

## ALTITUDE SICKNESS

### CHINA:Tibet

#### Information

#### › INTRO

For any trip going above 2800 meters/ 9200 feet where it is common for travelers to experience some adverse health effects due to the altitude- regardless of your age, gender and fitness.

#### › BEFORE YOUR TRIP

Some pre-existing medical conditions are known to severely worsen at high altitude and be difficult to adequately treat on the ground, leading to more serious consequences. It is imperative that you discuss your pre-existing medical condition/s with your doctor. We understand certain medications are reported to aid acclimatizing to high altitude. Please discuss these options with your doctor.

#### › DURING YOUR TRIP

While our leaders have basic first aid training and are aware of the closest medical facilities, it is very important that you are aware of the cause and effects of travelling at altitude, monitor your health and seek assistance accordingly.

#### HOW TO AVOID ALTITUDE SICKNESS

It is important to inform your leader of any medical conditions or medications before ascending to altitude. You can help your body to acclimatize and avoid altitude sickness by:

- Drinking plenty of water- at least 4 liters per day on top of other forms of fluids such as tea or soups.
- Avoiding alcohol, tobacco and substances that can interfere with good delivery of oxygen to the body or cause dehydration.
- Eating small, frequent meals high in carbohydrates. ·Taking it easy or have a regular break. Walk at a slower pace than you would at sea level and avoid over-exertion.

