

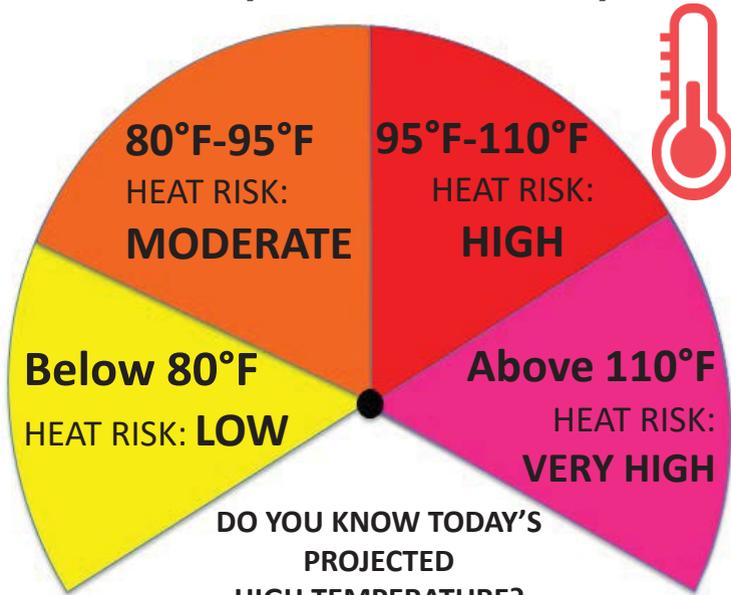
Heat Safety

Summer Activity Guide

Desert Heat Kills! Be Prepared!

Here is some information to help you stay safe and cool while you enjoy the beautiful Sonoran Desert

Know Today's Outdoor Activity Risk



To see the forecast for any location, scan this QR code or visit:

wrh.noaa.gov/wrh/heatrisk



What to know:

- Heat-related illness, or "overheating," is common in hot weather and can be fatal.
- Early symptoms may include muscle cramping, headaches, weakness, and nausea.
- Out of state and international visitors should especially take extra precautions in the heat.

What to do:



Keep Hydrated

It's an arid desert! So, please drink more water than you usually do. Carry water with you wherever you go, and drink water or sports drinks often. Drink 1 to 2 liters of water per hour during your hike.

Hike Early

Plan hiking and outdoor activities for the early morning, when outside temperatures are coolest. You can enjoy a beautiful sunrise, and the many species of birds and other wildlife are most active around dawn. Arrive back to the trail head before 10 a.m.



Protect Your Skin

Use sunscreen (30 SPF or higher) to protect yourself from the sun and reapply frequently. To protect from the sun and insects, wear long sleeves, pants, and a wide-brimmed hat.



Plan Ahead for Your Trek

- Return to the trailhead while it is cool and you have used half of your water supply.
- Hiking alone is not recommended. Always tell someone your plans.
- Be sure your cell phone is fully charged before hiking.
- Call 911 for help in an emergency.
- Again, heat illness is common in hot weather and can be fatal. Hike during cooler times and return while you are feeling well and able.

