



# Mountain Quest

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## *Do's & don'ts for High altitude treks*

### Introduction:

In High altitude trekking, it is very important to acclimatize properly. Acclimatization is the process of adjusting one's body to the rarefied atmosphere and extreme cold climate of High Altitude Area.

### Do's:

1. During acclimatization walk up to higher altitude and sleep at lower altitude.
2. Acclimatization is a must for mountaineers operating above altitude of 9000 ft.
3. Mountain climbers should progressively increase their weight carrying capacity before heading to Mountains.
4. Mountain climbers have to adjust to cold winds, harsh climate and occasionally movement during night.
5. Mountain climbers should practice movement in bad weather and low visibility.
6. First aid kit should always be carried and First aider should always accompany climbers undergoing acclimatization walk.
7. Electral/ Glucose and salt (rehydration packs) should be carried.
8. Mountain climbers have to re-acclimatize after rejoining the team from leave.
9. Use goggles in snow bound areas.
10. Use sunscreen lotions and lip balm.

### Don'ts:

1. No medical discomfort should be hidden, however small it may seem.
2. Persons with certain medical conditions (e.g. asthma, Blood pressure, anaemia) should not visit high altitude regions without consent of a Medical practitioner.
3. Do not run or walk fast unnecessarily while climbing.
4. Above altitude of 12000 ft, do not climb more than about 2000 ft in a day.
5. Do not get tired unnecessarily and avoid overexertion. Conserve your energy.
6. Never walk on empty stomach.
7. Always remember 'Do not be a GAMA in the land of LAMA'.

### Conclusion:

To maintain one's mountaineering efficiency and operate with full zeal and élan, one must religiously follow the Do's and Don'ts during acclimatization.

