

## **Prepare for Denver's High Elevation**

Denver sits at 5,280 feet—literally one mile high! Some people accustomed to being closer to sea level may experience a few unpleasant symptoms after a few days at this high altitude, especially those that travel even higher into the mountains. These symptoms can include headache, nausea, fatigue, and trouble sleeping, and the sun's rays can affect you more, too. Here are some tips to minimize symptoms from Visit Denver's travel bureau:

### **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 about 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.