders to address the situation.

- **Risk: Weather** Weather is unpredictable in the Himalayas. Though we are always observant about the changing weather, no one can guarantee a snowfall, rain or Sun. Do understand that your security is of utmost importance to us and we will not proceed any further from the campsite if the weather is not favourable.

Response: The decision of the Trek Leaders and Guides to proceed or wait for the weather to get better will be final.

- **Risk: Injuries** Often, while trekking over difficult terrains, you might have minor injuries like leg sprain, bruises etc. Serious injuries like fractures or major cuts are very rare.

Response: All our Trek Leaders are Certified Wilderness First Aid responders. They are trained to handle emergencies and can tackle minor injuries with a well-equipped first aid kit. In case of serious injuries, the patient is carried on a stretcher to the nearest road-head and is led to nearest medical centre.

- **Risk: Lack of communication devices** In the remote areas of the Himalayas, mobile networks do not reach. On a trek, one is cut off from the world of calls, SMS or watsapps.

Response: We rely on walkie-talkies and runners to communicate between the campsites and the base camps.