

The Effective Amount of Oxygen at Different Altitudes

Altitude (feet)	Altitude (meters)	Effective Oxygen %	Altitude Category	Example
0	0	20.9	Low	Boston, MA
1000	305	20.1	Low	
2000	610	19.4	Low	
3000	914	18.6	Medium	
4000	1219	17.9	Medium	
5000	1524	17.3	Medium	Boulder, CO
6000	1829	16.6	Medium	Mt. Washington, NH
7000	2134	16.0	Medium	
8000	2438	15.4	High	Aspen, CO
9000	2743	14.8	High	
10000	3048	14.3	High	
11000	3353	13.7	High	
12000	3658	13.2	High	
13000	3962	12.7	Very High	
14000	4267	12.3	Very High	Pikes Peak
15000	4572	11.8	Very High	
16000	4877	11.4	Very High	Mont Blanc
17000	5182	11.0	Very High	
18000	5486	10.5	Extreme	
19000	5791	10.1	Extreme	Kilimanjaro
20000	6096	9.7	Extreme	Denali (McKinley)
21000	6401	9.4	Extreme	Limit of MAG-20
22000	6706	9.0	Extreme	
23000	7010	8.7	Extreme	Aconcagua
24000	7315	8.4	Extreme	
25000	7620	8.1	Extreme	
26000	7925	7.8	Ultra	
27000	8230	7.5	Ultra	
28000	8534	7.2	Ultra	K2
29000	8839	6.9	Ultra	Everest