

Dear UIA 14th Winter Seminar Participants:

We are very happy that you will be coming to Aspen, Colorado to enjoy the beautiful Rocky Mountains, excellent camaraderie, wonderful legal presentations, and skiing!

Please keep in mind that Aspen is very located at a very high altitude (base elevation is almost 3000 meters, with the highest skiing at almost 4000 meters. Some preparation will make you feel much more comfortable.

First, please consider obtaining a high altitude medication from your doctor before you arrive. Diamox (Acetazolamide) is available by prescription. It works wonderfully if you take it a few days before you arrive. It can also be taken after you arrive if you feel poorly. While you are taking this drug, however, all carbonated beverages (Coca Cola, Beer, Champagne) will taste very strange.

Second, drink lots of water.

Third, bring your favorite headache medication. Headache is a common side effect of being at high altitude, but a Bayer Aspirin will work wonders!

Fourth, buy some portable oxygen containers, available in the grocery stores in Aspen. I do not feel that they help much, but some people enjoy using them to help them breathe easily.

Fifth, try to get plenty of sleep and relax when you can. If you use a sleep aid, bring it with you, as the altitude may cause you to feel restless for the first few nights. If you are drinking a lot of water, you may also find yourself awakening frequently at night.

Sixth, eat Carbohydrates (spaghetti is wonderful!). Carbohydrates help the body's ability to absorb oxygen. Avoid salty foods, because sodium increases blood pressure, which can make you feel more altitude sick.

Seventh, take Iron supplements (but make sure you don't take too much iron!) or Ginko Biloba, if you are a fan of vitamins.

Eighth, avoid alcohol and tobacco for your first few days.

Finally, please keep in mind that Colorado also has a very dry climate. Bring a spray for my nose (saline solution) to keep the nose from becoming too dry, and use lotion for your skin. Drinking a lot of water also helps adjust to the dry climate.

If you follow as many of these steps as you can, you should have a very enjoyable time in Colorado. If you choose to follow none of the recommendations, you should survive without too much difficulty. But, they certainly will help to avoid risks and generally improve your wellbeing, which is our wish for you.

The Organizing Committee