



# ALTITUDE ILLNESS PREVENTION

- **Before your trip, travel to higher elevations for day trips**
  - Spend some nights at higher elevations if possible
- **Sleep at lower elevations. Expose yourself to higher elevations during the day**
  - “Climb high. Sleep low”
- **When you first arrive at higher altitude:**
  - Stay hydrated
  - Avoid alcohol
  - Avoid excessive exertion
- **Prescription Medicines are available to help prevent altitude illness. Discuss with your doctor before traveling.**
  - Diamox or hydrochlorothiazide
  - Dexamethasone or Decadron



**STGi**  
AT YELLOWSTONE