

The image shows a group of trekkers crossing a shallow river in a high-altitude valley. The trekkers are wearing backpacks and using trekking poles. The landscape is green and rocky, with steep hills in the background. The logo 'KASHMIR TREKS' is visible in the top right corner.

KASHMIR
TREKS

Stay Healthy At High Altitude

You have now arrived at an altitude of more than
10000 feet/ 3000 meters above sea level

Any one who travels from lower altitude to above 6500 feet/ 2000 meters
could experience Altitude Sickness

Stay Healthy At High Altitude

You have now arrived at high altitude of more than 10000 feet/ 3000 meters above sea level!

Your body reacts and behaves differently in rarified air at high altitude. Allow some time for these adjustments in your body to less oxygen (hypoxia) by slow physiological process called Acclimatization.

Stay at same altitude for 1-2 days and don't over exert yourself.

While travelling, trekking or climbing; rate of ascent should not exceed 1000 to 1500 feet/ 300 to 450 meters daily for more than 2 to 3 consecutive days. Stay at same altitude for acclimatization on every 3rd or 4th day.

Failure of acclimatization causes High Altitude Sickness and it's prevention is far better than cure!

Do not run or race; walk or climb at your own comfortable pace or speed. Take frequent halts to enjoy nature, interact with local people and other fellows. Protect yourself with proper clothing and footwear. Don't carry excess of load.

Drink plenty of fluids; at least 3-4 litres daily so as to pass ample clear urine. Diet should be high in carbohydrates, less oily and predominantly vegetarian. Avoid excess of Alcohol and tobacco in any form; avoid addictive drugs totally.

Report any illness to the leader and or medical officer; avoid self medication. Don't ignore any symptoms; they are usually due to High Altitude Sickness!

Three Golden Rules about High Altitude Sickness (HAS)

- 1- If you are feeling unwell at high altitude, it is High Altitude Sickness!
- 2- Do not ascend with symptoms, rest at same altitude till you feel normal!
- 3- If symptoms are worsening, descend immediately to a medical center!

High Altitude Sickness (HAS)

Failure of acclimatization leads to HAS, which is a spectrum of three subtypes

1- Acute Mountain Sickness (AMS)

AMS is a mild and early form which is non risky.

Symptoms	Mild headache, nausea, breathlessness, lethargy, dizziness.
Signs	Resting pulse rate >100/min. Resting respiratory rate >25/min
Treatment	Don't ascend, rest at same altitude for 1-2 days. Take plenty of fluids and Tab. Acetazolamide (Diamox) 250 mg twice daily. If symptoms disappear totally, gradual ascent is possible. If Acute Mountain Sickness (AMS) is undiagnosed and untreated for 1-2 days, it leads to more severe forms with high risk to life and even death.

2- High Altitude Cerebral Edema (HACE)

HACE is due to swelling of brain.

Symptoms	Severe headache, vomiting, disorientation with time and space.
Signs	Imbalance and drunken gait, deteriorating consciousness.

3- High Altitude Pulmonary Edema (HAPE)

HAPE is due to swelling of lungs.

Symptoms	Severe breathlessness at rest, cough with pink froth, insomnia.
Signs	Cyanosis (bluish lips and tongue). Resting pulse rate >120/min. Resting respiratory rate >30/min.
Treatment of both 2 & 3	Descend immediately by 3000ft/ 1000m, Oxygen &/or Gamow bag, Inj. Dexamethasone 8mg and Tab. Nifedipine 20mg twice daily. Even if symptoms disappear after treatment, no ascent is recommended.



Kashmir Treks is a local body intrested in Kashmir Himalaya, Pir-Panjal and Zanskar sub-mountainn ranges of the mighty Himalaya. With more than 100 local members it has a service of some eminent mountaineers and Himalayan scholars nationwide.

Kashmir Treks foundation is based on the objectives to encourage mountaineering, trekking and hiking in Kashmir under professional guidance and to encourage knowledge of the Himalaya through science, art, literature and sport.

Over the last few years, Kashmir Treks has contributed directly to the growth of knowledge and achivements in the Himalayan exploration and mountaineering. The company is also gearing up to take up the policy issues concerning the Kashmir Himalaya and also focus its attention on conversation and prevention of the Himalayan environment and culture.



**KASHMIR
TREKS**

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