



## NPGS Niagara Peninsula Geological Society Field Trip Handy Info Sheet

### Beat the Heat, Heat Exhaustion, and Heat Stroke

#### Surviving heat waves & really hot weather

- Stay hydrated - extra water is **critical** for hot days.
  - Please bring a minimum of 4 bottles of water for yourself.
  - Preferably 8 bottles & can be frozen the night before.
  - Canteens are handy - camelbacks are even handier.
- Some sites are in the middle of nowhere (hence, food is inaccessible).
  - Veggie / fruity lunch & snacks are best.
  - Meats & nuts ('coz "high" protein) can make you hotter.
  - Even though nuts can make you hotter, it's a good idea to have a few salted ones on you anyway - sweating makes you lose salt - and salt loss can be as dangerous as heat stroke.
- Wear a sweat band on your forehead - scarves also work well. You can always keep the scarf wet - which also helps to keep you cool.
- Avoid dark colours - light colours reflect the sun better.
  - Loose/looser clothing also keeps you cooler.
  - To the best of your ability, wear cotton or silk - cooler than synthetic materials.
- 'Coz you're in safety boots, wear cotton socks (cooler than synthetic materials).
- Bring a spray bottle of water - actually does keep you cooler.
  - If you add lavender, eucalyptus, or tea tree oil to the spray, you also keep the bugs away.
- **If you feel "way too hot", please get under some sort of shade or get into your car & turn on the air conditioning - and then drink loads of water.**
  - **If you feel faint or dizzy, call your Trip Leader's cell phone immediately, please.**
  - No running or over-exertion, please. Move slowly - trudging is completely acceptable.

**Water,  
water,  
water.**

**Don't  
forget your  
sunscreen!**

**Find  
shade.**

#### Symptoms of heat exhaustion

- cool, clammy skin with "goose bumps"
- heavy sweating
- fatigue
- light-headedness, dizziness
- problems with physical coordination
- muscle cramps
- headache
- nausea

Heat exhaustion & stroke effects can last a couple of days.

If you continue to show signs of heat exhaustion after 30 minutes, then the Field Trip Leader will call 911. You probably have heat stroke.

#### Symptoms of heat stroke

- high fever (104°F/40°C)
- severe headache
- light-headedness or dizziness
- disorientation or confusion
- irrational behavior
- irritability or emotional instability
- nausea or vomiting
- muscle weakness and cramps
- flushed or red skin
- lack of sweating, dry skin
- rapid heartbeat
- rapid, shallow breathing
- seizures

Other participants: While waiting for the ambulance, we'll move the person to shade, give them water (nothing else, please), and apply "ice" or water - particularly to armpits, groin, neck, & back.