

Acute Altitude Sickness (AMS) Scorecard

Answer the questions, total your points, and check the scale below. *Copyright Peter Sherrill and Rock and Ice, #90*

2-4 points – Mild AMS. Rest. Avoid overexertion. Drink lots of fluids. Eat lots of carbs. Wait till symptoms have eased before proceeding.

5-7 points – Moderate AMS. Do the steps above. Descend about 1500 feet until symptoms clear. Gradually try higher altitudes over the next few days before returning to this height.

8 points or more – Severe AMS. Forget the summit. Descend 1500 feet or more immediately. Dexamethasone or a Gamow bag might help if available.

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1. Do you have a headache?

No (0 points) Yes, but mild, ibuprofen helps (1 point)
Yes, bad headache (2 points)

2. Any problems sleeping?

No (0 points) Trouble getting to sleep, frequent waking (1 point)

3. Are you dizzy?

No (0 points) Yes (1 point)

4. Are you nauseated?

No, appetite is fine (0 points) Yes, favorite foods do not appeal to me (1 point)

5. Are you vomiting?

No (0 points) Yes (2 points)

6. Any problems walking a straight line?

No (0 points) Some trouble maintaining balance (1 point)
Keep stepping off the line (2 points) Fall to ground or can't finish test (3 points)

7. Any problems taking care of yourself?

No (0 points) Yes. Need help with basics tasks like meals, dressing, latrine (1 point)

8. Any shortness of breath with exertion?

No more than usual (0 points) Yes. Frequent halts, slow recovery (2 points)

9. Any shortness of breath at rest?

No (0 points) Yes. Obviously short of breath, even at rest. (3 points)

POINT TOTAL: _____