Abstract

Nutrition of both professional and occasional climbers in high altitude is often discussed topic in sports nutrition. Specially with latest studies showing connection between poor nutrition and high altitude sickness development. Dehydration in particular has a huge effect on the body at these altitudes and can be responsible for many of the symptoms previously attributed to hypoxia.

The research was focused on the theoretical part, in which basic issue of nutrition and hydration are shown, as well as the acute issues that climbers may have experience on their journey to high altitude. The practical part was evaluated by a quantitative approach with the help of a questionnaire survey and its evaluation. The questionnaire was anonymous, nonstandardized with open and closed questions. A total of 68 respondents participated in the research. The results of the investigation are evaluated and discussed in the final parts of the thesis.

The main objective of the thesis was focused on the dietary habits of respondents during their stay in high altitude, their awareness of the risks resulting from poor nutrition and dehydration and assess how much care respondents take about nutrition and hydration during their travels. Four hypotheses were set for the thesis.

Key words:
Nutrition; hydratation; acute mountain sickness; high altitude mountaineering; high altitude