



AGENCIA DE VIAJES
GIARDINO

TOUR  **GIARDINO**

TO READ BEFORE THE TOUR

Altitude sickness:

Altitude sickness, also known as acute mountain sickness (AMS), or “Soroche” in Perú is a group of symptoms that can strike if you walk or climb to a higher elevation, or altitude, too quickly.

Symptoms:

- Dizziness
- Headaches
- Dehydration
- Feeling tired
- Loss of appetite
- Sleep issues
- Nervousness
- Heavy breathing
- Increased cardiac rhythm
- Digestive issues

How to prevent it:

- Hydration is important. It is recommended to drink at least 2 or 3 liters of water a day to help your body acclimatize
- Eat healthy and consequently. You may experience loss of appetite but your body needs energy, carbohydrates such as pasta, bread, potatoes, fruits and flour based products will help stabilize your energy levels.
- Avoid alcohol, coffee, sodas, salt and unhealthy food
- Your body needs generally about 3 to 5 days to acclimatize above 2500 meters of altitude (8000 ft.). Resting is important. Pillows to sleep at a 30 degrees angle is recommended
- Coca leaves, although illegal in the US, help a lot improving your condition in altitude. You can either chew it or drink it in a tea. A cup or two in the morning will already help a lot.

Giardino Tours commits to:

- Providing bathroom breaks when it's needed during the tour.
- 24h assistance from the guide to help you in any matter
- Oxygen is provided in vehicles and hotels. Transfer to a nearby hospital will be provided if ever needed with assistance of a doctor.
- Giving you tips and recommendations.

