

Altitude Sickness

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- **Common Systems**

- Headaches
- Dizziness
- Loss of appetite
- Nausea / vomiting
- Fatigue / loss of energy
- Insomnia



- **Avoid Altitude Sickness**
 - Hydrate
 - Replenish
 - Take It Easy
 - Cover Up
 - Acclimate
 - Prepare
 - Seek Help



- Hydrate

- Drink at least twice the water you normally would
- Avoid alcohol and caffeine



• Replenish

- Load up on potassium
 - Broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes and tomatoes
- Decrease salt intake
- Add complex carbs to maintain energy
 - Whole grains, pasta, fruits and vegetables



- **Take It Easy**

- Limit physical activity if you are short of breath or fatigued



- **Cover Up**

- At altitude, there is less protection from the sun

- Cover up
- Use plenty of sunscreen



- **Acclimate**

- Spend a few days at an intermediate altitude before venturing up
- Ease into physical activity for first 24-48 hours



- Prepare

- See a doctor before leaving
 - Get necessary drugs for altitude sickness prevention
 - Ibuprofen can relieve altitude headaches
 - Ginger chews, capsules or tea can settle the stomach



- Seek Help

- Note that altitude sickness is real and can be debilitating
- If symptoms continue to plague you
 - Visit nearest medical clinic
 - Go to lower altitude
 - Get some oxygen

Be Safe Out There Series!

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First with Safety Awareness

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Use your brain, it's the most important part of your equipment.
~Kevin Andrews and Warren Miller, Extreme Skiing