
Checklist: Altitude Sickness Prevention

This checklist accompanies the Tibet Toolkit: How to Avoid Altitude Sickness in Tibet. Use this checklist to help make sure you cover all the most important points for staying healthy at altitude in Tibet.

- If you do nothing else, do this: Know and share with your fellow travelers the three simple rules to prevent death or severe illness from high altitude, and the three golden rules of altitude sickness.
- Learn the definition of high altitude.
- Learn to recognize and respond to the symptoms of the types of altitude sickness.
- Learn the best method to avoid altitude sickness.
- Figure out the altitude of your destination/s in Tibet.
- Plan your itinerary in Tibet to help prevent altitude sickness.
- Learn the risk factors for altitude sickness.
- Consult your personal doctor and a travel doctor to learn what, if any, medicines you might take.
- Understand the evidence about natural remedies.
- Learn the high-altitude do's and don'ts.

Be safe and have a fantastic journey!

Lobsang and Yolanda
