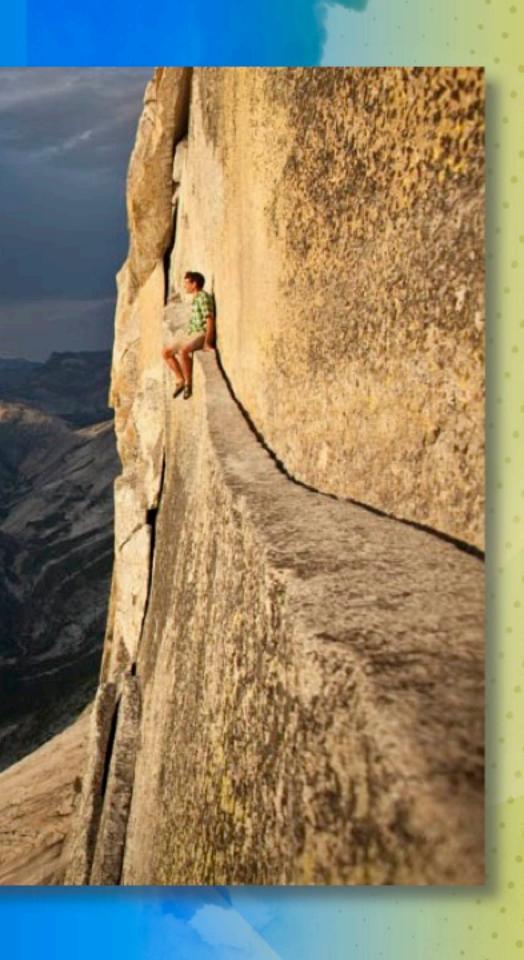
# Altitude Sickness

Gene Fulkerson, VP Travel
Pacific Rim Alliance



# 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



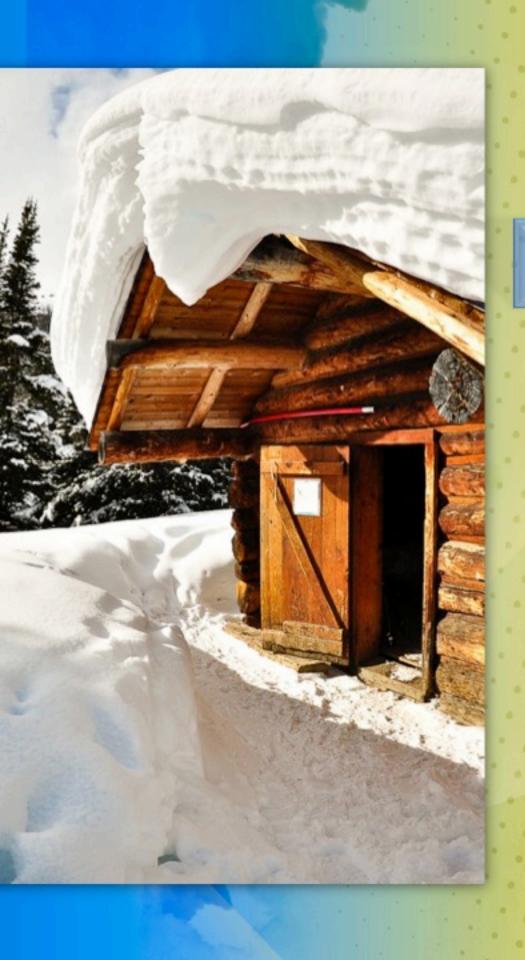
# Take It Easy

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!

# Ski With Pride • Watch All Sides • Let It Ride— 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