**A picture containing text

Description automatically generatedREUNION 2021  
Colorado Pre Briefing Info RE - Elevation sickness precautions**

**From: Jerry Nelson <**[**JrNel1423@aol.com**](mailto:JrNel1423@aol.com)**>  
  
Reunion 2021 Colorado Pre Briefing Info**

**MSgt NICHOLAS A. LEWIS, Flight Chief, DFO-B, 10th Security Forces Squadron USAF Academy emailed the below elevation sickness precautions for VSPA Reunion 2021 attendees to consider.**

**Questions? email: Jerry Nelson** <[JrNel1423@aol.com](mailto:JrNel1423@aol.com)>

**From: "LEWIS, NICHOLAS A MSgt USAF USAFA 10 SFS/DFO"   
Date: June 16, 2021 at 10:57:33 PM CDT  
Subject: Colorado Pre Briefing Info**

**Sir,**

**See below for some general info about Colorado and elevation sickness precautions. I’ve also attached links to a website with some good information.**

**Drink plenty of water**

**Bring/use chap-stick daily**

**Sunscreen is a must due to the elevation**

**Many people suffer from dry nose/nose bleeds here. This can be prevented by applying a small amount of Vaseline in each nostril with a Q-tip.**

[**https://www.visitcos.com/travel-tools/high-altitude-tips/**](https://www.visitcos.com/travel-tools/high-altitude-tips/)

[**https://www.visitcos.com/travel-tools/weather-how-to-pack/**](https://www.visitcos.com/travel-tools/weather-how-to-pack/)

**V/r,**

**NICHOLAS A. LEWIS, MSgt, USAF**

**Flight Chief, DFO-B**

**10th Security Forces Squadron**

**USAF Academy CO 80840**