

## Shipphor/Phephor

**Material:** Wood

**Description:** This is a wooden container with a lid, usually having colourful designs.

**Use:** It is used to store '*Tsampa*' (roasted barley).

**Used by:** It is indigenous to the people of Ladakh, Jammu & Kashmir but has also been in use in the Lahaul valley of Himachal Pradesh, India in the western Himalayas.

