
High Altitude

Posted by Debby - 2007/01/03 17:57

I recently watched the series on the Discovery Channel about a group of men who were attempting to climb Mt. Everest. The footage was incredible. I was spellbound by the drama captured by cameras that were strapped to the guides hats. I hope many of you caught the show. It was really good, IMO.

Although I have always known about the dangers of high altitude, I never knew just how deadly it could be. I did a little research on high altitude states such as Colorado and Utah. Do any of you have any difficulty with the altitude or is it something you get used to and don't even notice.

Do I need to allow a couple of days to acclimate myself if I visit there before doing much physical activity and do you know of people who actually got sick while visiting?

I hope Grizz and PlanetColorado can help on this one.

Post edited by: Debby, at: 2007/01/03 18:14

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Re:High Altitude

Posted by grizzlys4 - 2007/01/04 02:34

Hey Debby!!

I watched the show Beyond Everest or something like that....fascinating indeed!!!!

As to our high altitude.....yes, many people actually do get sick! Some more than others, and, of course, some don't. I've taken a few down in the ambulance myself who got sick!!

A lot of it depends upon your physical condition to begin with. Mine is certainly not good, but there IS a huge difference in the fact that I grew up here! I don't feel much of a difference unless trying to hike really up high...we live at 7500 ft. Hubby hikes a lot, but he's getting a bit older and can feel it some when going higher....a lot of water and rest is the key to enjoying hikes.

Actually, when we're on vacation in the lowlands.....we were in Texas and Arkansas for a couple of weeks last summer.....coming back home we DID notice a bit of difference for a couple of days!! Isn't that funny??? Mostly climbing stairs, etc. But boy do I LOVE coming back to clean, fresh, cool and thinner air!! I have such a hard time breathing in humidity!! But bring lotion and chapstick.....if you're not used to dry air.....ouch!!

And if you feel ANY symptoms like dizziness, nausea, sudden headaches, blurry, that kind of stuff.....tell someone and start going back down fast! Don't ever hike alone!! Of course, that's for many reasons.....

If you mostly are going to be doing city-type and residential activities...then making sure you stay hydrated and rested really are the main things that will keep you from getting altitude sickness. But there have actually been a few cases of people not being able to be at higher altitudes even if it didn't involve a lot of physical activity.....but that's pretty rare.

Give yourself a day or two of easy activities and good food (of course!! ;)) and lots of water. You should be fine.

Soooooooooooo.....now all that medical lecture over.....sorry, it's the EMT in me!!! :D Are you planning a trip out west?? If you are, let me know if you want to try to meet somewhere!! We could have lots of fun!!

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Re:High Altitude

Posted by KPW1956 - 2007/01/04 11:12

My husband was having to travel to Denver quite a bit... and he has never mentioned anything. But I am not sure if Denver is as high as where Grizz is. I know it's called the mile high city.. or nicknamed that. Maybe I'm thinking of the stadium! LOL!

I do know that baking can be affected or used to be affected... and mixes used to have alternate directions for baking things at higher altitudes.. Don't recall what it was... as I'm an east coaster in a much lower elevation area. I don't know

that I've noticed the alternate directions in a few years.. or if it's really a problem and just a perceived problem at one time.

For me, I think the altitude issue would involve my ears! I have had a history of ear problems and the last year and a half especially bad... So they are sensitive to pressure.. Just driving along the blue ridge areas I get the full feelings and have to continually pop my ears.

Re:High Altitude

Posted by grizzlys4 - 2007/01/04 12:05

Hi KP...

Baking cakes and cookies isn't usually too bad....although some recipes do need adjusting!

But don't try to make fudge or candy and not change directions. Because of the boiling point temps.....fudge and jellies and candies can be a real issue if not done right!!

Denver is a mile high.....around 5200 feet.....I'm at almost 7500 feet. A bit higher and a bit colder and snowier! And most of us natives still call the sports stadium the Mile High Stadium. I hate the new "corporate" names attached.....so I refuse to use it!! ;)

Re:High Altitude

Posted by Debby - 2007/01/04 15:43

My research seemed to indicate that most people get into trouble at altitudes over 8,000 feet, but, I don't think that is written in stone.

