



The Altitude Experience: Successful Trekking and Climbing Above 8,000 Feet

Mike Farris

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This book is a comprehensive, practical resource for travelers, trekkers, and climbers who are going to be living at high elevation for any period of time. The author simplifies and organizes the technical information found in scientific texts and combines it with excerpts from actual expedition accounts and narratives to present a complete picture of how altitude affects the body both physically and psychologically. The book also includes complete guidelines for how to prepare for travel at altitude, including how to train and acclimatize, what to bring, how to treat altitude sickness should it occur, and how to "come down" from an experience at high altitude.



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