



## Heat Safety

*Tips for how to handle the heat on course*

Our course locations are in regions that can be very arid and hot. In particular, Utah courses in the desert and canyons are known for their extreme heat. Here are some tips for how to stay safe in the heat while on course.

### **Before Course:**

- Drink plenty of fluids – about 2-3 times more than you are used to. Aim for at least 2 liters a day.
- Pack appropriate clothing.
- Prepare physically—working out for at least 30 minutes a day during the months leading up to your course is the best way to keep yourself safe and healthy when you're out on course.
- Please check the weather prior to your course at [www.weather.com](http://www.weather.com) to have an idea of what to expect, but keep in mind that weather patterns can change quickly and the weather can be unpredictable in this region.

### **During Course:**

- We have very strict traveling policies in hot weather. On days with extreme heat, we do not travel during the heat of the day. We will have students make shade shelters and have them stay put for that day to stay safe.
- On river courses, it is easier to cool off because students can get into the water, which is typically close to 70 degrees Fahrenheit.
- Keep drinking water! 3-4 liters a day while on course. Keep in mind, you will be in arid environments so you might not notice how much you're sweating since sweat evaporates so quickly in this climate.
- Take plenty of snack breaks.
- Wear loose-fitting, lightweight, long-sleeved, light-colored clothing. Long-sleeved shirts and pants are often cooler than shorts and short-sleeved t-shirts.
- Wear a hat with a wide brim.

**ALWAYS – Listen to your body! If you are feeling overheated, tell your instructors.**