



National Conference
Oct. 26-27, 2015
www.nacep.org

A silhouette of a person climbing a rock face is positioned on the left side of the card, extending from the top towards the middle. The background behind the text is a gradient from light blue at the top to dark purple at the bottom.

Denver really is
ONE MILE HIGH

A stylized silhouette of a mountain range with several peaks is located in the middle of the card. The mountains are white with black outlines, set against a dark purple background.

Don't let anything you hear about the mile-high altitude scare you. The air is just thinner and dryer. In fact, many people with respiratory problems move to Denver for the benefits of the dry air. Just follow the simple tips on the back of this card and you will very likely not even notice the difference.

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.



DRINK WATER

While you are in Denver, 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.

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.



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.

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 six miles in Denver.



DRESS IN LAYERS



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.