

# ALTITUDE SICKNESS TIPS & PREPARATION

## **How to Prepare for Altitude:**

1. Drink 16-32 oz more of water than you normally drink at least two weeks before.
2. Increase your exercise level at least 30 days before, even if it is just walking every day.
3. Increase your potassium levels the week before arriving

## **How to Adjust to Altitude:**

1. Drink Lots of Water. As you gain altitude, your body tends to lose water and salt faster than you're used to
2. Reduce Your Exercise
3. Get Enough Sleep
4. Increase Your Potassium Levels
5. Protect Yourself From the Sun
6. Consume More Calories
7. Bring no sugar electrolyte drinks: Pedialyte, energy sticks from Whole Foods or Sprouts, Gatorade or Powerade Zero

Summary: Drink more water and some electrolytes and you will eat more when you are at YMCA!