

# AN ELEVATED ALBUQUERQUE EXPERIENCE

## ALTITUDE: 5,312 FEET

Welcome to Albuquerque, where you will find rich history, diverse culture, delicious cuisine and the home of the Albuquerque International Balloon Fiesta®. Our high desert altitude is just above 5,000 feet, which offers a warmer, drier climate and slightly thinner air. Here are some handy tips to adapt to the altitude and make the most of your time here.

### Arrive Early

Two extra days at altitude may help by allowing your body some time to acclimate.

### Stay Hydrated

With a higher rate of breathing and drier air, one could dehydrate more quickly. Drink plenty of water during your downtime. The goal is to add water to your body, not deplete it. Plan on drinking more water here than you normally do at home.

### Monitor Your Alcohol and Caffeine Intake

The effects of alcohol and caffeine are greater at altitude than at sea-level, including both intoxication and dehydration.

### Replenish Electrolytes

Foods high in potassium can help replenish electrolytes by balancing salt intake. These include: avocado, bananas, potatoes, tomatoes and spinach.

### Plan for Sunshine

Increased altitude means less protection from the sun. Sunscreen is a must, and don't forget to protect your lips (balm) and eyes (sunglasses) too!

### Dress in Layers

Check the weather forecast before you pack, watching the highs and lows. The sun can feel warmer than the actual temperature during the daytime. When the sun goes down, the nights can become very chilly as the ground doesn't retain heat very well. It is best to layer your clothing.

### Have Fun

Enjoy your stay in Albuquerque. If you do experience any unrelieved nausea, shortness of breath, headache, lightheadedness, dizziness or chest pain, please seek medical attention. Follow these tips to enjoy soaking up the sunshine and the vibrant atmosphere of this wonderful city!



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# ALBUQUERQUE

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