

## **Higher Altitude Acclimation and Hints**

Most people look forward to their vacations for quite a long period of time. Lots of planning is put into the event. A good deal of money is set aside for the occasion.

To make sure that the entire vacation is as pleasant and relaxing as it was designed to be, it is important to stay in good shape. Here are a few tips when you plan to spend a few days at a higher than usual altitude.

It is good to take a little time to acclimatize to altitude shifts you can experience while vacationing in the Eastern Sierra of Inyo and Mono Counties. At higher elevations, the air is thinner with less oxygen and humidity than you will find at sea level. This will prevent some very common symptoms like muscle fatigue, insomnia, slight shortness of breath or mild headaches.

When traveling to higher altitudes, it is good to be aware that some adjustments are in order to help you become accustomed to the new environment. You are more susceptible to sunburn because the thin air only filters out a minimum of the sun's ultraviolet rays. So it is very important to use sunscreen, hats and bandannas to help keep your skin protect-ed. It's also a good idea to re-apply sunscreen at least every four hours.

Since you can become dehydrated more easily at higher altitudes, drink lots of water and other liquids. Eight to 10 glasses is highly recommended. As tempted as you may be, after all it's your vacation. Avoid alcoholic beverages for the first day of your visit.

**Pack It In, Pack It Out.** If it wasn't there when you came then don't leave it there when you leave! You are responsible for anything you bring into the backcountry. Carry out all your trash. Make your site or travel route look like nobody was ever there. Leave no signs of human influence. Remove all evidence of your stay. Inspect your campsite for trash or misplaced gear before you leave. Pick up trash that others may have missed or that were dropped by accident. Bury human waste in cat holes about 6-8" deep 200 feet from any water sources, camp-sites, or trails. Carry out used toilet paper. Carry out feminine hygiene products. Do not bury them. Wash yourself and dishes 200 feet from any water sources and away from campsites. Food scraps will attract insects and animals. Filter your dishwater and carry out your food scraps with the rest of your trash. Don't use soap or shampoo. Leave What You Find. Take only pictures, leave only the lightest of footprints, and bring home only memories. Resist the temptation to take home souvenirs. Leave stones, feathers, artifacts, shells, petrified wood, etc. so that others may enjoy them.

**Stay on Durable Surfaces** Leave the place you're visiting in a natural condition. You can't improve Nature. Do not alter a site in any way. Good campsites are found, not made. Don't pound nails into needed. Leave your saw and axe at home. Don't break or saw off branches from dead trees, live trees, or fallen trees. Make sure your fire is completely out before leaving an area. Scatter your leftover cold ashes over a large area away from campsites. **Respect Wildlife** Treat the animals with respect. You are a visitor, traveling and camping in their backyard. Watch wildlife from a distance. Do not feed them! Cook and eat away from your campsite so you don't attract bears. Camp at least 200 feet from water. Animals come to water to drink and may be scared off.