**AMS Summary and Chart**

**Directions:** Read the information about AMS (Separate sheet) and fill out the table. Record the table in your notebook, followed by your summary.

**Acute Mountain Sickness (AMS)**

|  |  |  |  |
| --- | --- | --- | --- |
| Definition | Symptoms | Causes | Treatement/Prevention |
|  |  |  |  |

**Summary:** Prove your knowledge of both air density and AMS (Acute Mountain Sickness) by summarizing all of this information to a person who is interested in mountain climbing. Your summary should include the % of oxygen at high and low altitudes, as well as the air density at high and low altitudes. Summary should be several sentences in length.