



Mountain Quest

Address : B1/ B19 Aranyeshwar Park, Pune- 411009

Mountain Manners and Customs

Discipline is the most important criteria for any successful activity. While being in mountains, also expects you to follow its customs and manners.

1. **MANNERS OF VISITING AREA–**

Greet local people on the way and be polite with them. They would be more helpful to you in case of emergency. Travel only when and where permitted. Respect right of others.

Do not write on walls of monuments, forts, caves. Maintain sanctity of the local shrines.

2. **WALKING MANNERS–**

Do's:

- Always wear cap, full sleeves shirt and trousers in sun. Windproof jacket in chilly weather.
- Carry goggles, sunscreen creams, lip balm in snow and ice.
- Use green/ khaki coloured clothes instead of bright colour clothing.
- Walk in a single file.
- Maintain silence. Do not disturb birds and animals, listen to their jungle calls.
- When you come across wild animals, be quiet and let them pass.
- When animals cross be on the mountain side.
- In land slide prone areas be on a lookout of falling rocks.
- Do not deviate from the stipulated path. Do not trample grass and flowers that are outside the path. Do not pluckflowers, catch butterflies, etc. for your own collection. Do study/ observe it by keeping your distance.
- Walk in a rhythm. Find your own pace and maintain that pace to conserve energy.
- Take periodic halts (first halt after ½ hour - 2min, thereafter every 1 hour – 5 min standing halt).
- Keep visual contact between first and last man.
- Maintain water discipline.

Don'ts:

- No jerky movements. Do not run, or walk fast and rest frequently.
- Do not unnecessarily disturb surroundings.
- Do not overtake.
- **Do not use mobile phones during walking**
- **Selfies may be dangerous, take proper care before taking a selfie.**

3. **CAMPSITE DISCIPLINE –**

Camp Hygiene:

- Maintain cleanliness.
- Maintain silence of the surrounding.
- Do not light fire unless absolutely necessary. Fire should be lit in a hole in the ground after clearing surrounding grass and shrubbery. Do not keep fire unattended.

- Always extinguish fire completely using water/ sand before sleeping/ leaving the camp.

Kitchen Hygiene:

- Kitchen should be sufficiently away from tents to avoid fire hazard.
- Kitchen tent should be of non-flammable material.

Water Hygiene:

- Take drinking water from upstream. Carry liquid chlorine to disinfect water if necessary.
- Do not wash utensils, clothes, etc. in the stream.
- Do not pollute water bodies with solid waste.
- Get water out of stream and wash at least 8-10 feet away from stream.

Garbage Hygiene:

- Make a pit for biodegradable garbage. Cover the pit well while leaving the camp.
- Burnable garbage should be burnt (better should be taken back to city and disposed of). Harmful garbage like cans bottles should be taken back to city and disposed of.
- Leave the campsite as clean as or cleaner when you leave.

Toilet Hygiene:

- Toilet location should be downstream.
- Make a pit (Cat hole), after finishing cover it with ample amount of mud / sand / soil to avert flies.

4. **JUDGING DISTANCE** –

- Plain walk: 4-5 Km/hour
- Climb up to 1500 feet: 2 Km/hour

5. **SIGNALING** – Use torch, whistle or any other means.

- Distress call: 6 whistles/ flashes in a minute.
- Reply call: 3 whistles/ flashes in a minute.

6. **GENERAL PRECAUTIONS AND PREPARATIONS** –

- Maintain personal cleanliness and hygiene. Maintain fitness before going on the trek and train yourself for weight carrying.
- Carry First aid kit. Members should be trained in first aid.
- Carry re-hydration packets.
- Follow proper acclimatization regime at high altitude (<2000 ft /day).