

**Table III.** Risk categories for High altitude Illness. Based on reference 7.

Risk categories	Description
Low	Individual with no prior history ascends to less than 2800 mas
	Individuals taking more than 2 days to arrive at 2500–3000 m with subsequent increases in sleeping elevation less than 500 m/d and an extra day for acclimatization every 1000m
Moderate	Individuals with prior history of AMS and ascending to 2500–2800 m in 1 day
	No history of AMS and ascending to 4 more than 2800 m in 1 day
	All individuals ascending 4500 m/d (increase in sleeping elevation) at altitudes above 3000m but with an extra day for acclimatization every 1000m
High	Individuals with a history of AMS and ascending to more than 2800 m in 1 day
	All individuals with a prior history of HACE
	All individuals ascending to more than 3500 m in 1 day
	All individuals ascending 4500 m/d (increase in sleeping elevation) above 3000 m without extra days for acclimatization
	Very rapid ascents (eg, less than 7-day ascents of Mt Kilimanjaro)

AMS: acute mountain sickness, HACE: high altitude cerebral edema, HAPE: high altitude pulmonary edema