

High Altitude Tips for Children and Infants

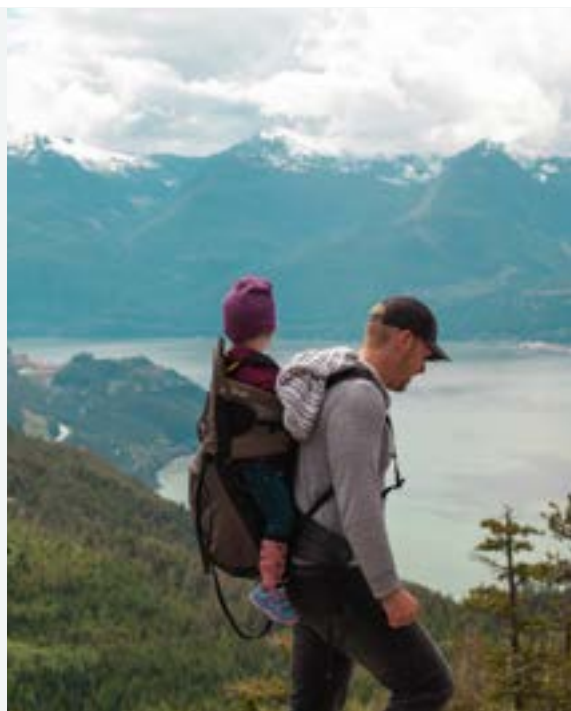
Visiting families sometimes ask our concierge team about altitude and safety precautions. While Park City is at a higher altitude, it's not considered as extreme as many other mountain destinations.

Park City's altitude is approximately 6,500 feet above sea level and altitude-related health issues are much more likely to occur above 8,000 feet.

However, when it comes to kids and infants, it's always good to know what precautions to take. We've outlined a few top tips below.

Before Your Trip:

- **Consult a Pediatrician:** Before traveling to high altitudes, especially if your child is an infant, consult a pediatrician to assess their readiness for such conditions. They can provide specific advice based on your child's health.
- **Gradual Ascent:** If possible, plan your trip to allow for gradual acclimatization. Ascend slowly, taking breaks to acclimate to the increasing altitude.
- **Hydration:** Ensure your child remains well-hydrated. Dehydration can exacerbate altitude-related symptoms.



During Your Trip:

- **Monitor Symptoms:** Keep a close eye on your child's condition. Common symptoms of altitude sickness in children include headache, nausea, vomiting, and fatigue. For infants, watch for irritability and difficulty feeding.
- **Hydration Continues:** Encourage regular fluid intake, as the body tends to lose more water at higher altitudes.
- **Dress in Layers:** Pack clothing suitable for variable weather conditions. Layering allows you to adjust your child's clothing as temperatures change.



We invite you to learn more about our beautiful mountain town! Check out our [Seasonal Guide to Park City](#) to get detailed info about weather, activities throughout the year, where to stay, and some hidden local treasures from our team.