Tips to help you acclimate

**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).
- Take some medication.

**WHAT TO DO?**

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.