Altitude Change Tips

While in Colorado, you will be in a high alpine and dry climate. Get the most out of your visit with a few tips!

Drink Water

Before your trip and while you are here, drinking plenty of water is the best way to help your body adjust easily. The low humidity in Colorado keeps the air dry so you need about twice as much water here as you would drink at home.

Watch Your Physical Activity

The effects of exercise are more intense here. If you normally run 10 miles a day at home, you might try 6 miles.

Monitor Your Alcohol Intake

In our rarefied air, it is recommended that you monitor your alcohol as its effects will feel stronger at sea level.

Eat Foods High in Potassium

Foods such as broccoli, bananas and avocados will help you replenish electrolytes by balancing salt intake.

Pack for Sun

With less water vapor in the air at this altitude, the sky really is bluer in Colorado. There is 25 percent less protection from the sun, so sunscreen is a must. Colorado receives over 300 days of sunshine each year, which is more than San Diego or Miami. Bring sunglasses, sunscreen, lip balm, even in winter.

Dress in Layers

Two days before your trip to Denver, check the weather and pack appropriately. Because Colorado is closer to the sun, it can feel much warmer than the actual temperature during the daytime, but then become very chilly after sundown. It is best to layer your clothing.





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Gaylord Rockies Resort & Convention Center
6700 North Gaylord Rockies Boluevard, Aurora, CO 80019