ALTITUDE SICKNESS PREVENTION

Acute Mountain Sickness (AMS) - otherwise known as altitude sickness

AMS is very common at high altitude. At over 3,000 meters (10,000 feet) 75% of people will have mild symptoms. The occurrence of AMS is dependent upon the elevation, the rate of ascent, and individual susceptibility. Many people will experience mild AMS during the acclimatization process. The symptoms usually start 12 to 24 hours after arrival at altitude and begin to decrease in severity around the third day.

The symptoms of Mild AMS include:

- Headache
- Nausea & Dizziness
- Loss of appetite
- Fatigue
- Shortness of breath
- Disturbed sleep
- General feeling of malaise

Symptoms tend to be worse at night and when respiratory drive is decreased. Mild AMS does not interfere with normal activity and symptoms generally subside within two to four days as the body acclimatizes. Decrease your activity if symptoms continue.

Things you can do:

Decrease your caffeine intake

Stay hydrated – we suggest 2 waters to every Gatorade. **DRINK, DRINK, DRINK**

Get a good night’s sleep

Use Tylenol or ibuprofen as needed