

Table II. Lake Louise Acute Mountain Sickness Score (ref)

Headache

- 0-None at all
- 2-a mild headache
- 3-Severe headache, incapacitating

Gastrointestinal symptoms

- 0-Good appetite
- 1-Poor appetite or nausea
- 2-Moderate nausea or vomiting
- 3-Severe nausea and vomiting, incapacitating

Fatigue and/or weakness

- 0-Not tired or weak
- 1-Mild fatigue/weakness
- 2-Moderate fatigue/weakness
- 3-Severe fatigue/weakness, incapacitating

Dizziness/light-headedness

- 0-No dizziness/light-headedness
- 1-Mild dizziness/light-headedness
- 2-Moderate dizziness/light-headedness
- 3-Severe dizziness/light-headedness, incapacitating

AMS Clinical Functional Score

Overall, if you had AMS symptoms, how did they affect your activities?

- 0-Not at all
- 1-Symptoms present but did not force any change in activity or itinerary
- 2-My symptoms forced me to stop the ascent or to go down on my own power
- 3-Had to be evacuated to a lower altitude