I am indeed considering the possibility of a trip out west. My family has been thinking about it for over a year now. I have family in northern California who have a horse ranch. They have wanted us to come out for a visit for years. There always seems to be obstacles that keep us away. My parents health has been problematic and then my youngest brother went through drug rehab and now a messy divorce. Assuming nothing else comes up I intend to make some proposals to my family for this trip.

Plus, my youngest niece and I are eager to visit the Roloff farm in Oregon. She could lose interest by the fall so, that's a possibility.

I'm considering my options on whether I may drive cross country with the family members who want to go, or should we fly out. I'm not sure yet. I know it would be a veeeeerry long drive, but, I would get a chance to see the country. Cost is also a factor when traveling with about 6 of us.

If I do get out there Grizz, I will definitely let you know so we can meet for coffee or something. That would be fun. I can't see me doing much hiking though. Even when I was in tip top shape, I wasn't much of a hiker. I'm too girley. I'm allergic to insect bites and bee stings and I'm afraid of bear attacks. LOL. I would like to check out the scenery though. It looks beautiful. I fell in love with Colorado as a teen when John Denver came out. Rocky Mountain High and all that.... was he describing altitude sickness?... just kidding....LOL.

Re:High Altitude

Posted by KPW1956 - 2007/01/04 16:23

Oh Debby... I was a major JD fan! I think I had about all of his albums and probably still do. I tinkered with guitar for several years and had alot of his music from his albums..(chords and lyrics)... but finally gave them away only 2 years or so ago..

I know I went to 1 concert of his maybe 2... (Now that was back in the 70's...) I also went to 1 or 2 of the beach boys!... I think I did go to a JD concert with my husband when we were dating... so maybe one of those was in the early 80's... Can you tell my mind is starting to go?

It was sad that he passed the way he did... I remember the shock.. Almost as bad as when Elvis died!

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Re:High Altitude

Posted by Debby - 2007/01/04 18:04

I know, that was such a terrible thing. I loved his music. I know he had many personal problems, but, his music was just so unique. I still am moved by his music every time I hear it, even the corny stuff like Thank God I'm A Country Boy.

I saw the movie about his life story and that was very good. It showed him warts and all.

It's funny, because I was recently talking to a colleague who is an aviation attorney, he is also an avid pilot who owns a plane and he knows much about planes. We were talking about strange plane crashes and why they occur. John Denver came up. He said that the plane John was flying was very easy to land on water and survive. In fact he was on a boat once who saw someone with an identical plane as John's do a forced landing on the ocean and the pilot and passenger got out of the plane, got their belongings out and then hopped into another boat passing by. Their crashed plane slowly sunk. So, he thinks the crash into the water was intentional by John. I don't know. I think people don't want to believe that, but, I thought it was odd that he has come up in conversation so much lately.

They also ran a concert of his last week on PBS. Very coincidental.

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Re:High Altitude

Posted by Debby - 2007/01/04 18:49

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Re:High Altitude

Posted by grizzlys4 - 2007/01/05 03:26

We love JD music as well!!! We have a friend's mom who used to clean his house in the mountains!! A loooong time ago!!

Debby.....I don't hike much at all at my physical shape now either. But there are some great short trips with just a tiny bit of walking for spectacular views! And Garden of the Gods is fantabulous....all from your car!!

We take cross-country drives frequently....we love it!! We got a camper last summer, so now they're even more fun! Our own clean potty on the go!! :D

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Re:High Altitude

Posted by Debby - 2007/01/05 12:34

Thanks for the tips Grizz. I can just see it now....driving along a scenic route on a cool crisp sunny day...listening to my Ipod..."He was born in the summer of his 22nd year".....I think that's how the song starts. "Rocky Mountain High" that is.

The place is definitely on the top of my list.

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