



## Khelo India Winter Games 2026, Ladakh

Dear Athlete,

Greetings from the organizing team of Khelo India Winter Games 2026!

We are delighted to welcome you to Ladakh, the land of majestic mountains, crystal-clear skies, and frozen lakes that come alive with the spirit of winter sports. Your participation in this year's Games adds to the pride and energy of this national celebration of sport and sustainability. As you prepare for your journey, we would like to share a few important notes to make your experience enjoyable, safe, and responsible.

### 1. Acclimatization and Health:

- On arrival in Ladakh, take adequate rest for the first 24–48 hours to help your body adjust to the high altitude.
- Stay well-hydrated and avoid strenuous activity until you feel fully acclimatized.
- Dress warmly in layers and protect yourself from sun exposure, which can be strong even in the cold.

### 2. Our Clean Ladakh Promise:

- There is a strict no-use policy for single-use plastic bottles, cups, or wrappers. Please carry your own reusable bottle and items.
- Dispose of waste only in designated bins, and follow waste segregation guidelines shared at the venue and accommodations.
- The fragile ecosystem of Ladakh depends on our collective care. Let us keep it as pristine as the ice we play on.

### 3. Play for the Planet:

- Encourage your teammates and fans to go green, clean and be conscious.
- Respect local customs, communities, and nature — we are hosting you with open hearts.
- Remember, being a champion also means leading by example — on and off the ice.
- 

We can't wait to see you bring your passion, skill, and sportsmanship to the rink! Together, let's make Khelo India Winter Games 2026 a celebration that the mountains will remember — full of energy, joy, and responsibility.

Welcome once again to the icy heart of India — Ladakh awaits your spirit!

Warm regards,

