Camping in Ladakh, considered one of the essential adventure activities, offers adventure lovers to connect with nature in the most serene way. The Himalayan region of Ladakh, with its barren mountains, beautiful lakes, and sparse vegetation, makes a perfect spot for a camping adventure. Visiting in late June and July, you are sure to be surrounded with pristine beauty and your soul, for sure, will be at peace.

Top 10 Tips for Camping in Ladakh

1. **Where can I camp in Ladakh?**
   Camping in Ladakh is not restricted, and you can essentially camp anywhere in the Ladakh region, provided you have the required permissions and are following local regulations. Most of the camps are set up by local nomads and are not likely to cause any trouble. You can even camp under the open sky, ensuring you are not disturbing any wildlife or natural resources.

2. **DO NOT camp at restricted sites or wetlands/lakes**
   Camping is not allowed in restricted sites such as Army secured zones or wetland reserves. Both lakes in Ladakh, Pangong Tso, and Tso Moriri come under wetland reserves and camping is considered illegal at the bank of these lakes. Pitch your camp away from these areas. It’s better to keep your distance and not cause any trouble.

3. **Choose a site where the water stream is nearby and wind pressure is less**
   Always camp in the vicinity of continuous water supply and ensure that you camp higher than the creek. Also, make sure you see no past signs of flash floods up there. Not too close and not too far. Try to choose a place where the wind will not hit you.

4. **Ensure that your camp is fastened properly & the weather is clear in the night**
   Rain, coupled with winds in Ladakh, can uproot your tents if not set up correctly. Hence, make sure you properly install all the hooks and fasten the camp properly. Check the weather upfront and opt for a homestay if it’s too bad.

5. **In case of a campfire, DO ENSURE you put it OFF completely with no ambers left.**
   If you set up a campfire, please ensure that you do not light it up near thatched roofs in the vicinity. Do the same when you put it off, completely before leaving the site. Slight ignorance can prove life-threatening for the locals.

6. **Acclimatization again is a crucial factor, stay warm and well hydrated.**
   Acclimatization plays a critical role in camping in Ladakh. Setting up camp and then getting it off is an activity of exertion. Staying warm and being well hydrated will surely help you acclimatize at a much faster rate. Keep an eye on the altitude if camping on the Manali-Leh highway.

7. **Wash your hands properly and if possible carry a filter bottle**
   Wash your hands regularly because even a stomach upset could become very serious when coupled with high altitude. Try taking a water bottle with a filter. Do carry medicines for stomach upset, diarrhea, and other essential medications for regular/vulnerable illnesses.

8. **Carry the essentials while camping in Ladakh**
   Carry first aid, conventional medicines, a torch, a flint, a camping knife, and mosquito repellent when camping in Ladakh. Not to repeat, you should have enough food with few buffer days, including dry fruits. Carry lots of ORS packets or electoral packets for oral rehydration of minerals.

9. **Ensure you do not leave any food open**
   In case you leave food items uncovered at night, it might attract wild animals when camping in Ladakh, which can end up in trouble for you. Always try to pack up your food after cooking and do not leave it open. You do not want to get in the struggle with animals in Ladakh!

10. **Leave nothing but footprints in Ladakh!**
    Save our Himalayas
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    7000 ft
    Drive with Care
    Drive Early, Sleep Early

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**Himalayan Travel Tips**

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early
- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles

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**SaveOurHimalayas**

- Drop By for a Trek
- Over the Top
- One Planet One People
- Bring Back the Truth
- Do Not Pollute