

# Heat Emergencies Part 2

## Preparation for Hot Weather Hiking

The following are a few tips for preparing for hot weather hiking:

1. Get outside and hike! It is the only way to get acclimatized safely. Start with shorter summer D hikes and build up as temperatures rise
2. Increase water and electrolytes - everyone's different but consider carrying and drinking 3-4 liters of liquids (generally one liter per hour of exposure)
3. Completely freeze some water bottles overnight and take them on the hike – they are often thawed out in hours 3 or 4 of a summer hike
4. Add ice cubes to your water reservoir on the day of the hike.
5. Eat more on the trail - it takes a lot of energy for your body to keep itself cool (**Counter-intuitive I know but it is backed up by science**)
6. Consider taking an extra water bottle in your pack to share with other team members in the case of emergency (**Take One for the Team**)
7. Freeze wet towels overnight and wrap in plastic bags. These provide great relief when placed on the back of your neck or temples.
8. **NEW! Each club summer hike will have a shade umbrella as part of the safety pack. Umbrellas help reduce the temperature around 10-15F and are invaluable when hiking in the shade-less desert.**
9. Give yourself a rest day from hiking now and then to give your body chance to naturally recover and rehydrate

## Reminder of Summer Hiking Guidelines

The summer schedule will be between May 8th and September 15th, 2023. The following are the club rules for scheduling hot weather hikes during this season. All the following conditions will be strictly adhered to. **The club we had too many heat incident reports last summer - everyone's help is required to minimize these incidents.**

1. Planned Hikes will strictly be less than 10 miles in length **AND**
2. No more than 4 hours exposure on the hiking trail **AND**
3. Hikes will principally be C and D hikes, **AND**
4. No Exploratory hikes - hikes chosen must be accompanied with known maps and GPX tracks. Absolutely no add-ons to the hike as described. Exploratory hikes are to be scheduled during the winter season from this point on.

## Addition to summer hike planning

**NEW! Weather forecasts will be studied the week prior (when the draft schedule is being reviewed) by the coordinators. If forecasted temperatures and humidity levels are more extreme than normal then the hike schedule may be changed for safety reasons.**

**Responses to extremes may include reducing mileage/elevation or cancelation of hikes.**

## Special word to snowbird club members that return briefly over the summer

Can't stress enough the importance of acclimatizing to the Goodyear summer heat. Snowbird club members that return home to their cooler environments and then return to PebbleCreek for a few weeks in the summer are likely not acclimatized enough to go on a club hike.

While we all love seeing you again - please consider sitting out club hikes if you're back in town for a few days.