



SPARKS RC Club Member Handbook

Safety Items for the Summer Months SMH – 013

When attending an outdoor event in hot summer weather, staying safe and comfortable is crucial. Here's a list of items you should consider bringing:

Essentials:

1. **Water:** Stay hydrated by bringing a refillable water bottle. Consider an insulated one to keep your water cool.
2. **Sunscreen:** Use a broad-spectrum sunscreen with at least SPF 30. Reapply every two hours, or more often if sweating or swimming.
3. **Hat:** A wide-brimmed hat can protect your face, neck, and ears from the sun.
4. **Sunglasses:** Protect your eyes from UV rays with sunglasses that offer 100% UV protection.
5. **Light, Breathable Clothing:** Wear light-colored, loose-fitting clothes made from breathable fabrics like cotton or linen.
6. **Shade:** If there isn't much shade at the event, consider bringing a small, portable umbrella or canopy.

Additional Items:

1. **Cooling Towel:** A cooling towel can help lower your body temperature.
2. **Snacks:** Pack light snacks, preferably something that won't spoil in the heat, like nuts, granola bars, or dried fruit.
3. **Portable Fan:** A handheld or battery-powered fan can be a lifesaver in extreme heat.
4. **Insect Repellent:** Depending on the location, bugs might be an issue, so having insect repellent on hand is wise.
5. **First Aid Kit:** A small first aid kit with essentials like band-aids, antiseptic wipes, and any necessary medications.
6. **Electrolyte Drinks:** Consider bringing electrolyte packets or drinks to replenish lost salts.
7. **Phone Charger/Power Bank:** A fully charged phone is essential for communication, maps, and emergencies.

Optional Items:

1. **Blanket or Chair:** If you'll be sitting for a while, bring something comfortable to sit on.
2. **Change of Clothes:** If the event involves physical activity or water, a change of clothes might be handy.
3. **Personal Mist Sprayer:** A mist sprayer can provide instant relief from the heat.

By bringing these items, you'll be well-prepared to enjoy the event while staying safe and comfortable in the summer heat.