

A man with a beard and sunglasses, wearing a brown jacket and a tan cap, stands on a snowy mountain slope. He is carrying a large backpack with a yellow roll on top and a green bag. He is holding ski poles and standing on skis. The background shows a steep, rocky mountain face.

Yasmin Down

- AMS – Acute Mountain Sickness
- HAPE – High-altitude Pulmonary Oedema
- HACE – High-altitude Cerebral Oedema
- BC – Base Camp
- ABC – Advanced Base Camp

or scan the QR code



Huynh, B. & Epulzuka, X. (2001). Limits to human performance: Elevated risks on high mountains. *Journal of Experimental Biology*, 204(1), 3115–3119. <https://doi.org/10.1024/jeb.2004.181.3115>

Konradsson, V., & Digans, M. (2012). Assessment of the safety of adventure tourism in the mountains. *Asian Alpine Review*, 5(1), 39–48. <https://doi.org/10.1080/14493959.2012.678191>

Ko, J. P., & Sato, A. (2009). Altitude and travel risk management. *Medical and Biological Engineering and Computing*, 47(10), 1621–1623. <https://doi.org/10.1007/s00431-009-1163-7>

Meier, D., Collins, R. W., Locantore, N., Cornuz, J., Kayser, B., & Di, L. & Sartori, C. (2017). Does this patient have acute mountain sickness? The International Climbing Examination systematic review. *JAMA*, 318(18), 1810–1819. <https://doi.org/10.1001/jama.2017.16192>

Taylor, A. T. (2011). High-altitude illnesses: Physiology, risk factors, prevention, and treatment. *Ramsey Maunaloa Medical Journal*, 21(1), e002.

Wang, Y., & Wang, Y. (2019). Prediction of altitude sickness risk in the Himalayas. *Frontiers in Physiology*, 10, 1504. <https://doi.org/10.3389/fphys.2019.01504>

Email: yasmindown1@gmail.com; @yasmindown