



A THOUSAND METRES ABOVE

Altitude Sickness at Hemkund Sahib

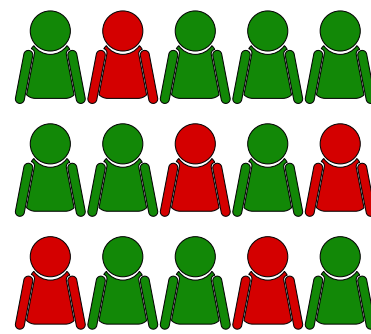
Altitude sickness is a serious and potentially fatal condition. Taking heed of the symptoms and reacting appropriately may save your life.

PREVALENCE

Visited by 150,000 Sikh pilgrims annually, nearly

1 in 3

are at risk of developing altitude sickness



SYMPTOMS

lightheaded

headache

weakness

sleepless

nausea

malaise

vomiting

dizziness

fatigue

IF YOU EXPERIENCE SYMPTOMS OF ALTITUDE SICKNESS

STOP ASCENDING

IF THE SYMPTOMS PERSIST OR WORSEN

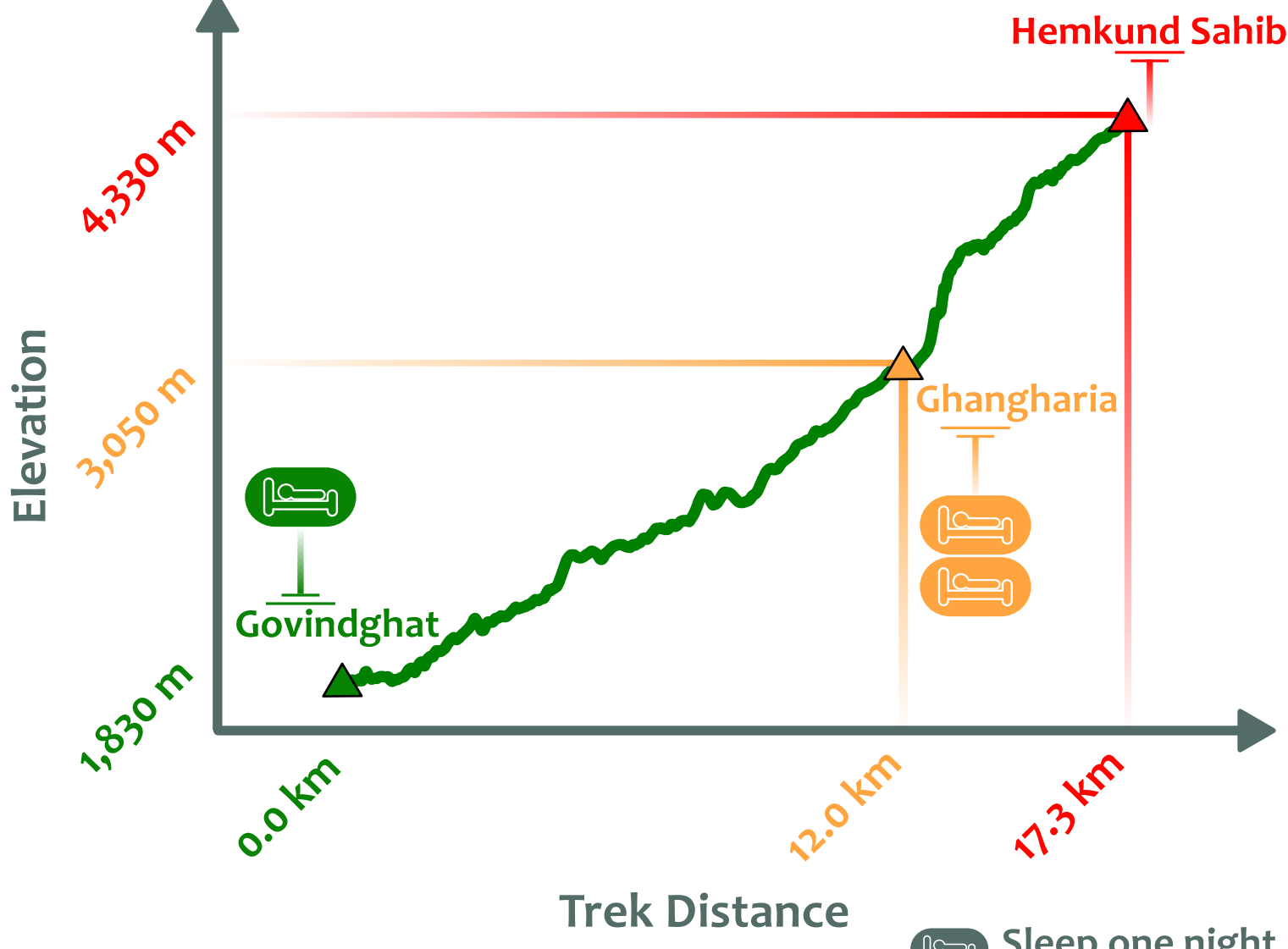
DESCEND

PREVENTION

Acclimate

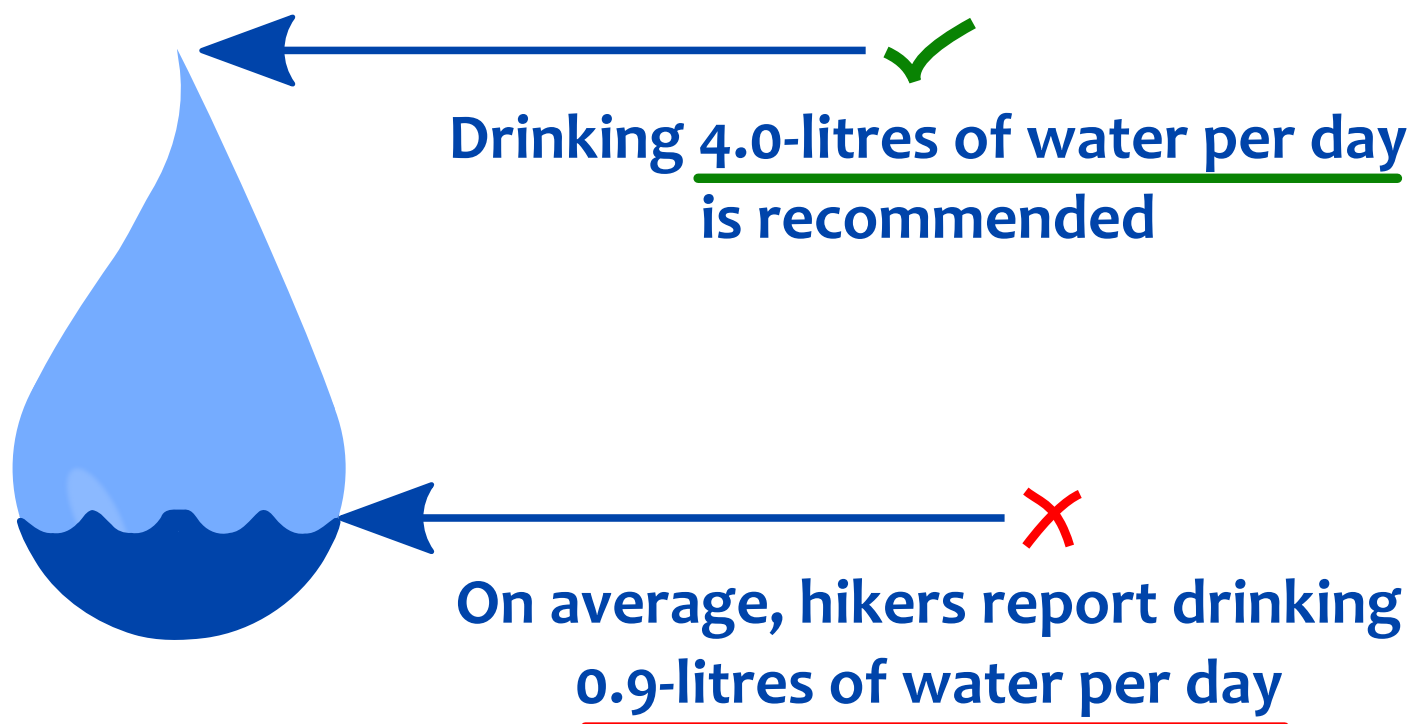
Hike slowly and plan one or two rest days at Ghangharia

Suggested Ascent Profile



Hydrate

Drink plenty of water during the hike



Medicate

Ask a travel doctor about taking Acetazolomide (Diamox) during your trip



MORE INFORMATION at

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