

## AMS - successful acclimatization!

After unpleasant experiences in last years, when I was seriously ill in high mountains, this year I came to my senses. - Up to a height of 4,000 m, I rushed up quickly. At 4,000 m altitude, I made one day break. - I climbed the nearby hills and rested a lot. In the following days I slowly climbed up. This year, despite the high heights I climbed on, I did not get sick at all. Except for bronchitis, which after two weeks I healed in Poland with an antibiotic. I caused my illness by myself. - On a cold afternoon after ten hours of running up I jumped into an icy stream of water. Stupidity knows no limits!

