

Checklist to survive the heat, be found when you are lost or in distress

Prepare to be found

- Learn to read maps and how to wayfind using landmarks
- Setting cairns – piles of marker rocks – can be helpful but beware that someone else's cairn may misdirect you; (setting cairns on some public lands is prohibited)
- Load up on fuel foods days in advance of a hike
- Keep hydrated (see below)
- Leave an itinerary with relatives or friend
- Read available materials and consult with public staff and local outfitters and guides to learn about the area you plan to explore before you go
- Know your own limitations, health conditions, abilities, and body's reaction to extreme heat and other weather conditions
- Wear bright clothing that can be easily spotted,
 - Don't wear camouflage or muddy colors
 - Do wear bright blue, bright or fluorescent lime greens and oranges, or even reds, that are more easily spotted
- Carry or wear a bright handkerchief or scarf that you can wave at a search team or helicopter
- Carry a small flashlight; even in daytime a small flashlight can deliver a glint that catches attention
- Carry a small mirror or anything that will reflect a glint that can catch a helicopter pilot's eye
- Don't rely on your cellphone; many areas you explore may not have reception
- Carry a GPS tracking device
 - These may work where cellphone's won't
 - Set waypoints at the trailhead, and at points along the way, that you can use to find your way back using the device
- Those who hike often might consider a [Spot Locator device and service](#) –when injured or lost you press a button to signal the company, which notifies the nearest Sheriff's office of your exact location

Hydration

- Hydrating is the intake or absorption of necessary fluids, water being the best unless there is strenuous exertion or unusual circumstances
- Fluid losses increase as the body sweats
- Humans do not store water; what goes out in 24 hours must be replaced
- Signs of dehydration: fatigue, lightheadedness, dizziness, dark yellow urine (if it's the color of apple juice, drink more water; if it's the color of lemonade, you're usually OK), increased heart rate, skin loses elasticity, overheating, muscle cramps, constipation, loss of tears, parched throat and lips
- Take plenty of water on your hike, in your vehicle, wherever you go
- Don't wait until you're thirsty; thirst is an indicator that you are already behind on fluids
- Hydrate and rehydrate before, during and after activity
- Schedule periodic water intake
- Consume water or fluids when you eat
- Keep water at your bedside
- Attend to those at higher risk (see section below)

Heat exhaustion

- Heat exhaustion is less severe than heat stroke
- Heat exhaustion includes two types: water depletion and salt depletion
 - Water depletion is indicated by extreme thirst, weakness, fainting and headache
 - Salt depletion is indicated by nausea, vomiting, dizziness and muscle cramps
- If the symptoms are not addressed swiftly, heat exhaustion can lead to heatstroke

Heatstroke

- Heatstroke is a medical emergency and can kill or cause damage to the brain and other internal organs
- The body often progresses from dehydration to heat exhaustion and eventually to heatstroke
- Heatstroke symptoms include: throbbing headache; dizziness and light-headedness; lack of sweating despite the heat; red, hot, and dry skin; muscle weakness or cramps; nausea and vomiting; rapid heartbeat, which may be either strong or weak; rapid, shallow breathing; behavioral changes such as confusion, disorientation, or staggering; seizures; and unconsciousness.
- If you suspect someone is experiencing the symptoms of heatstroke, call 911 immediately
- If possible, cool the individual with ice packs or water, and administer first aid

Attend to those at higher risk in the heat

• Infants

- Babies should be kept out of the heat if possible, Doctor and Pediatric Medical Director at Intermountain's DRMC, Marty Nygaard, said to St. George News in 2014
- Five to six wet diapers a day is usually a good indication of proper hydration, Benton said
- Small amounts of clear liquids should be given frequently if a baby is feverish or vomiting; if fluids can't be retained, then it's time to visit the ER
- "Studies have shown ... that children can almost always be re-hydrated without resorting to IV fluids," Nygaard said in a 2014 survey response to Intermountain. "Sometimes oral hydration requires using a small syringe to give sips."

• Kids

- Schedule water or beverage breaks especially when they are playing
- Serve a beverage with meals and snacks
- Get them their own "cool" water bottle and keep it filled
- Offer beverages other than water on occasion, to add calories and variety, especially for active kids
- Don't leave kids in cars when temperatures are even moderately warm; cracking a window in cars won't help – in just 10 minutes, a car's temperature can increase by 19 degrees and will continue to rise; children left inside a vehicle quickly overheat, resulting in devastating injury, permanent brain damage or death. **Read more:** [Did you forget something? Don't make this deadly summertime mistake](#)

• Seniors

- Seniors are at greater risk of dehydration because they may be less aware of thirst
- Seniors are less mobile which may impair their ability to provide self-care and self-hydration
- Seniors may be on diuretics or medications that cause water loss and amplify the effects of dehydration
- Compromised kidney function may cause water loss
- Be liberal with water with seniors
- Seniors should need to empty the bladder about every 2-3 hours during the day

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- **Pets**

- For the most part, dogs do not sweat and they cannot tolerate high environmental temperatures
- Dogs depend upon panting to exchange warm air for cool air; when the air temperature is close to their body temperature, panting is not an efficient cooling process for them
- Heat stroke is an indicated emergency for canines and requires immediate treatment; it is similarly so for other animals
- Don't leave pets in cars when temperatures are even moderately warm; cracking a window won't help – in just 10 minutes, a car's temperature can increase by 19 degrees and will continue to rise; animals left inside a vehicle quickly overheat, resulting in devastating injury, permanent brain damage or death
- Don't exercise your dog strenuously in hot, humid weather
- Take care with brachycephalic breeds, especially a bulldog, pug, or Pekingese are at higher risk of heat issues
- Heart or lung disease can interfere with efficient breathing
- Dogs suffering from high fever or [seizures](#) should be kept out of the heat
- Don't confine your dog on concrete or asphalt surfaces
- Be sure your animals have plenty of shade and fresh water wherever they are confined