

High Altitude Tips

Welcome to the Mile High city! Denver sits at a high altitude of 5,280 feet.

Everyone is affected by the high altitudes in some way. As you ascend to higher altitudes, atmospheric pressure decreases, the air is thinner, and less oxygen is available. It is also colder, drier and ultraviolet rays from the sun are stronger. During the day it will be hot, while evenings may cool down to as low as 40 degrees. Each of these changes may have unpleasant effects on your body. Here are some helpful tips that will ease your adjustment.

HELP YOURSELF ADJUST TO THE INCREASE IN ALTITUDE:

- Drink two or three times more water than usual
- Eat frequent light meals and snacks
- Reduce caffeine intake
- Get plenty of sleep
- Moderate your physical activity
- Decrease salt intake

COMMON SYMPTOMS FROM CHANGE IN ALTITUDE:

- Faster and deeper breathing
- Shortness of breath, especially when exercising
- Faster heartbeat
- Nausea
- Unusual tiredness
- Headaches
- Difficulty sleeping
- Increased urination
- Frequent awakening during the night
- A wet cough, increasing shortness of breath or the feeling of fluid collecting in your lungs requires more serious attention.

IF ANY OF THESE SYMPTOMS PERSIST AND ARE CAUSING MAJOR DISCOMFORT, PLEASE NOTIFY YOUR CHAPERONE ABOUT GETTING FURTHER HELP.