

FLIGHT MED QUICK REFERENCE

USAFA Flight Medicine • CWAC / Basic Airmanship

BEFORE YOU FLY

- **Hydrate + full night's sleep** starting 24 hrs out
- **Low-salt, low-fat meal.** Skip greasy food; ginger candy optional
- **Last Alcoholic Drink > 12 hrs** before ANY aviation event — including briefings and mission planning
- **No hangover cure exists.** 1 drink : 1 pint of water, hourly
- **Test your Valsalva:** pinch nose, close mouth, gently blow until ears pop

DO NOT FLY congested, with ear/sinus pain, if your Valsalva won't clear, or within 12 hrs of alcohol. See Flight Medicine.

IN THE AIR — AIRSICKNESS WARNING LADDER

- 1 Nausea, headache, sudden fatigue
- 2 Chills, sweating, yawning, dizziness
- 3 **Heavy salivation — vomiting is imminent**

ACT EARLY

- **Eyes on the horizon,** head up
- **A/C vents on you,** slow steady breathing
- **Take the controls** if offered — flying re-orientes you
- **Tell your IP immediately.** They've seen it all before

Still sick afterward? Follow up with Flight Medicine — options include the scopolamine patch and Barany chair desensitization.

EARS ON DESCENT

Valsalva: pinch your nose, close your mouth, gently blow until your ears pop. *“Blow down to keep the pressure down.”*

EYEWEAR

BCGs are the ONLY frames approved for flying or jumping. No contacts, no civilian-purchased glasses. (DAFMAN 48-123)

TERMS YOU'LL HEAR

- DNIF** Duties Not Including Flying
- DNIJ** Duties Not Including Jumping
- DNIC** Duties Not Including Controlling
- RTFS** Return To Flying Status

YOUR CLEARANCE

- **Basic Airmanship — 4 years.** Soaring, Powered Flight, Jump
- **Advanced — 1 year.** WOG/WOB, Jumpmaster, Soaring IP/Team, Flying Team
- **Seen by PT/Ortho since clearance?** Check with Flight Medicine before participating.

REACH FLIGHT MEDICINE

Fastest: MHS GENESIS portal → Messaging → “USAF Academy Flight Medicine”

Front desk: 719-333-5950

Hours: M/T/Th/F 0700–1100 & 1200–1600
Wed 0900–1100 & 1300–1600 (training day)

RTFS walk-in: Mon & Fri 0700 — no appointment needed

60-SECOND SELF-CHECK — answers below each question

1. Brief at 0800 tomorrow — latest you can finish a drink?

2000 tonight. Last drink must be > 12 hours before any aviation event, including the brief.

2. Your Valsalva won't clear during pre-flight. Now what?

Do not fly. Report to Flight Medicine — don't tough it out.

3. You start salivating heavily mid-flight. What's next?

Vomiting is imminent. Tell your IP now, vents on you, eyes on the horizon.

4. What eyewear is legal in the cockpit or on a jump?

BCGs only. No contacts, no civilian glasses (DAFMAN 48-123).

5. You're DNIF and feeling better. Where do you go?

RTFS walk-in — Monday or Friday at 0700, no appointment needed.

USAFA Flight Medicine • 10th Medical Group

Your health and your wings are the same thing — protect both.