

# Important health notice for parents with infants!

Dear parents,

In general, an alpine excursion via cable car to altitudes above 2,500 m can be beneficial for healthy children of all ages, including infants, due to the reduced partial pressure of oxygen of the air we inhale at high altitudes.

**However in the case of very young infants, a multi-hour high-altitude excursion should be carefully considered** (less efficient temperature regulation, rapid dehydration, effect of high-altitude radiation/sun).

In this early stage of life, precise information on the nature of any complaint relating to high-altitude intolerance is hard to obtain. In addition, symptoms of impending acute mountain sickness (AMS) in an infant are very difficult to distinguish from frequently occurring non-altitude-related disorders (indigestion, loss of appetite, vomiting, exhaustion, sleep disturbance).

**In the interest of the wellbeing of every child, we urge all parents to make a responsible decision as to whether their baby is ready for a high-altitude excursion.**

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