The Eco trekker rules:

- Please respect local traditions, culture and religion.
- Pay fair prices for lodging, food and services. Buying local products benefits the local economy.
- Don't forget to take off your shoes when entering a home.
- Don't smoke in homes.
- Inform your host about your meal preferences.
- Always ask before photographing people and try to establish friendly contact before shooting. Please don't pay money.
- Please don't give anything to begging children.
- Wear good hiking shoes or boots as trails are slippery and stony. Bring warm clothes and a raincoat. Weather in a jailoo may be rainy and cold, even in summertime. Always have a flashlight, sunscreen, and insect repellent.
- Use your head. Drinking alcohol while hiking is unsafe.
- Carry a plastic bag for litter. Pack up all non-biodegradable rubbish. Please don't drop cigarette butts or candy wrappers.
- High altitude vegetation is frail. Avoid trampling and do not pick plants or flowers in quantity.
- Use toilets wherever available. Where are none, stay at least 40-50 m from streams and water sources and bury all waste and paper.
- Leave only footprints, take only photographs.

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