



Adicciones Porques!

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10 / 73

# Prevention of Altitude Illnesses

Prevention of altitude illnesses falls into two categories, proper acclimatization and preventive medications. Below are a few basic guidelines for proper acclimatization.

- If possible, don't fly or drive to high altitude. Start below 10,000 feet (3,048 meters) and walk up.
- If you do fly or drive, do not over-exert yourself or move higher for the first 24 hours.
- If you go above 10,000 feet (3,048 meters), only increase your altitude by 1,000 feet (305 meters) per day and for every 3,000 feet (915 meters) of elevation gained, take a rest day.
- "Climb High and sleep low". This is the maxim used by climbers. You can climb more than 1,000 feet (305 meters) in a day as long as you come back down and sleep at a lower altitude.
- If you begin to show symptoms of moderate altitude illness, don't go higher until symptoms decrease ("Don't go up until symptoms go down").
- If symptoms increase, go down, down, down!
- Keep in mind that different people will acclimatize at different rates. Make sure all of your party is properly acclimatized before going higher.
- Stay properly hydrated. Acclimatization is often accompanied by fluid loss, so you need to drink lots of fluids to remain properly hydrated (at least 3-4 quarts per day). Urine output should be copious and clear.
- Take it easy; don't over-exert yourself when you first get up to altitude. Light activity during the day is better than sleeping because respiration decreases during sleep, exacerbating the symptoms.
- Avoid tobacco and alcohol and other depressant drugs including, barbiturates, tranquilizers, and sleeping pills. These depressants further decrease the respiratory drive during sleep resulting in a worsening of the symptoms.
- Eat a high carbohydrate diet (more than 70% of your calories from carbohydrates) while at altitude.
- The acclimatization process is inhibited by dehydration, over-exertion, and alcohol and other depressant drugs.
- Nothing is clear about sex. But condoms are further recommended in these extreme cases.

**climb  
high,  
sleep  
low**

**WARNING:** Graphic design can also cause certain altitude illness.