

## Altitude Facts for Vail, Colorado

Elevation: 8,250 feet.

As you begin to ascend to higher altitudes, atmospheric pressure decreases, the air is thinner and less oxygen is available. It is also colder, drier and the ultraviolet rays from the sun are stronger.

Altitude illness affects many visitors from low altitude to some degree. The extent to which you are affected depends on how quickly you ascend, what elevation you attain, what you eat and drink and your current health. When planning a trip to an area above 8,000 feet, consult with your doctor if you have any questions.

Before you leave home, you can do a few things to decrease the effects of high altitude. Spending two nights at modest altitude, 5,000 to 6,000 feet, may decrease symptoms when you ascend. Eating foods which are high in carbohydrates, drinking more water than usual, and using less salt may also help.

Once you arrive, take it easy for the first day or two. Adequate hydration is important in the prevention of altitude illness. Drink two or three times more water or fluid than usual. Limit alcohol consumption for two or three days and minimize caffeine intake. Limit salty foods and increase carbohydrate intake. Above all, listen to your body!

For more information, please visit:

<http://highcountryhealthcare.com/articles/hchealth.htm>