



## What to carry while traveling to Ladakh with Family?

[Ladakh](#) is always known as an adventurous [place](#). Every time you hear [Ladakh](#) in any conversation you'll be reminded of rough roads, cold weather, and trekking on mountains. Many people also think that [Ladakh](#) is only a [biker's place](#). They believe that only bikers or people who love adventure can visit a [place](#) like Ladakh.



- Carry proper medicines prescribed just in case of any emergency, so that you can relax a bit before reaching the nearby hospital.
- Pack enough warm clothes for your kids and yourself to make sure you have a normal body temperature.
- Carry thermal water bottles and enough water. This will help to be hydrated and warm.
- Carry proper documents of all the family members with you in a secure bag. So, that it can be found in one [place](#) when needed.



- Carry enough you can book cabs or buy the necessities on time.
- Oxygen cylinder

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