

ALTITUDE SAFETY GUIDE

! At Exodus, your safety is our number one priority. This guide describes how we will keep you safe on your holiday, but we do need your participation.



Acute Altitude Sickness is the umbrella term for a number of conditions which can affect people at altitude. Some of these are serious and can be life threatening if not treated.

This trip includes one or more nights at over 3000m above sea level, where there is a genuine risk of being affected by Acute Altitude Sickness.

We take your safety very seriously, and it is important to follow our local team's advice at all times.

IDENTIFYING ACUTE ALTITUDE SICKNESS:



Acute Mountain Sickness (AMS):

symptoms such as headache, nausea, dizziness, and fatigue.



High Altitude Pulmonary Edema (HAPE):

symptoms include shortness of breath, coughing, and chest tightness.



High Altitude Cerebral Edema (HACE):

symptoms such as confusion, hallucinations, and loss of coordination.



Most clients should expect to experience some mild symptoms of altitude sickness, such as headaches, shortness of breath or sleeplessness.



You must be honest with your tour leader about any symptoms you may be experiencing or any concerns you may have. Our local team are trained to recognise Acute Altitude Sickness, but some symptoms are only apparent if you tell us. The main signs and symptoms for you to watch out for and report to your leader are:

Headaches

Tiredness

Poor appetite / nausea

Light-headedness (dizziness)

Abnormal fatigue / weakness

Lack of co-ordination

Shortness of breath

Broken or disturbed sleep

REDUCING THE RISK:



Gradual ascent: where possible, the route allows for 'climbing high and sleeping low' to aid acclimatisation.



Pace: we will walk at a pace that will aid acclimatisation. You should avoid overexerting yourself and walk at the pace of the group.



Hydration: it is important to stay hydrated at higher altitudes.



On certain trips, you will be asked to complete a self-assessment to inform your leader of how you are feeling on each day of the trek.



TREATMENT:



Consider using painkillers for headaches, and Diamox under the guidance of your leader. Drink more water.



If your condition does not allow further ascent, we will decide on the next course of action based on your condition.



Altitude specific equipment, including Oxygen, is available and will be used where necessary.



The best treatment for altitude sickness is to descend. This may mean that, for your own safety, you are required to leave the group and descend to a lower altitude.