



Acclimatisation Cheat Sheet

SN	Problem/Symptoms	Solution	Medicine /Dosage
1.	AMS Prevention	Increase O2 in blood. Buy Fingertip Pulse Oxymeter to check resting pulse (110 normal) and blood O2 level (should not go less than 60)	Acetazolamide (Brand Name: Diamox) : Drink 3-4L water daily if taking it.
2.	AMS Nausea	antiemetic (anti-nausea medicine)	Metrochlorpramide/Prochlorperazine /Ondem 4mg tablet
3.	AMS Headache	Don't take pain suppresser because water is going into brain. Reduce the height. Take rest and move up again. If sever than take O2. Sleep in sitting position with head straight on wall.	O2 Descent to last place where felt comfortable.
4.	High Altitude Cerebral Oedema (HACE) : Related to Brain Watch out if your friend has hallucinations, Confused, Losing balance.	Checks: Tell to touch nose with index finger with closed eyes. Walk Hill to Toe in straight line. Do simple maths.	Stay with Him. Descend now and not in the morning. Sit them upright with head straight. Give O2 or Pressure Bag Dexamethasone, Acetazolomide
5.	High Altitude Pulmonary Oedema (HAPE) : Related to Lungs Breathing trouble, Blood in Cough, Tired, Lips, Nails turn blue	Checks: Are they breathless while resting. Can wet / crackling sound be heard in the chest? Put ear to back below shoulder blades.	Stay with Him. Descend now and not in the morning. Sit them upright and keep warm. Give O2 or Pressure Bag Nifedipine / Acetazolomide
6.	Diarrhoea	Don't eat raw food items like salad, Take hot water always on Ascent	Ciprofloxacin Or Azithromycin Loperamide
7.	Dehydration	Electrolyte rehydration solution	
8.	Infections	Bandage/Cotton/Tincture for cuts	Amoxycillin, Metronidazole
9.	Cough	Do avoid alcohol/ strong cough syrup before sleep. May reduce O2 supply by changing breathing pattern.	Any light cough syrup.
10.	Sore throat	Hot water gargle with salt	Benzocaine
11.	Blocked Nose	Use Petroleum Jelly to apply inside nasal cavity.	Moisturizer cream/ Nasal Spray
12.	Dry chapped lips and skin	Lip balm / Sun screen SPF 40 or Higher	
13.	Cold/Fever	Vitamin-C Tablets / Crocene	Any cold remedies
14.	Nose & Ear	Buy Bandana and every time Cover them	
15.	Feet	Buy ankle high Trekking Shoe to avoid injury. Boric powder for shock for moisture issues. Use twin sticks to distribute load.	Use knee support for muscle reinforcement. Walk one breath per step even if you can do fast.
16.	Chest	Use one layer for each 1000 meter. At 3000 meter wear 3 layers.	Use wind cheaters with multilayer cloths instead of heavy jackets.
17.	Drink/Smoke	Never do this during ascent. Do whatever you wand on descent.	Have a party on End of Trek.