

High Altitude Tips



Denver really is exactly one mile high. In fact, there is a step on the State Capitol Building that is exactly 5,280 feet above sea level - one mile high. Which step? Well, the 11th step is carved in stone as a mile high, but in 1969, it was found that the actual spot was 4 steps higher. In 2002, it was discovered that Denver is 3 feet higher than previously thought. So take your pick of steps - but one of them is assuredly one mile high.

DRINK WATER!

Before your trip to Denver, and while you are here, drinking plenty of water is the number one way to help your body adjust easily to our higher altitude. The low humidity in Colorado keeps the air dry, like the desert, so you need twice as much water here as you would drink at home.

Monitor Your Alcohol Intake

In Denver's rarified air, golf balls go ten percent farther... and so do cocktails. Alcoholic drinks pack more of a wallop than at sea level. It is recommended that you go easy on the alcohol in the mountains and in Denver, as its effects will feel stronger here.

Eat Foods High in Potassium

Foods such as broccoli, bananas, avocado, cantaloupe, celery, greens, bran, chocolate, granola, dates, dried fruit, potatoes and tomatoes will help you replenish electrolytes by balancing salt intake.

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 in Denver.

Pack for Sun

With less water vapor in the air at this altitude, the sky really is bluer in Colorado. But there's 25 percent less protection from the sun, so sunscreen is a must. Denver receives over 300 days of sunshine each year (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 use this information to pack appropriately. Because Denver is closer to the sun, it can feel much warmer than the actual temperature during the daytime, but then become very chilly after sundown, particularly in the Spring and Fall. It is best to layer your clothing.