

Emergency contacts and protocols on the trail

“📄 **Quick Summary:** In a medical or safety emergency, call the national emergency line at **1990**.

? Detailed Guidance

- **Local Village Support:** If lost or minorly injured, make your way to the closest tea plucker shelter or local village. Plantation communities are highly welcoming and can arrange local transport (such as a Tuk-Tuk).
- **Disaster Management Hotline:** If affected by extreme weather, immediately call **117** (Disaster Management Center).

?? Critical Alerts & Requirements

- **Solo Hiker Protocol:** Solo hikers are advised to carry **two mobile phones** (on different local networks, such as Dialog and Mobitel) and an external battery pack.

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