

# HIGH ALTITUDE SICKNESS

**DRINK A LOT OF WATER!**

**ALL DAY LONG!**

**DRINK MORE THAN YOU WANT TO!**



## **TIPS FOR PREVENTING ALTITUDE SICKNESS**

Acclimate slowly so that enough time is available for the body to adjust to the changes.

Carbohydrates are your friend at higher elevations.

Drink plenty of water.  
Get plenty of rest.

Take prophylaxis medication.

Recognize symptoms and treat them accordingly.

Have bottles of portable oxygen available or oxygen machines at night.

**Any location above 8,000 feet can bring on symptoms of altitude sickness, Spinnaker at Lake Dillon is located at 9,111 feet.**

When traveling to a higher elevation without letting your body adjust to the altitude, you may experience altitude sickness.

Mild symptoms typically include headache and nausea. If you return to a lower elevation, symptoms will likely go away without treatment. In severe cases, altitude sickness can be life-threatening.

Altitude sickness can happen to anyone regardless of age, sex, or health. Sometimes just visiting a high-altitude location can cause problems for some people.

**Acute mountain sickness (AMS) is the mildest form of altitude illness. Symptoms include:**

- Headache
- Tiredness
- Lack of appetite
- Nausea
- Vomiting

Mild cases can be treated by using pain relievers for a headache or administering oxygen. Symptoms should go away on their own within a couple of days.

A person whose symptoms appear to be not going away or get worse should travel to a lower elevation to avoid becoming seriously ill or dying.

