



HEALTH & ADMINISTRATIVE ADVISORY FOR PARTICIPANTS/EXHIBITORS

HIMTECH & Him-Drone-A-Thon 2024 | 20-24 September 2024 at Leh, Ladakh

HEALTH ADVISORY

- a) **Acclimatisation and Health Checkups:** Participants and Industry representatives are advised to reach Leh at least four days before the event. **They should have undergone proper medical checkups** and be fit for high-altitude travel. Participation of any individual above 60 years of age or with serious ailments, especially heart, respiratory, and blood pressure issues, should be avoided.
- b) **Rest:** Get enough rest, especially on the first day after arriving in Leh. A well-rested body can better cope with altitude stress.
- c) **Hydration:** Drink plenty of fluids (5-6 litres) to help with acclimatisation.
- d) **Medication:** Take Diamox-250mg (acetazolamide) tablets twice a day, starting at least two days before your trip and continuing for two days after you arrive in Leh. If needed, you can also continue taking the tablets for a day or two while in Ladakh.
- e) **Movement:** Move slowly and breathe deeply as your body adjusts to the high altitude and low oxygen levels. Avoid physical exertion during the first two days you're in Leh.
- f) **Food:** Eat a light meal on your first day to avoid indigestion.
- g) **Symptoms:** If you experience symptoms of high-altitude sickness, you should consult a doctor immediately.

ADMINISTRATIVE ADVISORY

- (a) **Industry Logistics:** Him Drone-A-Thon participants to reach Leh along with their systems on their own. Detailed information will be shared in due course with confirmed participants.
- (b) **Participation of Foreign Nationals:** Details of any foreign nationals attending the events must be shared separately with the organisers by 31 August 2024 for HIMTECH and HIM Drone-A-Thon for M.I. clearance. The organisers will provide the format for M.I. clearance upon request by the participants. The final participation will be based on M.I. clearance.
- (c) **Arrival:** HIMTECH participants must reach Leh by September 17th, 2024. A pre-event conference is being planned for Him Drone-A-Thon participants details of which will be shared shortly.

(d) Reception: Two reception centres will be established at Leh Airport and near HQ Leh Sub Area. All Participants/Exhibitors are required to report to either reception centre and get themselves registered by furnishing the following details:

- a) Company details
- b) Names & contact numbers of all reps
- c) Aadhar card details
- d) Hotel details
- e) Hired vehicle details

(b) Accommodation

- i. Accommodation, including hotels, homestays, and lodges, is available in Leh and the general area of Karu. However, September being a tourist season, this would require timely booking by the participants/exhibitors.
- ii. Approximately 100 hotel rooms have been blocked in Leh from 17 Sep 2024 onwards for HIMTECH 2024. The POC for booking rooms is **Capt Vedant (9076791779)**. **Rooms for the participants/exhibitors will be allotted on a first-come-first-served basis.** The list of hotels with POC details is as follows:

Name of Hotel	POC at the Hotels	Remarks
Hotel Zen Ladakh	Mr Thinlas Norboo Mob No 8493898993	30 x Rooms confirmed
Hotel Gawaling	Mr Stanzin Mob No 7006564365	15 x Rooms confirmed
Hotel Rewa Ladakh	Mr Sapam Mob No 7889817337	30 x Rooms confirmed
Hotel Mentokling Residency	MS Rinchen Mob No 7006037303	30 x Rooms confirmed

- iii. Accommodation for Him Drone-A- Thon is being catered at Karu in local hotels/ Homestays. The point of contact (POC) for booking rooms is **Maj PG Vajpayee (7839017257)**. Adequate storage space with overhead shelter is available at Karu for the safekeeping of sensitive equipment brought by the participants/industry reps. **The bookings for accommodation will be strictly on a first-come-first-served basis.**
- iv. Participants/exhibitors who have already booked hotel rooms on their own or wish to stay in hotels other than those mentioned in the table above must inform the same during the registration at the reception centres and also to Lt Col P Basu for correct data collation.

(c) Transportation: Participants/exhibitors are advised to book taxis and load carriers as per their requirements on their own. The list of contact Nos of Ladakh Taxi Union is as follows:

- 1) 01982252723

- 2) 01982295929
- 3) 01982256086
- 4) 09988774676

- (d) Food:** During HIMTECH 2024, the organising team will arrange lunch and refreshments at the venue on a Direct Payment Basis for participants/exhibitors. For Him—Drone-A-Thon 2024, the Army has undertaken the catering arrangements; the participants can avail themselves of the food on a direct payment basis.
- (e) Departure:** All participants/exhibitors are required to deposit the security passes at the reception centre at the venue before departure.
