

Altitude Sickness Awareness for International Adventurers

Dear Adventurers,

As you prepare for your upcoming expedition to high altitudes, we want to take a moment to raise your awareness about altitude sickness, a condition that can affect anyone at elevations above 8,000 feet (2,400 meters).

What is Altitude Sickness?

Altitude sickness, or acute mountain sickness (AMS), occurs when you cannot get enough oxygen from the air at high altitudes. Symptoms may include headaches, nausea, dizziness, and fatigue.

Prevention Tips:

- Ascend gradually to allow your body to acclimatize.
- Stay hydrated by drinking plenty of water.
- Avoid alcohol and smoking.
- Know the symptoms and take them seriously.

What to Do if Symptoms Occur:

If you or someone in your group shows signs of altitude sickness, it is crucial to:

1. Stop ascending and rest.
2. Descend to a lower altitude if symptoms worsen.
3. Seek medical assistance if needed.

Your safety and enjoyment are paramount. Equip yourself with knowledge, stay vigilant, and enjoy the breathtaking adventures that await you!

Best wishes for your journey,

Your Adventure Safety Team