A gentle reminder from DMC re: Altitude Sickness:

Because Drala Mountain Center is at 8k feet, the risk of altitude sickness is present for most of our visitors. However, if you are coming from lower elevation, especially sea level, have allergies, especially seasonal allergies or pine allergies, have a respiratory illness, acute or chronic, or require a cpap machine, you may be at higher risk of developing altitude sickness. If you have asthma, don't have much experience with altitude, or are sensitive to weather or barometric pressure changes, that may also increase your risk of experiencing altitude sickness while at DMC.

The good news is that in most cases altitude sickness is mild and manageable. The most acute symptoms often resolve within a day or two of arrival, though some fatigue may persist.

Common symptoms of altitude sickness include:

- Fatigue
- Muscle aches
- Headache
- Increased Thirst
- Decreased Appetite

More severe symptoms include:

- Severe headache or migraine
- Nausea
- Vomiting
- Diarrhea

Please alert a staff member if you are experiencing more severe symptoms of altitude sickness.

Tips for managing altitude sickness:

The most important thing you can do to help manage altitude sickness is to stay well hydrated throughout your stay at Drala Mountain Center. It's a good idea to try and drink a little more water than usual while you're here. Starting to increase your hydration a few days before you arrive can also help make the transition to higher elevation easier on your system.

Supplementing your hydration with electrolytes can also be helpful. Electrolyte drinks or supplements both make it easier for your body to absorb liquids, they can also improve your overall hydration faster than water alone.

If you do not require a low-sodium diet, you may also want to add a little more salt to your food while at DMC. Sodium is a key electrolyte, and adding a little more can help stimulate appetite, help you feel full faster, while also helping maintain good hydration.

It is also important to pace yourself, especially during your first couple of days at altitude. If you feel more fatigued than normal, listen to your body's signal and reduce activity where you can.

Avoiding alcohol and other dehydrating beverages for a few days before you arrive can also help.

A higher carb diet, and including foods high in potassium, such as bananas, can also provide some relief from altitude sickness.

All water at Drala Mountain Center is potable, and we also provide access to fresh fruit throughout the day.

If you have had a severe reaction to altitude in the past, you may want to speak to a doctor before you arrive, and ask about different options to manage altitude sickness.