

What's Your Problem?

High Altitude “Khumbu” Cough

- Common
- Unresponsive to abx etc
- May last weeks to months

Flatulence

- Gas in GI tract at higher pressure

Nutrition

- Really hard
- Rations
- Carrying capacity
- Energy – do the sums (up to 10,000 cal a day)
- Admin (+ water availability)

Sleep

- Sleep disturbance REALLY common
- Apnoea