

Provisions

One can also buy ration at fair prices from the specially established Govt. Depots at Chandanwari, Sheshnag and Panjtarni. Numerous tea-stalls and small restaurants can be of great relief. However, pilgrims are advised to carry with them biscuits, toffees, tinned food etc. to cater to their immediate needs. Firewood or gas can be obtained at Chandanwari, Sheshnag, Panjtarni and near the Cave.

Insurance

A Yatri duly registered by the Shri Amarnathji Shrine Board for the Yatra 2012, having a valid Yatra Permit issued by the SASB will be entitled to an insurance cover of Rs. One lac in case of death due to accident while undertaking the Yatra.

Accommodation

Insulated huts and tents are installed during the Yatra at various Camps. These are available on rentals.

Registration

This year's Shri Amarnathji Yatra will commence, via both the routes, Pahalgam (Chandanwari) and Baltal, on 25th June 2012 and conclude on 2nd August 2012.

Every Yatri shall need to obtain a Yatra Permit for undertaking the Yatra on a given date and by a given route. No person shall be allowed to cross the Entry Gates at Baltal and Chandanwari who does not possess a Yatra Permit.

Yatris can secure their Yatra Permits from any of the 121 J&K Bank Branches, 49 YES Bank Branches, 4 Bihar Central Co-op Branches and 100 Post Offices located in various states

The registration for the Yatra through any of the designated banks will commence from 7th May 2012 and through the designated Post Offices from 15

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May 2012 onwards.

For obtaining a Yatra Permit, a Yatri is required to furnish **the prescribed Compulsory Health Certificate, issued by a Registered Medical Practitioner**, along with filled-in Application Form.

The Yatris can also secure their e-Yatra Permit via internet based registration facility available at the J&K Bank's website: ***jkbank.net***. However, such Yatris will have to produce their Compulsory Health Certificate at the Base Camp, Baltal or Pahalgam, and have their e-Yatra Permit stamped by the Shrine Board officials before they are allowed to embark on the Yatra.

Yatris who travel by helicopter will not be required to also register separately for undertaking the Yatra as the Helicopter ticket shall record the Yatris' essential information. However, Yatris traveling by Helicopter shall require to furnish their Health Certificate before they are allowed to board the helicopter for proceeding on the Yatra.

To avoid any inconvenience, every Yatri should secure his Yatra Permit in advance and embark on the pilgrimage only on the day and from the route for which he has got himself registered for the Yatra.

DO's

1. Prepare for the Yatra by achieving Physical Fitness. It is advisable to start a preparatory For obtaining a Yatra Permit, a **prescribed Compulsory Health Certificate issued by a Registered**
2. Embark on the Yatra only after obtaining a valid Yatra Permit after due registration as per the
3. You have to trek through high mountains, facing strong cold winds. Do carry woolen clothing,
4. For Ladies, **saree is not a suitable dress for the Yatra** a shirt or a track suit will
5. Keeping in view the tough **small children should not undertake the Yatra**
6. Make sure that the ponywalla, the labouror, the dandiwalla is properly registered and carries a
7. During the Yatra from Pahalgam/Baltal onwards keep your clothes and eatables in a suitable
8. Carry sufficient money to pay for your accommodation at base camps and at other stations en
9. To enable urgent necessary action in case of any emergency please keep in your pocket a no
10. Carry all the medicines which you take daily and, also some general medicines such as Gluc
11. Carry a water bottle, dry fruits, roasted baked grams/channa, toffees, sufficient chocolates, e
12. Keep some Cold Cream/ Vaseline/ Sun Screen with you to protect the skin from the cold win
13. While trekking, relax for a short while on steep inclines and don't exert yourself beyond your
14. The best way to perform **also a slow and steady pace** you will unnecessarily exhaust/tire yoursel
15. Provide all help to fellow Yatris, traveling with you and perform Yatra with a pious mind.
16. **Yatris are advised to strictly follow the instructions issued by the Yatra Administration**
17. Earth, water, air, fire, and **you must therefore, respect the environment and do nothing w**
18. Use latrines / bathrooms **Shri Anamthi Shrine Board** defécate in the open.
19. Cash offerings should be **Shrine Board only** boxes of may also prefer to donate through this

DON'TS

1. Don't stop at places which are marked by warning notices.
2. **Don't smoke and don't carry/consume any kind of narcotic or alcoholic substance.**
3. Don't use slippers because there are steep rises and falls on the route to the Holy Cave. Wea
4. Don't attempt any short cuts on the route as doing so would be dangerous. Do not break traffi
5. **Do not do anything during the entire Yatra which could cause pollut**
6. Do not touch or tamper with **the Holy Lingam and / or place of worship** on the Holy Lingam
7. Don't stay overnight at Holy cave due to low oxygen.