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The holy Amarnath Yatra is all set to happen. To catch the glimpse of divine Shiva-lingam in the cave within great Himalayas, thousands of pilgrims would undertake it. If you're also planning for the same, read this article to get useful tips for the Yatra.

The Amarnath Yatra! Even the name is enough to fill one's senses with spirituality and a spec of joy. This is what every Hindu wishes to conduct at least once in his lifetime. It's believed that someone who completes this holy journey definitely gets "Moksha" after death. One of the most popular pilgrimages in India, Amarnath Yatra is devoted to Lord Shiva and happens in the month of "Shravan" (June-July) according to Hindu calendar. The aim of the Yatra is to pray in front of a giant shiva-lingam that appears once in a year in the holy cave within Himalayas. Located amidst the mystic hills of Himalaya at an elevation about 14,000 ft, this cave is the place where Lord Shiva imparted the method of mortality to his consort Parvathi.

The Amarnath Yatra takes the pilgrims through a wonderful beauty of nature. Beautiful valleys, serene lakes, enchanting jungles and majestic hills can be seen on the way. Full of joy and thrills, the journey provides the memories of a lifetime. However, the tourists are advised to follow some guidelines, and consider some important factors while planning for an Amarnath Yatra.

Useful tips for Amarnath Yatra:

☞ Prepare yourself physically for the Yatra. Start morning/evening walk even a month ahead of the date of Amarnath Yatra. It's useful to opt for preparatory exercises and yoga. Do remember that the journey includes a tough trekking route to an altitude of around 14,500 ft. So, being physically and mentally fit is quintessential.

☞ Amarnath Yatra registration is mandatory to be the part of journey. Pilgrims should obtain a valid Yatra Permit only from a reliable source.

☞ Proper packing is important for a successful and joyful journey, since the region features strong cold winds, you should keep woolen cloths, a rain coat and a blanket in your travel bag. Apart from that, waterproof shoes, torch, gloves, jacket and a wind-cheater are some travel accessories you must carry for the Yatra.

☞ Ladies should use salwar-kameez, pant-shirt or a track suit instead of Saree for comfortable journey. Because the journey involves tough paths and hard nature to survive with, pregnant ladies should not undertake the Yatra.

☞ On the way, you will find numerous bas camps which provide the pilgrims accommodation, of course for money. So it's advisable to carry sufficient money to get necessary rest and accommodation at these camps. You would need the money to meet other personal requirements like food, water and other necessities.

☞ The Yatris (pilgrims) should have a note containing the name, address, mobile number and the numbers of his/her colleagues on the journey. It's also advised to carry necessary travel documents including a valid identity card and the Yatra Permit.

☞ It would be better if you have a small first-aid kit with general medicines like glucose, move, iodex and disprine being its part.

• While trekking, be at your own pace. Don't make hurry and try not to be too slow or too fast. Enjoy the beauty of nature, and take rest where you need it.

• Co-ordinate with your fellow yatris, and maintain peace during the journey.

• It's always advisable to follow the instructions issued by the Yatra Administration. Respect the local traditions and cultures, and don't conduct wrong or illegal stuffs.

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Writer of this article is associated with Hungry Bags, a leading tour operator that arranges a [Amarnath Yatra Helicopter](#) journey along with all necessary arrangements like a [Amarnath Yatra Registration](#) and a [Amarnath Yatra](#).

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