

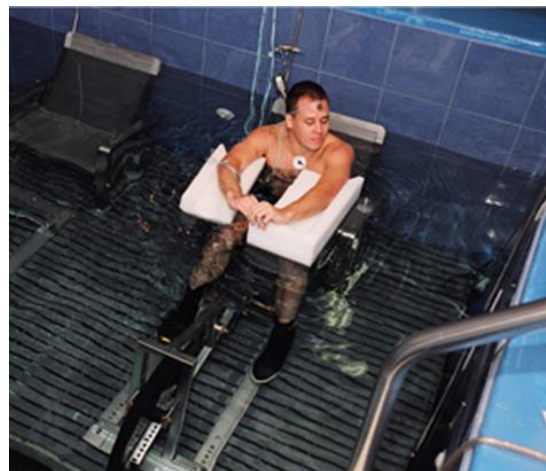


# Volunteers Needed for a Cold-Altitude Study

examining the effects of repeated water immersion on physiological adjustments and symptoms of Acute Mountain Sickness at high altitude

## You may be eligible if you...

- Are healthy with no history of cold injuries
- Are between the ages of 18-40
- Exercise at least 3x per week
- Were **NOT** born at an altitude greater than 2,100m (~7,000 ft)



## Are willing to...

- ✓ Immerse yourself up to your shoulders in warm (95°F) or cold water (54°F) for 10 minutes at a time on 6 occasions
- ✓ Stay and sleep in an altitude chamber (the size of a dorm room) for 30 hours on 2 occasions
- ✓ Provide blood samples
- ✓ Perform light (walking) and self-paced (running) treadmill exercise

## Time commitment:

9 visits (~6 weeks)

*Federal Civilian Employees and Active Duty Military may be eligible for compensation up to \$550*

*Non-Federal Civilians may be eligible for compensation up to \$1202*

**Contact**

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### Cold-Altitude Study

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