

# High Attitude Checklist

## What is High Altitude?

- ☐ High (8,000-13,000 ft.)
- ☐ Very High (13,000 - 18,000 ft)
- ☐ Extremely High (over 18,000ft)

## Acclimatization

- ☐ Give yourself a day or two inbetween each elevation gain
- ☐ Get proper rest especially the first few days
- ☐ Do NOT overexert yourself
- ☐ Walk slower than your normal walking pace
- ☐ Stay Hydrated



## Prevent Altitude Sickness

- ☐ Have an electrolyte pack available
- ☐ Purchase a can of oxygen to have nearby
- ☐ Have your Reusable water bottle
- ☐ Snacks- easily digestible carbohydrates
- ☐ limit salt & fat intake
- ☐ Stay away from alcohol
- ☐ Take it easy whenever you need to
- ☐ Have ibuprofen to relieve headaches
- ☐ Have a good lip balm & sunscreen



## Signs of Acute Mountain Sickness

- ☐ Headache
- ☐ Nausea & Dizziness
- ☐ Loss of appetite
- ☐ Fatigue
- ☐ Shortness of breath
- ☐ Disturbed Sleep



## Health & Safety:

- ☐ If you feel like you are in distress seek medical care
- ☐ If you feel weak or disoriented seek medical attention
- ☐ If you have loss of coordination seek medical attention

## Helpful Tips

- ☐ Vitamins A, C & E can reduce the effects of Altitude sickness
- ☐ Small backpack for day trips with additional supplies
- ☐ A magnesium supplement can help with leg cramps



Please note these are just helpful tips.

If you have medical conditions that could cause serious concerns please consult your doctor before traveling to elevations over 8,000 ft.

