



Upaasak

The beginning is within

Amarnath Yatra 卐 2026 Guide

Checklist Items / Travel Guide / Important Instructions

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Amarnath Yatra

3. IMPORTANT INSTRUCTIONS



✓ 1. CHECKLIST (Carry Items)



Medical & Essentials

- Medical kit – all basic medicines,
- Wet Tissues,
- Basic personal kit (no heavy items)



Food & Consumables

- Dry fruits, Mishri, Saunf, Green tea, Chocolates, Cardamom
- Plastic water bottle (max 1 litre capacity)



Documents (MANDATORY)

- Yatra Permit / RFID Card
- Medical Certificate (Original)
- Aadhar Card



Bags & Storage

- Plastic bags (for wet clothes)
- Shoulder bag (medium size, comfortable for 6–7 hours carrying)
- Waterproof covers for electronics and cash



Clothing

- Clothes – max 3 sets
- Undergarments – max 3 sets
- Socks – max 3 pairs
- Hand & Bath towel (light weight)
- One lightweight winter jacket
- Pocket-size raincoat (max 2)



Footwear & Gear

- Trekking shoes (preferred) / sports shoes
- Torch (mobile flashlight is not sufficient in early morning)



Electronics

- Power bank
- Keep phone & power bank charged whenever possible



Others

- Foldable umbrella (only if weight allows)
- Spectacles users → carry 2 pairs





Amarnath Yatra

2. IMPORTANT INSTRUCTIONS



2. TRAVEL (Highly Important)



Day-wise Movement Plan

Chandanwari → Sheshnag

- Start from Chandanwari → 4-5 AM



Sheshnag → Panchtarni

- Reach Sheshnag → 1-3 PM
- Start from Sheshnag → 4-5 AM
- Panchtarni → Cave**
- Start from Panchtarni → 3 AM



Final stop: Cave Darshan



- Reach Cave → 7 AM (ideal darshan time, no long queues)

Gate Timing Rule



Gates (Chandanwari, Sheshnag, Panchtarni) close between 2-3 PM



Always cross gates before closing to avoid being stuck



Return Plan

Cave → Baltal Base Camp

- Start from Cave → 9-10 AM
- Reach Baltal Base Camp → 3-4 PM



Baltal → Jammu/Srinagar

- Transport Options
- Take bus from Baltal for Jammu or Srinagar (convoy system). Other option is private car/taxi



- Always travel in convoy → safer + army protection
- Buses are budget-friendly but less comfortable
- Try to get bus tickets early (limited availability)



HELICOPTER

OPTION (If opted)



Baltal route is cheaper than Pahalgam for helicopter



Wake up at 2 AM → stand in line early to get into helicopter at first slot



Reach Panchtarni by 7 AM → Darshan by 9 AM

Panchtarni



Helicopter goes till Panchtarni only (6-8km away from cave). Post that travel by walk or baggi (baggi goes straight till top, 40-50m away from Baba Barfani, horses will drop you 2 km away from Baba Barfani)

- For return → go early if you don't want to stay overnight (Expect informal queues everywhere)



Electronics



- Power bank
- Keep phone & power bank charged whenever possible



Amarnath Yatra

3. IMPORTANT INSTRUCTIONS



MANDATORY GUIDELINES & PRACTICAL TIPS



📍 Yatri Base Camp (protected by armies) –

Jammu, Srinagar, Pahalgam, Sheshnag, Panchtarni

👉 Prices increase as you go higher

Stay → Chargeable (Shrine Board rates)



Wake up early (3 AM) and start early (5 AM) daily,

- Target cave darshan by 7 AM for minimal crowd



Network, Transport & Cash - Prefer Jio (postpaid/prepaid).

- Airtel works at very limited places during trekking. Charge devices whenever
- Travel with convoy (buses) for safety and faster travel.
- Carry approx ₹10,000 cash (ATM / online options are limited).
- Keep emergency contacts written physically (not just phone)



Bhandara & Food

- Experience Poshpatri Bhandara (unique high-altitude experience).
- Food → FREE for Yatri (Bhandaras).



❌ Nature & Safety

- ❌ Don't throw plastic anywhere (Respect nature – this is considered home of Mahadev).



- Keep small snacks easily accessible (don't open bag repeatedly)

- ❌ Don't throw plastic anywhere
- ❌ Don't rely on mobile flashlight

Horse Riding & Baggi

- Avoid horse riding - Causes back pain,
- Animals are often overworked/injected, Many die during yatra.
- Alternative, Baggi (safer & comfortable but 2-3x cost of horse)



Journey Spirit - Travel light (very important for trekking),

- Stay hydrated and energized. This is + physical journey. You come here to:
- Feel nature, Experience mountains, air, water, Connect with Mahadev.
- Expect queues everywhere (darshan, helicopter, etc.),
- Avoid stampede-like situations

