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**TRAVEL TO ELEVATION:**

If you are travelling to high altitude (above 8,000 feet) you may want to take medication to prevent altitude sickness. This will avoid issues that can develop for some people, which include: headache, nausea, shortness of breath, and severe fatigue and muscle aching.

- DIAMOX 250MG, 2 DAILY FOR 5 DAYS, BEGIN 1 DAY PRIOR TO ELEVATION TRAVEL
- KCL 10MEQ, 1 DAILY FOR 5 DAYS. TAKE WITH DIAMOX