

Keep cool during the summer car show season



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The Texas summers can be brutally hot. The Texas heat can make it unbearable to attend car shows in the summer. Whether you are entering a show or just admiring the cars, odds are you will be hot and ready to get back into an air conditioned car or building quickly unless you know how to stay cool. The following are simple, and sometimes necessary, items to have when attending a summer car show.

The most important item to have is bottled water. Lots of bottled water. Make sure you stock a cooler with ice and bottled water to help keep you, your friends, and your family hydrated while out in the heat. Sports drinks like **Gatorade** and **Vitamin Water** are also great to help keep you hydrated and replace essential vitamins and electrolytes that are lost through sweat.

Another great item to take to a car show is a fan. There are three main types you might want to take. There are handheld folding fans, spray bottles with fans attached, and battery operated fans for when you are hanging out by your car.

Fans are an important part of staying cool in the summer. These fans can be found at your local sporting good or outdoors store.

It is important to wear clothes that will keep you cool and comfortable. This will vary based on personal preference but most likely includes shorts and a t-shirt. Another good idea is to have a spare change of clothes because the harsh reality is that you will sweat through your clothes in an hour or two in the Texas heat. A change of clothes will help your enjoyment of the car show be a pleasurable one.

If you are attending car shows this summer remember to take the items above in order to stay cool and hydrated in order to help avoid **heat exhaustion**. When and if possible go inside an air conditioned building to cool off for a while. The most important thing is your health and safety. If you or someone near you starts to feel dizzy, faint, nauseous, or complains of a headache, cramps, or fatigue, get out of the sun and into an air conditioned building, drink cool water, and use a fan or cool wet sponge to cool down. These are some of the signs of **heat exhaustion** and you should monitor yourself or that person. If the condition worsens call 911.

Summer car shows in Texas are great events to go to with your friends and family. Stay in the shade as much as possible. Sunglasses, a hat, and sun block are also essential items to keep with you. Keep everyone cool, comfortable, and safe and most importantly have a great time.