

2018 Lake Louise Acute Mountain Sickness Score

Headache

- 0—None at all
- 1—A mild headache
- 2—Moderate headache
- 3—Severe headache, incapacitating

Gastrointestinal symptoms

- 0—Good appetite
- 1—Poor appetite or nausea
- 2—Moderate nausea or vomiting
- 3—Severe nausea and vomiting, incapacitating

Fatigue and/or weakness

- 0—Not tired or weak
- 1—Mild fatigue/weakness
- 2—Moderate fatigue/weakness
- 3—Severe fatigue/weakness, incapacitating

Dizziness/light-headedness

- 0—No dizziness/light-headedness
- 1—Mild dizziness/light-headedness
- 2—Moderate dizziness/light-headedness
- 3—Severe dizziness/light-headedness, incapacitating

Scoring

- 3–5 points: Mild AMS
- 6–9 points: Moderate AMS
- 10–12 points: Severe AMS