

Medical Tests for the Yatra

The below mentioned laboratory tests and investigation would be conducted by Delhi Heart & Lung Institute (DHLI), and ITBP Hospital before the Yatra to determine high altitude endurance of the Yatri. The acceptable reference range and cut-off values for the mentioned tests would be applicable while considering the fitness of an applicant for high altitude endurance/trekking.

Investigation	Unit	Reference value	Cut-off value	Investigation	Unit	Reference value	Cut-off value
Haemoglobin	%	13-17	11 gm%	S. Bilirubin Total	mg/dl	0.2-1.2	2mg/dl
Total Leucocyte count	/cumm	4000-11000	4000/cumm 11000/cumm	S. Bilirubin Direct	mg/dl	0.0-0.3	0.4 mg/dl
S. Cholesterol	mg/dl	150	No range	S. Bilirubin Indirect	mg/dl	0.1-0.6	1 mg/dl
S. Triglyceride	mg/dl	150	No range	SGOT	U / L	0-40	120 U/L
Blood Sugar (F)	mg/dl	74-100	130 mg/dl	SGPT	U / L	0-41	120 U/L
Blood Sugar (PP)	mg/dl	74-140	180 mg/dl	TMT			Abnormal Stress Test
Hb A1C	%	4.8-5.9	8%	X-Ray			Abnormal Chest X-Ray
S. Urea	mg/dl	16.6-48.5	55mg/dl	ECG			Abnormal ECG
S. Creatinine	mg/dl	0.7-1.2	1.5 mg/dl	PFT			Abnormal PFT Cut off Value FVC < 70% FEV ₁ / FVC > 70% F ₆ V ₁ > 70%

- ▶ Body Mass Index: A person's fitness for the Yatra depends on many factors of his/her health. An otherwise fit person should try to lower the BMI level to 25 or less to add to his/her fitness.
- ▶ Before applying for the Yatra, applicant may consult reputed hospitals in their place of residence for pre-checks to find out if their physical & medical condition is within this range of values. This is only a suggestion.
- ▶ Test results from other hospitals/centers would not be valid for this purpose.
- ▶ Additional medical checks during Yatra to ascertain reaction to high altitude endurance/trekking will be conducted by the ITBP at the following places:
 - Lipulekh route, at Gunji
 - Nathu La route, at Sherathang
- ▶ Medical examination/test fees are non-refundable. Any sum of money paid by a Yatri at any stage after selection and confirmation is non-refundable and non-transferable.