

COLORADO SPRINGS

REUNION 2021

Colorado Pre Briefing Info RE - Elevation sickness precautions

& THE PIKES PEAK WONDERS REGION

From: Jerry Nelson <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>

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/weather-how-to-pack/>

V/r,

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