

# Review of: "Physiological Adaptation to Altitude: A Comparison of Fast and Slow Ascents to 5,300 m Above Sea Level"

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**Potential competing interests:** No potential competing interests to declare.

In this manuscript, two different ascending speeds to high altitudes are compared. Measurements of ascent were made during both (o<sub>2</sub>-saturation and HR). The comparison shows significant differences due to the speed of ascent.

It is not a surprise that a fast ascent is associated with more health problems, including AMS and HAPE. Otherwise, it is well known that slowly ascending to high altitudes is recommended. Thus, the question arises, what do readers learn from this manuscript? It could, for example, be that no physiologic data had been provided until now.

Less important: The reporting - so far - uses 'we' frequently. This reviewer much prefers a neutral form not needing to ask, who was 'we'?

Some minor comments will be found in the PDF submitted. Please see attachment.