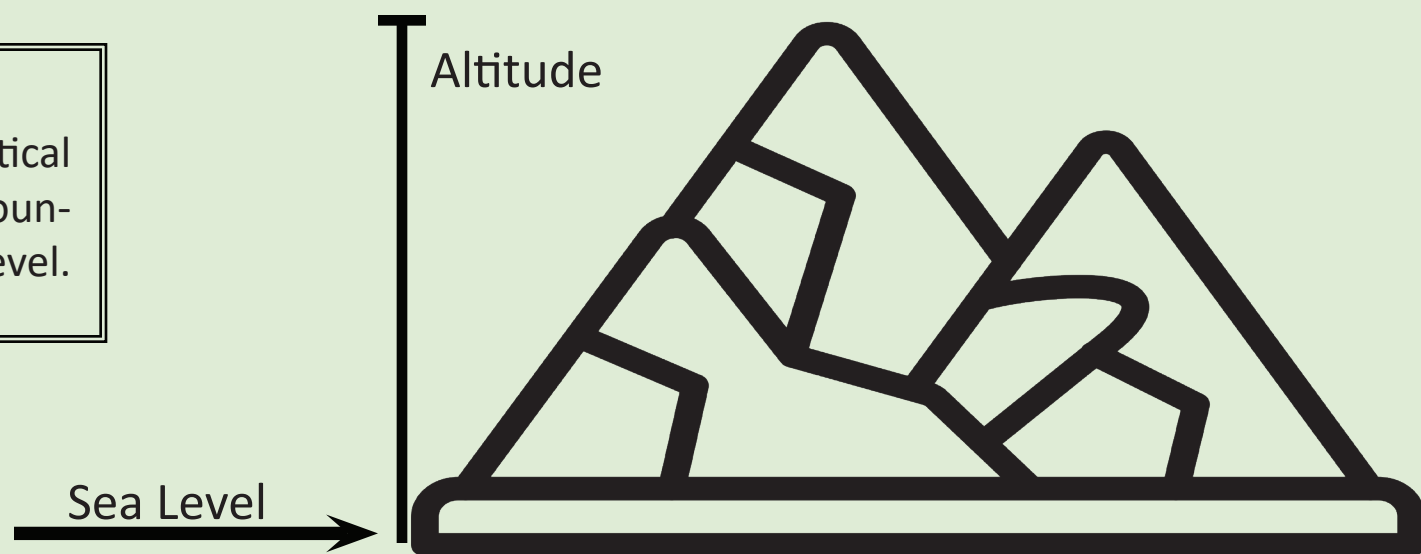


What to Expect with Altitude and Tips to Deal with Altitude Sickness

What is altitude?

Altitude refers to the height or vertical elevation of an object, building, mountain, or peak, in relation to sea level.



Altitude sickness, also called acute mountain sickness, occurs when your body cannot adapt to a high elevation (i.e. low-pressure, low-oxygen). This typically occurs at around 8,000 feet above sea level. Symptoms can include: shortness of breath, headache, nausea, dizziness, problems sleeping, among others.

Most symptoms and issues with altitude will disappear after a few hours, In some rare cases, however, symptoms can become more severe. More severe symptoms can include: loss of coordination, trouble walking, tightness or congestion in the chest, cough, vomiting, among others.

Tips to avoid altitude sickness

- ✓ Avoid caffeine and alcohol at least 24 hours prior to the start of a trip as well as during the trip, depending on severity of symptoms.
- ✓ Drink twice as much water.
- ✓ Acclimate slowly; add a mid-point stop to begin adjusting to the altitude before heading on to even higher points. Gradual exposure versus all at once.
- ✓ Speak with a physician about plans and decide on a course of action **BEFORE** the trip.

Take altitude sickness seriously! Seek out medical attention if problems persist or become more severe with time. It is also helpful to have medical clinics mapped out before arriving at a destination, as a precaution.

