

INSTANT POT HIGH ALTITUDE COOKING TIME ADJUSTMENTS

Increase cooking time by 5% for every
1000 ft over 2000 ft elevation

Elevation	% Increase	Multiply by
3,000 ft	5%	1.05
4,000 ft	10%	1.10
5,000 ft	15%	1.15
6,000 ft	20%	1.20
7,000 ft	25%	1.25
8,000 ft	30%	1.30
9,000 ft	35%	1.35
10,000 ft	40%	1.40

round to the nearest whole minute