Welcome to Albuquerque, a city full of history, culture, cuisine and home to the International Balloon Fiesta. Our high desert altitude (around 5,000 feet) may have a warmer and drier climate, and the air may be a little thinner than you are used to. While most athletes will not develop noticeable symptoms with the altitude gain, it is possible to experience a slight increase in respiratory and heart rate at rest. These are normal adaptations and here are some simple strategies to help minimize the differences.

**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, practice and competition. 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 INTAKE**
The effects of alcohol are greater at altitude than at sea-level including both intoxication and dehydration.

**WATCH YOUR CAFFEINE INTAKE**
Caffeine can be dehydrating. This effect is greater at altitude as well.

**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.