

Headache (this is the cardinal symptom)	
None (excludes diagnosis of AMS using this score) [NB3])	0
Mild headache	1
Moderate headache	2
Severe headache that is incapacitating	3
Gastrointestinal symptoms	
Good appetite	0
Poor appetite or nausea	1
Moderate nausea or vomiting	2
Severe nausea and vomiting that is incapacitating	3
Fatigue and/or weakness	
Not tired or weak	0
Mild fatigue/weakness	1
Moderate fatigue/weakness	2
Severe fatigue/weakness that is incapacitating	3
Dizziness/light-headedness	
No dizziness/light-headedness	0
Mild dizziness/ light-headedness	1
Moderate dizziness/light-headedness	2
Severe dizziness/light-headedness that is incapacitating	3
Total symptom score [NB3]	
Mild acute mountain sickness = 3 to 5	
Moderate acute mountain sickness = 6 to 9	
Severe acute mountain sickness = 10 to 12	

AMS = acute mountain sickness

NB1: This scoring system was developed for use in research, but many now use it as a guide in clinical settings. Do not measure the score earlier than 6 hours after gain in altitude (earlier measures may reflect symptoms from travel or acute hypoxia).

NB2: Serial scores are important in assessing whether the trend is deteriorating.

NB3: Headache (together with at least one other symptom) is required to meet these diagnostic criteria for AMS.

Source: Adapted from Roach RC, Hackett PH, Oelz O, et al. The 2018 Lake Louise Acute Mountain Sickness Score High Altitude Medicine and Biology. Mar 2018;4-6. This is an open access article distributed under the terms of the Creative Commons Attribution Noncommercial 4.0 International License (CC BY) (<https://creativecommons.org/licenses/by/4.0/>).