Altitude acclimatisation

Low air pressure at high altitude means that you have to adapt slowly to the climate. Air pressure is responsible for the oxygen supply in the blood, for the number of erythrocytes (important for oxygen transport) and the capacity of blood cells to take in oxygen. A decrease in air pressure causes your blood oxygen level to subside. Your body reacts with heavy breathing and a high pulse.

"Climb high, sleep low"

Therefore it is vital to pre-plan your hike carefully and to try to divide it into easy stages. Get as much information about the route as you can. Beware of the fact that the speed of the ascent is important for your health. Take a day off regularly, especially at high altitudes (as high mountain regions). Return to your starting point in the evenings to stay there over night ("climb high, sleep low"). With the first signs of altitude sickness you have to ascend extremely slow. Generally speaking a physically fit person adapts better to great heights. At any rate relax and take your time ascending.

Important: Drink a lot!

Try to drink about 4-6 litres/day. Drink even if you're not thirsty anymore. It helps to reduce upcoming pains of altitude and counteracts the "thickening" of the blood.

Altitude sickness

Loss of appetite, headaches, sleeplessness and confusing dreams, sickness, vomiting and an oppressive feeling in your chest are the bodies first warning signals. As soon as you notice them you should stop climbing. At an advanced stage you will be short of breath, cough, you'll have bluish lips, whitish spit and you'll have water in your lungs (pulmonary oedema). As soon as an oedema grows in your brain you will get a bad headache, drowsiness, giddiness, strange behaviour and occasionally hallucinations. At this stage you should descend at least 1000 meters and get extra oxygen. Otherwise you might lose consciousness.