Your Reference Guide to
Denver, Colorado

NFPA Joint Conferences 2019
April 25-28, 2019

Rocky Mountain Paralegal Association
Paralegals with Altitude
Welcome to Colorado!

• On behalf of the membership and the Board of Directors for the Rocky Mountain Paralegal Association, we look forward to welcoming you to our great city, the Mile High City of Denver, Colorado! We hope you will enjoy your time at the NFPA Joint Conferences and the RMPA Social Events during your stay!
  • Ed C. Schneider, M.A. – President of RMPA
A Welcome from the Mayor of Denver, Colorado

The Honorable Michael B. Hancock
A Special Welcome to the Paralegals and Non-Attorney Paraprofessionals of the Armed Services
- Before you arrive
- Traveling to Denver
- Arriving in Denver
- Get to know the city
- Reminders and Best Practices
Before You Head To Denver
Preparing for your trip
**DRINK YOUR WATER**

- Denver’s altitude and dry climate is a unique combination that you should prepare for!
- In the weeks preceding your trip, follow this tip to get hydrated before you arrive:
  - Follow this Algebra: \((W \times 50\%) + 32\) ounces = \(H\) ounces of water you should consume before and during your trip
  - \(W = \text{Weight}; \ H = \text{Ounces of Water}\)
- Avoiding sugary drinks as often as possible will help you stay hydrated!
Talk to your doc!

- If you take blood thinners or suffer from chronic headaches, consult with your physician prior to your arrival to ensure you do not need to adjust your medication doses
The Surface of the Sun – Well, not really!

- Denver’s altitude of 5,280 feet above sea level puts you far closer to the sun than you may be accustomed to.
- Wear a good face moisturizer with at least SPF 15 to prevent burning.
- If you plan to ski, snowboard, or hike, wear a higher SPF as you will be up to 2-2.5 miles closer to the sun than you would be at sea level.
The Necessities to Pack

- Pack lip balm, moisturizer, eye drops (if you have dry eye), and good conditioner! These will all help you combat the dry climate of Denver!
- Bring clothes for any weather possibility. It could be 80 and sunny during the day, and rainy and 35 at night. Be prepared for all weather conditions!
  - A good jacket is always a best practice
- Sunglasses – you will definitely want these as Denver’s sun can be a touch intense and you will want to watch the breathtaking sunsets over the mountains!
Traveling To The Mile High City
Denver International Airport

Frequently known as either DIA or DEN, the airport is located 25 miles to the northeast of Downtown Denver and is approximately 45-minutes by car or 37-minutes by mass transit between the city and the airport!
DEN Terminal Map
The A Line is the best method to connect between the airport and the city. For $9, you can avoid traffic and the hassles of Lyft/Uber and just enjoy the scenery and relax on your 37-minute ride to Downtown Denver.
RTD System Map
Downtown Denver
Arriving into the City
Union Station

Most Trains and Busses connect through Denver’s Historic Union Station.

Union Station is located at 17th St. and Wewatta

The Conference Hotel is located at 15th St. and Welton
Downtown Denver

Easily traverse Downtown Denver on the free 16th Street Mall Ride from Union Station to the State Capital. You can board the Mall Ride at 16th and Wewatta and ride it to 16th and Welton. Walk towards the Mountains to 15th St. and you will see the hotel.
RTD Downtown
Free Ride Map
The Conference Hotel

The Hampton Inn & Suites (Homewood Suites) Downtown Denver is located at the corner of 15th St. and Welton.
Get To Know Downtown Denver

Things You Will Want or Need
Forget Something?

Target – 16th Street Mall
16th and California

Walgreens – Boots Pharmacy
16th and Stout
Got Coffee?

Starbucks
16th & California (diagonal from Target)

ink! Coffee
16th & California (across from Target)
A little shopping?

The 16th Street Mall and Denver Pavilions provides unique shopping and restaurant options from Express, H&M, and more!
Friendly Reminders & Safety Information
Denver Police Department

The Denver Police Department has a very robust presence in Downtown Denver to help ensure the safety of residents and guests alike.

Note their uniforms and vehicles if and when in need!
Denver Paramedics

If you find yourself in a medical emergency, like every other city in America, dial 911!
Safety in Numbers

As with any big cities, always travel in groups, don’t flash cash, and be aware of your surroundings!

If you are going from an event to the hotel, please take an Uber or a Lyft or get a walking buddy!
Cannabis/Marijuana

While recreational use of cannabis/marijuana is permitted in the state of Colorado. Remember that open consumption or distribution is prohibited under state law.

Use, possession, or distribution at NFPA or RMPA events is strictly prohibited.

Attempting to bring it home by air is prohibited and Denver DOES enforce these laws.
Responsible Consumption of Alcohol

At the Mile High Altitude, our sea level based friends should use caution when consuming alcohol. It takes significantly less alcohol to feel the effects!
We look forward to welcoming you to Denver!

Please contact us at president@rockymtnparalegal.org with questions!