Altitude:

Normal: shortness of breath with exercise, disruptions of sleep, excessive rectal gas

Mild/moderate acute mountain sickness: headache, nausea, fatigue, more difficulties with sleeping

Severe acute mountain sickness or HACE: person is confused and/or is unsteady or fumbling with their hands (e.g. can't pull up a zipper)

HAPE: shortness of breath while at rest (person sits down after activity and is still unable to catch their breath).

Cold illnesses:

To warm someone up in the field: get them out of the weather (wind/wetness), take off all wet clothes, warm oral fluids if they are able to take them, hot water bottles/hot water in a water bottle placed at neck/armpits and groin, place person in sleeping bag with a warm person.

Frostbite:

In the field, do not warm up someone's frostbitten hands or feet unless you are sure you can keep them warm. The cycle of freeze, warm, re freeze is extremely damaging to tissues.

Abbreviations from the handouts:

RR=respiratory rate

HR=heart rate
RBC: red blood cells

BBB=blood brain barrier

HAFE=high altitude flatus expulsion

DOE=dyspnea on exertion

SOB=shortness of breath

RCT=randomized controlled trial

NSAID=medication like ibuprofen or naproxen