

List of diseases

As of today, the official list of contraindications for climbing, mountaineering, and mountain tourism looks like this:

1. Any diseases in the acute or subacute stage.
2. Mental illnesses that impede social interaction.
3. Malignant tumors with pain syndrome.
4. Diseases of the cardiovascular system:
 - Ischemic heart disease (IHD).
 - Angina pectoris;
 - Recent myocardial infarction (less than 6 months ago);
 - An aneurysm of the heart and aorta;
 - Aneurysm of large blood vessels;
 - Heart failure of stage IIA or higher;
 - Disorders of heart rhythm: atrial fibrillation, tachycardia, frequent extrasystoles;
 - Grade 3 hypertension (blood pressure above 180/110 mm Hg).
5. Respiratory system diseases:
 - Bronchial asthma with recent asthma status;
 - Bronchiectatic disease of grade 2-3;
 - Respiratory distress of 2-3 degrees (breathlessness more than 28/min at rest);
 - Bleeding cough;
 - Tuberculosis - active form;
6. Liver diseases:
 - Acute and subacute hepatitis;
 - Other liver diseases with insufficient function.
7. Kidney diseases:
 - Glomerulonephritis (acute/sub-acute), exacerbation of chronic;
 - Pyelonephritis during an exacerbation;
 - Renal stone disease with renal colic;
 - Chronic kidney failure of grade 1-3.
8. Diseases of the endocrine glands with marked dysfunction.
9. Diabetes mellitus in an incomplete compensation stage.
10. Thrombophlebitis, Thrombosis, Hypercoagulability.
11. Prone to bleeding of any aetiology.
12. Glaucoma.
13. Blood diseases:
 - Moderate to severe anaemia;
 - Thrombocytopenic purpura;
 - Haemophilia;
 - Leukaemia and other malignant diseases of the blood system.
14. Joint diseases:
 - Joint ankylosis (knee, intervertebral);
 - Deforming osteoarthritis with significant functional impairment;

- Tuberculosis of the joints and bones;
15. Gastrointestinal diseases:
- Peptic ulcer with an exacerbation, or presence within the last 3 weeks:
 - Pain syndrome, or
 - Persistent nausea, or
 - Intermittent vomiting, or
 - Bleeding;
 - Liquid stools or vomiting within 3 days before the hike (except food poisoning).
16. Syphilis.
17. Infectious diseases.
18. Pregnancy (condition is a relative contraindication).
19. Purulent processes in any localisation.
20. Epilepsy (grand mal seizures).
21. Prolonged fever of undetermined cause.
22. Rheumatism active phase, with heart defects, organ and joint complications.