

**Element Name:**

Cuibut'ikaPakik Dai : the ritual of going to the streams and river for washing hair, making braids and taking bath; this is carried out by the adult Kalash women.

**Community (ies) Concerned:**

Kalasha Women of the three valleys of Bumburet, Birir and Rumbur who reach the age when they start menstruating, they then start carrying out this ritual.