

Preparing for High Altitudes & Tips to Avoid Altitude Sickness

How to Prepare for Altitude:

- *Start to drink an extra 16-32oz of water more than you normally drink at least 3-5 days leading up to your trip.*
- *Increase your exercise level, even if it is just walking every day. Start this at least 30 days before leaving for the trip.*
- *Increase your potassium levels the week before your trip. Bananas, Avocados, Spinach, Dried Apricots, Oranges, Beans, and Carrots are all good sources of potassium.*

How to Adjust to Altitude:

- *Drink A LOT of Water. As you gain altitude, your body tends to lose water and salt faster than it's used to.*
- *Reduce Your Exercise*
- *Get Enough Sleep*
- *Increase Your Potassium Levels*
- *Protect Yourself from the Sun: Apply sunscreen frequently. Bring a hat and some sunglasses.*
- *Consume More Calories*
- *Bring electrolyte drinks with no sugar added: Pedialyte, energy sticks from Whole Foods or Sprouts, Gatorade or Powerade Zero*

Summary: Drink more water, add electrolytes, and eat more when you are at YMCA!

