

## RE VSPA Reunion 2021

As we prepare for our 26 VSPA Reunion in Colorado Springs and the Academy, I have been advised there are some areas that need everyone's attention. Due to the high altitude, please pay attention to the items below in planning for your trip. These things can help make sure we have a fun, successful reunion. Additionally, I have checked numerous times on the COVID-19 conditions in Colorado Springs, CO and am being told it is not a problem. I would bring a mask; however, the only time it is required is in a DOD facility. Of course, you may wear it anytime it makes you feel comfortable. I am excited and looking forward to seeing everyone there.

Jerry Nelson  
President VSPA.com

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The best advice to prepare for the summer weather in Colorado Springs is to dress in layers. Mornings and evenings are refreshingly cool, especially after a gentle afternoon shower. Midday can bring warmer temperatures, but the low humidity will keep you comfortable. Be sure to pack comfortable shoes since you never know when you'll want to hop out of the car and take in the sites.

### ESSENTIALS

- Lip balm
- Moisturizer
- High SPF sunscreen
- Hat
- Sunglasses
- Coat, sweater and/or hoodie
- Camera
- Sturdy walking shoes or hiking sandals

### TOP 10 HIGH ALTITUDE TIPS

To enjoy your visit here in Colorado Springs, here are the top 9 high altitude tips to keep in mind to give your body time to adjust to the altitude and prevent altitude sickness:

1. Stay below 7,000 feet the first day (the city of Colorado Springs is 6,035 feet above sea level.)
2. Give your body time to adjust (there's lots to see and do at lower altitudes.)
3. Avoid strenuous exercise the first day.
4. Limit alcohol intake. Alcohol binds oxygen and water and robs your body of these two important nutrients.
5. Drink more water. The air is drier, and your body will dehydrate much more quickly. The higher up you go, the more water you should drink.
6. Always travel with a companion. If someone begins to experience severe coughing, wheezing, shortness of breath or chest pain, get him or her to a lower altitude as quickly as possible.
7. The effects of some drugs such as tranquilizers can be greatly increased at higher altitudes. Be sure to check with your doctor first before exerting yourself at higher altitudes.
8. If you are baking during your visit, be sure to follow the high-altitude instructions.
9. Discover the endless benefits provided by Vitamin IV Hydration Therapy at Revivology!
10. Get plenty of good rest and enjoy yourself!