



Traveling to Ladakh with Kids or Babies

A lot of families consider traveling to Ladakh every season. Some families have young kids while others have babies too. Many of them get confused if they can take small kids to Ladakh. Let us look at some of the essential tips for traveling to Ladakh with babies or children.



Gradually increase the altitude

When visiting Ladakh with children, you must ascend or gain altitude slowly to allow proper acclimatization. Opt to go from Srinagar Leh Highway with an overnight halt at Kargil and Alchi before reaching Leh. Going from Srinagar to Leh will ensure appropriate acclimatization.



Keep yourself & kids adequately hydrated

When traveling with kids to Leh Ladakh, you must keep yourself and your kids adequately hydrated (not over-hydrated in any case) by taking care of proper liquid intake and feeding, including water. A sufficiently hydrated body is key to the acclimatization for both adult as well as kid's or infant's* body. Do not over hydrate.



Protect the infants or kids from cold

You must keep your kids or infants protected from the cold conditions by a sufficient amount of warm or woolen clothes because kids catch colds very quickly. Make sure you carry inner thermals for them. Prevention is better than cure here, primarily due to the lack of medical facilities.



Protect the soft skin of kids or infants or babies

Protect his/her soft skin from the sun rays, which may cause skin burns. Eyes must be protected too from the reflection of sunrays from snow because the reflection from snow may cause some irritation in kids or infants' eyes. Check with a doctor about a suitable sunscreen lotion for kids and their skin.



Avoid staying longer at high altitude

Keep your visit or stay at a very high altitude as short as possible. Example, while going to Khardung La with an infant* you must remain for let's say about 5-10 mins max, keeping the stay to a bare minimum. Similarly, you can avoid the night stay at Pangong Tso or Tso Moriri lakes.



Keep an eye on the weather

It is crucial that you keep a check on weather updates. If the weather seems crazy on a particular day, when you plan to visit a high altitude tourist attraction (above 10000 feet), then please avoid the travel on that day and stay at the current altitude only. Take extra care to keep the baby or kid warm with woolen clothes on such cold days.



Be very vigilant about your kid's physical conditions

If you notice that your baby is crying too much or having any breathing distress or vomiting or his/her color is changing, then IMMEDIATELY DESCEND and get medical help as soon as possible.

New Born Travel Warning!

You should NOT plan and altogether avoid ANY travel, be it to a high altitude place or a low altitude or just in plains if your baby or infant is less than 3+ months old or a premature baby, STRICTLY. Wait for any travel until your baby is not at least a 12+ months old and then based upon the place you choose to travel, you can decide if it is safe or not.

Himalayan Travel Tips

- Have Buffer Days
- Stay Warm & Hydrated
- Avoid Alcohol
- Carry Required Clothing, Food & Water
- Drive with Caution & Care
- Start Early, Sleep Early



#SaveOurHimalayas

- Spread Smiles Not Plastic
- Stop Littering
- Bring Back Your Own Trash
- Avoid Plastic Water Bottles