GAYLORD ROCKIES™
RESORT & CONVENTION CENTER
Colorado

Altitude Change Tips

While in Colorado you will be in a high alpine, 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 number one way to help your body adjust easily. The low humidity in Colorado keeps the air dry, like the desert, 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 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, 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.

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. Colorado 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 Breckenridge, check the weather and use this information to 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.

Enjoy Yourself: Don't let anything you hear about the high altitude scare you. The air is just thinner and dryer. In fact, many people with respiratory problems move to Colorado for the benefits of the dry air. Just follow these simple tips and you will very likely not even notice the difference.