



## Welcome to Summit County!

In an effort to make sure your time in Summit County is not only productive but enjoyable we've put some quick tips together to make sure you get the most out of your experience.

### Environment:

- Summit County's average temperature in the winter is 17°f, and 60°f in the summer, so dress appropriately! Hats, gloves, waterproof boots, layered clothing and more than one jacket are all essentials.
- Colorado is significantly less humid than coastal regions. Whatever your daily water intake at sea level is, plan on doubling it here. You will also want to keep chapstick with you at all times.
- Despite the low temps in the winter, Colorado is famous for its sunny blue bird days. There is still risk of sun exposure so it's a good idea to make sure you have sun screen with you and apply it multiple times throughout the day.

### Altitude:

- Keystone's base area elevation is 9,280ft above sea level. Breckenridge is at 9,600ft. Altitude sickness is a common issue even for people who live here. If you feel yourself getting light headed or nauseated you should sit down, drink as much water as you can, and try to eat some carbs. You will not win a fight with altitude sickness, the best thing to do is avoid it altogether by maintaining a high level of hydration and staying well fed.
- Altitude exacerbates the effects of alcohol, especially on a person who has not consumed enough water. In Summit County, 1 beer = 3 beers at sea level. A good rule of thumb is to consume a half glass of water for each alcoholic beverage you consume.

### Misc:

- Keystone Emergency Services (KES): (970) 496 4000 (for all non-life threatening emergencies, otherwise call 911). Available at Keystone Resort only.
- We are smack dab in the middle of a national forest. This is a high wildlife activity area. **DO NOT INTERACT WITH WILDLIFE.** If you see a wild animal, stay away and contact KES or Law enforcement immediately.
- While marijuana is legal to consume and available for purchase in Colorado, the majority of Keystone and Breckenridge are situated on Federal land. Marijuana is still Federally illegal and consumption or possession of marijuana on Federal land is prohibited. (and in hotel room)

**Stay safe and have an amazing stay in Summit County!**

