

# ALTITUDE SICKNESS

Tips to help you acclimate

**2,500M (8,200 FT)**  
**IT STARTS HERE**

From this elevation and above, symptoms can occur as early as 2 hours after arrival to altitude, or be delayed for about 24 hours.

## HUARAZ

3,050 m / 10,000 ft

## LAZY DOG INN

3,650 m / 11,975 ft

## HUASCARAN NATIONAL PARK

4,500 m / 14,764 ft - Laguna 69

4,750 m / 15,584 ft - Santa Cruz Trek  
(Highest Pass)

## HUARAZ ALTITUDE REFERENCE

## COMMON SYMPTOMS



- Eat **light meals** on your first days at altitude; avoid heavy and greasy foods.
- Stay **hydrated**. Limit intake of caffeine and alcohol.
- **Take it easy**. Don't overdo the physical activity.



- Drink **coca tea** (a local remedy that's completely safe).

## WHAT TO DO?

- Take some **medication**.

Plan ahead and **ASK YOUR DOCTOR** what option is best for you.

Minor symptoms of altitude sickness are usually resolved within 1 to 2 days.

