



# Altitude Sickness Guide

Quick reference guide for mountain trekkers



**Golden Rule**

Never go higher with symptoms. If breathing is hard or the person is confused/unsteady, descend now.



## (AMS)

Acute Mountain Sickness

### SYMPTOMS

- Headache
- Rapid heartbeat
- Breathless
- Dizziness
- Insomnia
- Fatigue
- No appetite
- Nausea

### PREVENTION

- Slow Ascend
- Stay hydrated (3-4L)
- Avoid alcohol
- Rest



## HAPE

High-Altitude Pulmonary Edema

### SYMPTOMS

- Chest congestion
- Rapid heartbeat
- Breathless
- Dry Cough
- Blue Lip
- Energy less
- Rapid breathing
- Breathless at rest

### PREVENTION

- Ascend Gradually
- Avoid overexertion
- Take acclimatization
- Rest



## HACE

High-Altitude Cerebral Edema

### SYMPTOMS

- Severe Headache
- Drowsiness
- Confusion
- Loss of coordination
- Unsteady walking
- Altered behavior
- Stupor
- Coma in late disease

### PREVENTION

- Ascend Gradually
- Dexamethasone for treatment
- Acetazolamide for prevention



Disclaimer: This guide is for informational and awareness purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Trails Nepal is not a medical organization.



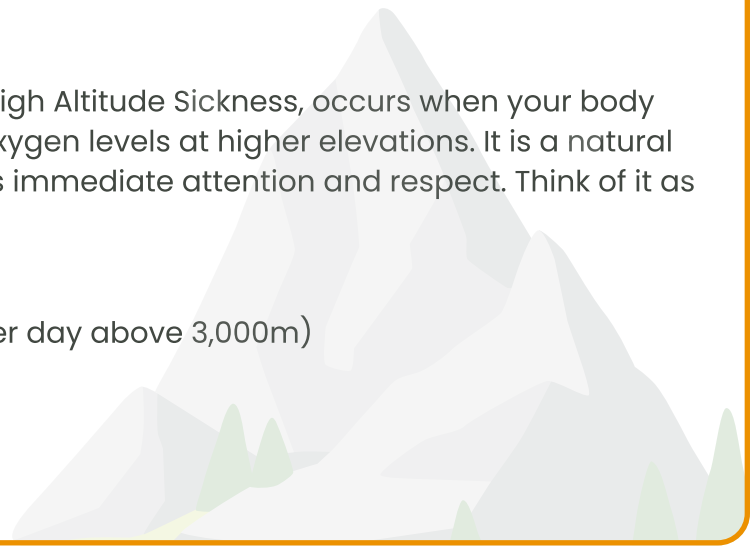
## (AMS) Acute Mountain Sickness

### WHAT IT IS?

Acute Mountain Sickness (AMS), often called High Altitude Sickness, occurs when your body doesn't have enough time to adjust to lower oxygen levels at higher elevations. It is a natural physiological response, but one that demands immediate attention and respect. Think of it as your body's signal to slow down and breathe.

### PREVENTION TIPS

- ✓ Ascend slowly (no more than 300-500m per day above 3,000m)
- ✓ Stay hydrated (3-4 liters per day)
- ✓ Avoid alcohol and sleeping pills
- ✓ Eat light, high-carb meals
- ✓ Listen to your body and rest when needed



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