

# CAUTION: HIGH ALTITUDE AHEAD!



13IWSA  
Winterpark, Colorado USA  
August 10-15, 2008

## FOR THOSE ATTENDING THE 13IWSA IN COLORADO

Winter Park, Colorado, is situated in the Rocky Mountains at 9,120 feet (2,780 m) above sea level. At this altitude, UV rays are 35% more intense, and oxygen is much less plentiful. These high altitude conditions may cause the following symptoms for some visitors:

### POSSIBLE EFFECTS OF HIGH ALTITUDE

- ☀️ headache
- ☀️ nausea
- ☀️ acute insomnia
- ☀️ shortness of breath
- ☀️ loss of appetite
- ☀️ dizziness, lightheadedness
- ☀️ dehydration, fatigue
- ☀️ sunburn, chapped skin



### HOW TO PREPARE FOR HIGH ALTITUDE

- ☀️ wear sunglasses when outside
- ☀️ use strong sunscreen (SPF 30+)
- ☀️ drink lots of water, stay hydrated
- ☀️ limit salt, alcohol, & caffeine intake (for 48 hours)
- ☀️ consume low-fat foods that are rich in carbohydrates
- ☀️ avoid overexertion (for 24-48 hours)
- ☀️ dress in layers (temperatures can vary radically)
- ☀️ bring lightweight, waterproof jacket



If you already know that you react poorly to high altitude, or if you suffer from a respiratory or vascular condition, we advise that you consult your physician before you travel.