



Acute Mountain Sickness and Importance of Acclimatization

How many times have you noticed that when traveling to the high altitude places, either you or people around you had complained shortness of breath, nausea, headaches or vomiting, etc.? They generally relate to acute mountain sickness. Let's look at a few tips that will undoubtedly help you in better acclimatization.



Increase the altitude gradually The acclimatization rules state that after 10,000 feet, we must stay

overnight for every 1000 feet or 300 Mtrs of elevation to properly acclimatize our body. This schedule in between shall allow a whole day acclimatization rest after 3000 feet or 915 Mtrs with an overnight stay at the same altitude.



Keep your body properly hydrated Do take plenty of intake of water with ORS or fluids like milk tea, juice, soup

(garlic one will do wonders). Also, garlic flavored water (keep garlic in water bottles) will help much more than drinking plain water. Adequate hydration will help keep the oxygen level standard in the body. You should avoid too much black tea or coffee as well.



Too much water is harmful and can dilute your body's sodium levels (hyponatremia), causing weakness, confusion, seizures, and coma. It might

AVOID overhydration

also lead to vomiting.



recommended that one shall hike to high elevations in the day but should always come back to by the evening to sleep at a lower altitude.

As your sleeping decrease, the respiratory drive of our body, it is

Avoid sleeping at high altitudes



lead you to pump more breath.

Avoid overexertion

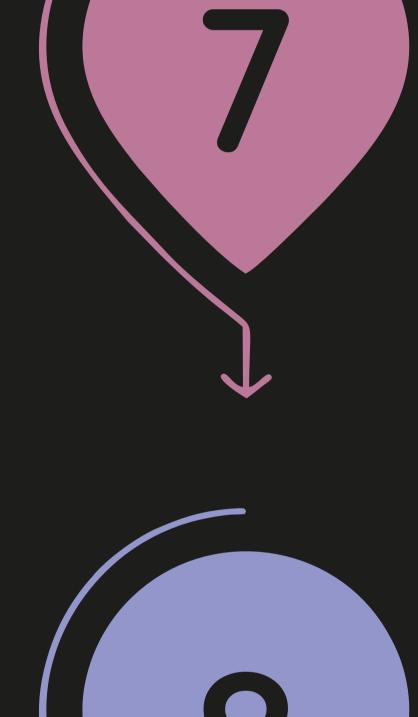
Do not over exert your body with any additional physical activity which may



depressant drugs Avoid tobacco and smoking 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.

and alcohol and other

Avoid tobacco and smoking



your clothes are always dry.

excellent sources.

exacerbates the symptoms.

side effects too.

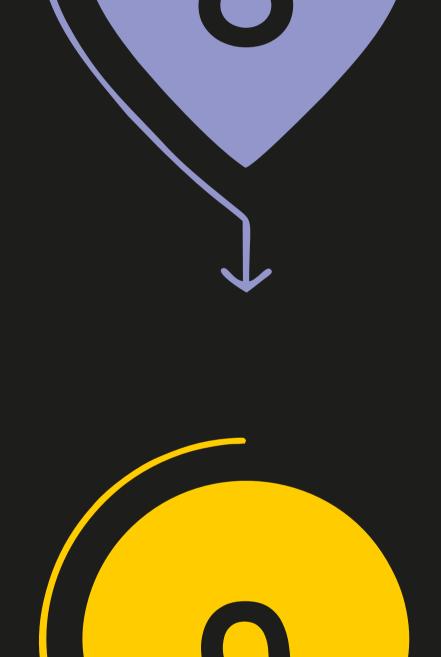
Keep your body warm

Eat lots of Carbohydrates

Eat a high carbohydrate diet (more than 70% of your calories from

carbohydrates) while at altitude. Chocolates and energy bars are some

Keep your body warm with woolens, and do not let it cool. Make sure



Avoid sleep during the day

Try not to sleep during the day and keep yourself involved in some light

activity during the day. Respiration decreases during sleep, which further



Sleep in an upright position,

if possible Try to lay down or sleep by resting your back against the wall. If you cannot sleep in such mode, then do not flatten your head on the bed instead place a

posture. It will help you keep your head much lighter.

bag below your head and then one or two pillows and then relax in such a

Carry preventive medicines for AMS Do take preventive AMS medicines along with you, but only after consultation

with your doctor or physician because the AMS medicines may lead to some



If possible, you may also carry an oxygen cylinder to counter the AMS symptoms. It will certainly help as a supplement but do take proper

Carry Small Oxygen Kit

consultation from your doctor about the intake amount of oxygen, before the trip.



if symptoms increase Last but not least, if the AMS symptoms start to grow, then you should

Immediately descend,

consider immediate go down to lower altitude. Traveling to low height is the only cure in some conditions when the symptoms have reached moderate levels and are not decreasing.

A point to note!

Majority of people suffer from Acute mountain sickness (AMS) when they travel to places above the altitudes of 10,000 Feet or 3000 Mtrs. Higher is the elevation and rate of ascent; more will be the effects of AMS. The best cure is to either acclimatize properly or descend. If the person is suffering a lot and not even able to walk in a straight line, IMMEDIATELY DESCEND!!

Altitude categorization for reference:

· High (8,000 - 12,000 feet [2,438 - 3,658 m])

· Extremely High (18,000+ feet [5,500+ m])

· Very High (12,000 - 18,000 feet [3,658 - 5,487 m])

Himalayan Travel Tips

- Have Buffer Days
- · Stay Warm & Hydrated Avoid Alcohol

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- Carry Required Clothing, Food & Water · Drive with Caution & Care
- · Start Early, Sleep Early

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- Stop Littering • Bring Back Your Own Trash
- Avoid Plastic Water Bottles